

**Dr. Louca's
Breakthrough Patient Newsletter...**

Louca Chiropractic

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Spring 2006
**Chiropractic
Miracles**

Delivering You the Best Word in Wellness and Natural Health Care

Dear Patient and Friend,

In these modern times, the entire world seems to be more and more dependent on drugs. Drugs in war and drugs in peace, drugs to kill insects, drugs to wake you up and drugs to make you sleepy, drugs to speed you up and drugs to slow you down, drugs to relieve pain, drugs for every phase of life, young and old alike. Does this make any sense to you? It makes no sense to me!

More and more, the medical profession is questioning the misuse and overuse of prescribed drugs and are showing serious concern about the side effects of these drugs as well as the potential risk of addiction to them. We can't listen to the radio, watch television or read a magazine advertisement without being alarmed by excessive urging for us to take drugs or give them to our children for every type of disorder.

Take a moment and notice just how this advertising directly affects you and your family. Look in your medicine cabinet at home or your purse and your desk drawer at work. What form of medication do you rely upon? Is it any wonder people suffer needlessly from stress, nervous tension, digestive disorders, headaches and chronic pain? **I ask you to STOP and research how you can escape from this medicine trap.**

Doctors of Chiropractic do not prescribe drugs. For over 110 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nerve system. Health comes from within. When the nerve system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings health.

Doctors of Chiropractic focus on the significance of the spinal column as the key to health. The spinal column is the strength and support of the body. It serves as the means of articulation for the larger bones and the attachment of major muscles. And most important, the spinal column houses the spinal cord and contains openings between the vertebrae for nerves to exit and provide direct communication between the brain and the body. Thus, the spine is the master control center for the entire nerve system and the key to health!



During our busy everyday lives we experience different forms of stress such as physical stress (accidents, falls, lifting heavy objects, etc.), emotional stress (children, work, divorce, etc.), and chemical stress (processed foods, drugs, water pollution, etc.) These forms of stress can cause misalignment of the spinal bones resulting in interruption of nerve flow and proper communication from the brain to the rest of the body. This is called a vertebral subluxation and results in diminished body function, lowered immune resistance and ultimately dysfunction.

Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health. Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

If drugs were truly the answer, the United States would be one of the healthiest nations in the world. However, this is

certainly not the case. The United States ranks an incredible 84th worldwide. This statistic indicates clearly that drugs fall far short of the claims of miraculously improving health.

Louca Chiropractic educates and empowers patients with the most effective and most

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natural secrets to optimal health. **"Drugs are not the answer to better health. Better health comes from better living and better lifestyle choices."**

Practicing chiropractic for more than 11 years, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to take full responsibility for their health. Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. **It will absolutely provide you with all of the tools necessary to empower you to make the best health choices for you and your family and guide you on a path to "optimal health."** Here we go...

The Law Of Nature

We know and accept the laws of nature, but what would we do if some bizarre interference affected this natural process? For example, what would we do in the spring if the birds did not return from the south, the whales didn't migrate north, the trees failed to grow new leaves, or the temperature never changed? Would we ignore this unnatural, peculiar happening and continue on with our lives? No! We would be alarmed, knowing that something was very wrong.

We would search diligently to find what was interfering with the natural cycle of nature. Once we found the interference, we would then remove it and restore physical order to the world.

The natural rhythm of body health works in much the same way. Good health is a basic, natural state of the body. With proper nutrition, sleep and exercise, the power within the body automatically runs and maintains it naturally. However, subluxations of the spine can block the body's natural flow of life. The goal of chiropractic is to uncover such blockages and thus, restore health.

Myth...

Chiropractors are "back doctors" who help people with aches and pains.

Truth...

Chiropractors are doctors who specialize in correcting vertebral subluxations that interfere with proper nerve system function. The nerve system is responsible for coordinating and detecting all the functions of the cells, tissues, organs and systems of the body.

— CM —

Happiness Helps Keep You Healthy

- Self-Magazine January, 2001

"A happiness lapse could put your health in jeopardy, hints a major new study. This study sheds new light on the way we view the mental-health component in breast cancer and disease in general. The connection between psychological and physical wellness is only beginning to be understood, but it's the way of the future in medicine."

