



CHIROPRACTIC MIRACLES

Bringing You The Latest Word In Natural Healthcare

Dr. Louca's Breakthrough Practice Member Newsletter...

Keeping YOU At The Leading Edge In Healthcare

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Dear Patient and Friend,

As the summer sun beats upon us, "the heat is on!" The kids are out of school and off to summer camp. And ***now it's time for you to "get serious" about looking great, maximizing your health, and feeling "on top of the world."***

But before I begin to flood you with valuable information, I want to congratulate you for choosing to live the "Chiropractic lifestyle." As a chiropractic patient for life, you are at the "leading edge" in

health care and you join millions of others worldwide who experience the miraculous benefits of chiropractic, everyday.

This special edition Patient Newsletter is filled with all of the tools necessary to lead you on the path to **“optimal health.”** But, before I begin, I want you to have a good understanding of exactly what the true meaning of **“health”** is. As my patient, **living the chiropractic lifestyle**, you must know by now that health and wellness always come from within each of us and that our body always knows exactly what is needed to be truly healthy. Achieving “optimal health” is a result of making the best lifestyle choices for yourself and your family.

Inside this issue you will find a wealth of information regarding safe, natural and effective healthcare options as well as warnings about potentially dangerous treatments of disease. The articles I will mention on the next few pages are not my opinion or a chiropractic opinion. I will share with you valuable, popular press documentation from medical journals, newspapers and magazines. **Remember, it is my job to always be at the leading edge in healthcare and to coach you to accomplish all of your health goals and to ultimately live a life of wellness.**

So sit back, relax and read carefully because...**What you are about to learn will absolutely ...Add Years To Your Life And Life To Your Years.**

Doctors Overusing Super-Drugs

According to the April 1, 2003 issue of the Annals of Internal Medicine, doctors are finally prescribing antibiotics less frequently for common ailments however, when they do prescribe antibiotics, they are using the most powerful ones on the market, broad-spectrum super-drugs.

Research performed at the Centers for Disease Control and Prevention indicates that 17 percent fewer prescriptions for antibiotics were written from 1991 to 1999. The major concern is that prescriptions for the high-powered, broad-spectrum super-drugs doubled from 24 to 48 percent for adults and from 24 to 40 percent for children, within the same time period.

Lead researcher, Dr. Michael Steinman of the University of California at San Francisco says, “The more we use [broad-spectrum antibiotics] now for conditions that do not require them, the more quickly bacteria will become resistant to these drugs — and when we really do need them for serious and complicated conditions, they won't be there anymore.”

It is estimated by the United States government that 100 million antibiotic prescriptions are written each year by doctors and at least half are unnecessary.

New Evidence Of The Self-Healing Heart - The Associated Press, January 3, 2002

“Challenging generations of medical lore, researchers have found striking new evidence that the human heart can repair itself. Doctors have long assumed that damage from a heart attack or other ailment is irreversible and that the heart cannot regenerate tissue the way other organs can. It could be a milestone discovery if we learn how to exploit this phenomenon for therapeutic purposes to regenerate heart muscle in patients with heart failure.”

*You must have heard that statement once or twice before “**The body is a self-healing organism.**” The medical profession is starting to catch on to what chiropractors have known for over 107 years. The entire body, each and every organ, tissue and cell has the ability to regenerate and heal itself, as long as there is no interference or blockage in the nerve system. This is called a vertebral subluxation. As you know, chiropractors specialize in and are the only health care experts that detect and correct vertebral subluxations, and help the body to achieve maximum healing.*

Dallas Cowboys’ Emmitt Smith Credits His Success To Chiropractic

- Total Health, January 2003



**Emmitt Smith, NFL
all-time leading rusher,
credits CHIROPRACTIC
for his extra-ordinary
success!**

Emmitt Smith, NFL’s all-time leading rusher, thanks God, family, friends, teammates and coaches, Cowboys management and CHIROPRACTIC for his success. Smith explains that if you had traveled where he’s traveled, done what he’s done and seen the results that he’s been getting, then you’d understand where he’s coming from.

Smith has been under regular chiropractic care since 1995 and has learned a great deal about his body. He is very aware of when he is need of an adjustment. Smith claims that seven years of chiropractic care has allowed him to amass a record of over 16,634 rushing yards.

Chiropractic: *Bringing Out The Best In You*

Arthritis ... The Chiropractic Approach

Arthritis is a disease of the whole body, most dramatically affecting the joints. Osteoarthritis, also known as degenerative joint disease, is the most common arthritis of all; almost everyone over the age of 50 has a touch of it. "It is almost as inevitable...as graying of the hair." In many people there are no symptoms, others have pain and some are even incapacitated by it.

Osteoarthritis often results from an unbalanced spine creating stress on the joints. Your body grows extra bone material in the joints to help deal with the stress. These bone growths can compress nerves, causing pain and affecting internal organs.

Medical treatment offers no cure for arthritis. Since the underlying cause is unknown, symptom treatments include a lifetime of drugs for the pain and inflammation in addition to hot packs and exercises. If a joint becomes severely deteriorated, then surgery may be considered. Aspirin, while it may reduce pain, stiffness and inflammation, may require 8 to 24 tablets a day and can cause stomach irritation, internal bleeding and ulcers. In fact, approximately 10,000 arthritic sufferers die every year from the gastrointestinal complications of various arthritic drugs.