A good mood will definitely have your health on the upswing. Happiness does not come *to* us. Happiness comes *from* us. It simply takes making the decision to be happy in the moment. Today, trade your negative and weakening thoughts for positive thoughts. Allow your powerful thinking and your smiles and happiness to help you immediately break through self-imposed limitations that you may have believed insurmountable. You will see your health and well-being improve instantly. Happiness will take you a long way! Share your happiness with others. Happiness is contagious! Make our world a much brighter place!

Think of what a joy and a privilege it is to be alive in this moment. Nothing else can compare. Stop for just a minute and reconnect yourself with the wonder and irreplaceable energy that is your life. Reacquaint yourself on a regular basis with this most fundamental of all your blessings.

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Who Says You Can't Make A Difference?

"Pins For Pauly" is a non-for-profit organization that raises money for children with Leukemia.

The group uses the donations so that the children may live out a goal or dream. The establishment of this foundation was inspired by the stellar life of Paul Pavlou, who although young in years, set an extraordinary example of selflessness, empathy for others and an unyielding faith in God.

We have personally watched this organization at work and it has brought smiles to a number of suffering children from Long Island to Utah

**In Honor Of Paul Pavlou,
We Are Donating Our Services
During The Spring Months
Of April And May**

Therefore, in order to express our concern and commitment to Pins For Pauly as well as our commitment to helping others get healthy, we will be offering nerve system and postural examinations (x-rays, if necessary) in exchange for a minimum \$49 donation to "Pins For Pauly" this Spring. This is a true win-win opportunity. We will raise funds to reduce the suffering of these little angels and introduce your friends and family to chiropractic care thus making their world a better place as well.

This is an excellent opportunity for you to share the chiropractic lifestyle with family, friends and co-workers so that they can begin to live a life of health and vitality. At the same time, you will be helping a child in need!

***Bring your family & friends ...
YOU can change the world and
YOU do make a difference!***



Ear Infections

Ear infections are affecting children in epidemic numbers. Statistics show that by the age of three, over two-thirds of all children have had one or more episodes of otitis media or middle ear infection. Chiropractic offers a drug-free, less invasive approach to ear infections than the traditional treatment of antibiotics and tubes.

Antibiotics and Surgery...

Antibiotics, decongestants and tubes in the ears are the most common treatments prescribed for children with ear infections. However, the value of each of these treatments is controversial. Studies performed with each of these treatments shows that recovery time from ear infection utilizing each of these treatments was the same as those children who had no treatment at all. Another study showed that 88% of children with ear infections never need antibiotics. In fact, in those treated with antibiotics, recurrence of infection is high. In addition, there are many possible problems associated with antibiotic usage including allergic reaction, intestinal problems and antibiotic resistance. Tubes in the ears have a high rate of recurrence as well and studies show that hearing loss years later may be a risk of tubes.



The Chiropractic Approach...

Ear infections are one of the most common reasons kids see chiropractors. Every child is born with an inner wisdom that always knows what is needed to be in perfect health. Spinal misalignments (also called subluxations) can occur during childbirth, irritate nerves and eventually disrupt the body's ability to function properly, causing many childhood illnesses, including ear infections. For 109 years, chiropractors have been educating parents to the awareness that by removing interference in a child's nerve system, their inner wisdom can express itself and heal their bodies from the inside out. "Better health through better chemistry has failed. Drugs and surgery are not the answer to health and wellness, because health comes from within." Researchers have finally proven this and are recommending a restraint in the prescription of harmful drugs.

Case Study...

A 6-year-old boy entered my office with chronic ear infections. He also suffered from occasional tonsillitis. Three years prior, tubes were placed in his ears. The child was scheduled for another ear surgery and to have his swollen tonsils removed. He had been on nine courses of antibiotics over the past three years. His symptoms would resolve and then return within one month. After his first chiropractic adjustment, he stopped complaining of ear pain. At a six-week evaluation, there was no ear effusion in either ear. His tonsils were normal size. The ENT doctor cancelled surgery. Six months later, this child is free from ear infections and antibiotics. More and more parents are discovering regular chiropractic care for their children, often after first exploring medical care.

Did You Know?

Fascinating Facts To Think About

- ***More than 46 million people in the United States have made the decision to quit smoking and have succeeded.*** This accomplishment has far reaching health benefits, as described in a powerful statement by the U.S. Surgeon General: "Smoking cessation (stopping smoking) represents the single most important step that smokers can take to enhance the length and quality of their lives."
- ***A report in the British Medical Journal concludes that baby walkers delay normal developmental milestones.*** In the study involving 190 babies, researchers found children who used the devices took three to four weeks longer to crawl and walk on their own than children who did not use them. Because of these findings and other data on injuries associated with baby walkers, researchers discouraged their use. Source: British Medical Journal, June 22, 2002.
- ***Avocados are making a comeback.*** Though they are packed with a high fat content, the oil is monounsaturated fat which helps decrease the risk of heart disease and stroke. One medium sized avocado contains a generous amount of vitamins A, C, E and B, as well as potassium, folate and fiber.
- ***Overloading on animal protein increases osteoporosis risk*** because your body steals calcium from your bones to neutralize an acid created during the protein's digestion. Women with high acid levels were much more likely to suffer from fractures than those with low levels, say University of California, San Francisco researchers. Lots of veggies need to be eaten with animal protein to bring down the acid level.
- ***Natural vitamin E supplements may cost a bit more than synthetic ones, but they may be worth it.*** The body absorbs twice as much natural E as it absorbs of the synthetic version, according to findings at the Center for Nutrition Research at East Tennessee State University.
- A researcher from Duke University in North Carolina reports that niacin appears to have a positive effect on blood levels of HDL, the "good" cholesterol. He compared a time-release form of the vitamin to a known HDL-rising drug (gemfibrozil) and found that niacin worked twice as well. Volunteers taking niacin raised their HDL levels an average of 26 percent during the study, as reported at the annual meeting of the American Heart Association in Dallas, November 11, 1998, by Dr. John Guyton.
- ***Naturally lowering blood pressure is possible through good nutrition.*** A low-fat diet rich in fruits and vegetables can lower blood pressure significantly, according to studies done by the National Heart, Lung and Blood Institute.

CHIROPRACTIC MIRACLES

“Listen To What Our Staff Is Saying”

When I first started out as an undergraduate biology major at St. John’s University, I considered going medical school to become a pediatrician. Later I became more interested in a holistic approach to health care. After researching such health care occupations that favored such an approach, I became very interested in chiropractic. I had a good feeling about this.

My grandmother goes to a chiropractor and always speaks very highly about her care. She had fallen badly a couple of times and felt excruciating pain. Going to her chiropractic doctor helped her to recover beautifully without medication.

I also have an aunt who has been diagnosed with multiple sclerosis. She has had it for over five years now. When she first went to her medical doctor, she was given a multitude of medications which in turn only made her feel worse. All she felt was more pain and suffering. She could not even walk anymore and had to use a wheelchair. She was sick and tired of being sick and tired, therefore stopped taking all medications. She went to a chiropractor and a year later she was using a walker. After another year of care she was using a cane. Today, she walks freely on her own and continues to be under chiropractic wellness care. Hearing them tell me their stories only deepened my interest and curiosity for the chiropractic profession.

It was one thing to read about this profession and what it could do for people, but not having ever been a patient made me realize that I needed to experience it’s miraculous results. From August 2005 to the present I have been working for Dr. Onisis Louca of Bellmore, N.Y., and I cannot express enough how grateful I am to be working at his office. Not only am I learning so much about the chiropractic profession from Dr. Louca, but I am also receiving care. ***I have noticed such positive changes in myself these past six months: improved posture, significant decrease in the number of headaches I would often have, increased regularity of menstrual cycles, and decreased levels of stress.*** I also get to witness the positive changes Dr. Louca’s patients go through on a daily basis. How rewarding to know that you have helped a person improve their overall health or helped a patient recover from extreme pain so that he or she may function to their fullest potential.

When adjusting, Dr. Louca educates his patients about the positive effects of chiropractic care and how to achieve optimum health. He always demonstrates such a positive attitude and has great relations with his patients. This experience has confirmed my interest in pursuing a career as a doctor of chiropractic.

Mary Golding, DC2B

Office Hours

Bellmore

Monday 10-1 + 3-7
Tuesday 3-7
Wednesday 10-1 + 3-7
Friday 10-1 + 3-7
Saturday 9-12

E. Setauket

Tuesday 3-7
Thursday 3-7
Saturday 9-12

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