For over a century, arthritic patients have benefited from chiropractic care. Chiropractic care has on occasion even reversed osteoarthritis, something previously considered impossible. And yet, chiropractic is NOT a treatment for arthritis. Chiropractic is a system of healthy care that improves the function of your entire body by removing or releasing blockages from your spine called vertebral subluxations. Vertebral subluxations weaken your nerve system and immune system, weakening your body. This can set the stage for sicknesses and diseases of all kinds...arthritis included.

Anyone with arthritis needs to consult a chiropractor for a spinal checkup to locate and remove their subluxations. As a general rule it is always wisest to search out the most natural, conservative methods before submitting to more invasive care such as drugs and surgery. The body has an inner wisdom that far exceeds our own. It can cure diseases that have no cure...even arthritis.

Stress Producing 'Desk Rage' USA Today December, 2000

"Workplace stress and long hours are blamed for a growing phenomenon called "desk rage." A recent survey found some disturbing signs:

- *10% of workers have been driven to tears by stress.*
- *29% of workers say stress causes them to yell at co-workers.*
- *12% of workers have called in sick because of workplace stress.*
- *23% of workers report physical violence at work because of stress.*
- *26% of workers say stress drives them to consume chocolate.*

Today, stress in the workplace can be caused by deadlines, conflicts, and demands on our time and money, and this stress certainly can take a huge toll on our health and well-being. I was shocked to learn how many people in today's work force suffer anxiety; stress and feelings of overwhelm – nearly all the time. Many times that inner stress is taken out on other innocent co-workers.

For over 107 years, chiropractic has provided an immediate, drug-free and long-term solution to physical and emotional stress by reducing tension and normalizing the function of your nerve system. Chiropractic care is the #1 best, fastest, and least expensive way to reduce stress and anxiety. **The happiest, stress-free people I know are people that get regular adjustments from their family chiropractor.**

HERES WHAT TO DO NEXT...

**If you are committed to achieving all of your health goals...
We are here to help you succeed!**

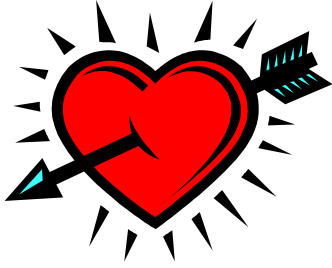
I have been studying health trends for over 11 years and I have coached hundreds of people to improve their lifestyle, get out of pain, and achieve optimal health. Allow me to coach you to a healthier lifestyle...

CALL TODAY and...

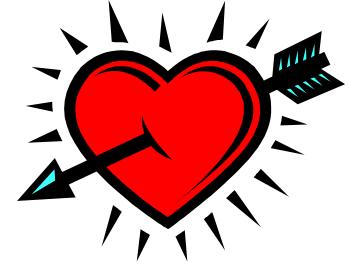
Schedule a one-on-one coaching consultation, so that I may help you to create your optimal lifestyle, help you set and accomplish all of your health goals and help you to feel better and younger than ever before.

This ten-minute consultation will change your life for the next thirty years.

**The regular fee for this coaching consultation is \$50.
It is FREE to all active patients as well as all readers of
"Chiropractic Miracles" during the month of June.**



JUNE 23-28 IS...



"National Hug Week"

Hugging is healthy: It strengthens the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100% wholesome.

Hugging is practically perfect: There are no moving parts, no batteries to wear out, no periodic check ups, low energy consumption, high energy yield, inflation proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting and, of course, fully returnable.

How Many Hugs Do You Give And Receive Each Day?

Research indicates that **we need four hugs each day for survival, eight hugs for maintenance, and twelve hugs to grow.** Hugs have a healing effect on the body. Hugs help us to feel extra special. Hugs nurture the little child within each of us. Hugs help us to feel close to our family and friends.

With this in mind, **please help us celebrate "National Hug Week."** We are committed to your growth and your healing. We want you to feel extra special today and every day. We promise that you will receive lots of hugs this week in our office. In fact, **everyone on our staff is a certified "Hug Specialist."**

Please perpetuate "National Hug Week" when you leave our office. **Share this information with your family and friends.** More importantly, share yourself by hugging the people you love. They will appreciate it and feel extra special just like you.

BE HUGGABLE...You will grow and glow as a result.

CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

I first became a patient at Louca Chiropractic due to an automobile accident. Everyday following the accident consisted of migraines and severe neck and back pain. I started on an initial corrective care plan with adjustments three times each week. It has been five months since my accident, and **the results of my care have far exceeded my expectations.** I no longer have migraines, and the constant neck and back pain has subsided. The staff promised me that if we worked together as a team during my care, the results would be exactly what they are today.

So many people including myself have had misconceptions regarding Chiropractic care. **I believe it's the lack of knowledge that causes these people to miss out on the wonderful benefits Chiropractic has to offer.** It amazes me how my body knows when I have gone too long without and adjustment.

I am so impressed with the healing team at Louca Chiropractic. They are professional, friendly, caring, and very informative. **This team should truly be used as a role model for many of the practices out there in the medical profession.**

Thank you for giving me back my life. Five months ago, I would not have thought it was possible.

- Karen C.



Louca Chiropractic

New Adjusting Hours

Monday 10-1 + 3-7

Tuesday 3-7

Wednesday 10-1 + 3-7

Friday 10-1 + 3-7

Saturday 9-11

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