



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,

With the holiday season just around the corner, **this is a perfect opportunity for me to wish my family of wonderful patients and friends the happiest and most joyous holiday season ever and a "Dream-Come-True New Year."** This is the time of year to be most grateful for all of the miracles in our lives. What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your unconditional love with all of those around you. Together, we can all help to make our world a better and healthier place to live.

Setting New Year's Resolutions and Health Goals For 2003

It's that time of year again to begin setting your New Year's resolutions and health goals for 2003. Are you ready to make this year the healthiest, happiest and most prosperous year EVER? **Are you ready for a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health?** If you answered **YES** to these questions, **READ ON** to learn my secrets to accomplishing ALL of your health goals.

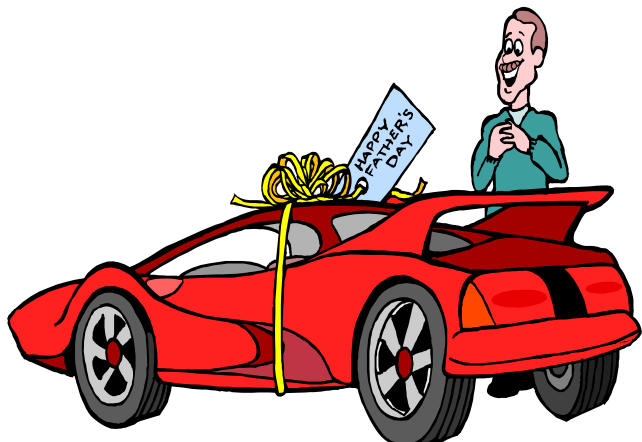
In this "Special Edition" Patient Newsletter, Chiropractic Miracles, **I am going to share with you my most closely guarded secrets about setting and achieving all of your goals.** I have studied and practiced goal setting for over **11** years and I have coached thousands of people to achieve all of their health goals. The results have been astonishing for me and will be for you as well.

Wouldn't it be great if you could tell the universe EXACTLY what it is that you want? Wouldn't it be great if you could simply decide to lose weight, increase your energy levels, improve your fitness levels, reduce stress, relieve pain, improve your overall well-being and self-image, and even feel 10 years younger and then proactively take every action step to accomplish that? **Well, I am here to tell you that you absolutely CAN.** You are the director and producer of your life and your health. **You can create the "life of your dreams" and you certainly can be healthier than you have ever dreamed by simply making better lifestyle choices.**

Here are the four components necessary to every goal...

1. Write down *exactly* what it is that you want.
2. Write down when you want it by (exact date).
3. Write down the action steps you will take to achieve your goal.
4. Write down how the achievement will benefit you and how you will feel when you accomplish it.

My suggestion is that you limit the amount of goals that you set so that you do not become overwhelmed. Put the rest of your goals on a "long term" goal list. As you achieve any one of the primary goals, move another up from the "long term" list. **And, most importantly, as you achieve any one of your goals, CELEBRATE like crazy.** Buy yourself a gift or do something you have always wanted to do but never got to it. **Reward yourself for being the "WINNER" that you are!**



Now that you are an expert, you are ready to set your 2003 New Years' goals. Don't be stingy. **GO FOR IT.** You can have it ALL.

In the next few pages, I will share with you valuable information that will absolutely direct you on the path that will lead you to accomplishing all of your health goals.

So sit back, relax and enjoy. Together we will make 2003 your healthiest and happiest year ever!

What The Knees Really Need

300,000 Americans have arthroscopic knee surgery yearly. It doesn't work.

TIME, July 22, 2002

Of all the moving parts in the body, few take as much abuse as the knee. With the momentum of each step, your knee joint absorbs three times your body weight. Straighten up from a deep squat, and the pressure on the joint can reach nine times your weight. That's why last week's news about a popular form of surgery to relieve knee pain was so devastating.

The operation is called arthroscopic knee surgery, and more than a quarter-million Americans are getting it each year.

The result? According to a report published in the New England Journal of Medicine, the fake shame surgery worked just as well as the real surgery. Two years later, 35% of the patients said they felt less pain and well better able to get around, whether they were operated on or not.

It's also expensive: at \$5,000 a pop, the operation is costing the U.S. more than \$1 billion a year.

This is yet another bit of evidence that surgery is not always the answer to health. For years, surgeons have led us to believe that this type of surgery is simple, quick, painless and successful. Hundreds of thousands of people are having this surgery each year and for most, it is unsuccessful. **There are other, more natural and safer options for correcting knee problems.**

Often, knee pains are caused by stress on the knees due to lower back and pelvic misalignments or subluxations. Just as when the alignment of your car is off, one tire will wear down due to uneven weight distribution. The same occurs when the alignment of your spine is off.

As a Chiropractor, I have helped hundreds of people with knee pain. I have found that specific chiropractic adjustments in addition to tailor made orthotics for shoes or sneakers can often correct this problem without the need for surgery. If you or a friend or family member suffers from this problem, please let me know so we can set up an appointment for me to help them.



Exploring a common MYTH about CHIROPRACTIC...

“I’m too old for Chiropractic Care.”

FACT...

You are never too old or too young for chiropractic care. Many uninformed individuals imagine that all spinal adjustments are the same. But each person’s chiropractic care is unique. We choose from a vast repertoire of different adjusting techniques, instruments and tables for infants, the elderly and even those who have had back surgery. This helps assure the best results and produces high levels of patient satisfaction for people of **ALL** ages.

Exercise An Hour? No Sweat!

USA Today, September 12, 2002

The Institute of Medicine’s pronouncement last week that adults and kids need at least an hour of physical activity every day to stay healthy and control their weight was a stunner for many Americans.

Activity can mean walking briskly, playing tag, biking, cleaning the house and a wide variety of other moderately vigorous activities. And it can be done in 10 or 15 - minute increments. Yes, daily chores count toward these goals as well.

The evidence is becoming crystal clear. **Many common and life threatening diseases, including cancer, heart disease and stroke, can be prevented through simple lifestyle changes.** The lack of regular exercise leads to disease, slows down the healing process and places unnatural demands on our bodies. Regular exercise is essential for optimal health and well-being. Exercise increases energy levels, speeds up the metabolism, and makes you FEEL GREAT! If you want to fly like a jet, you **MUST** prepare your body to fly like a jet!

In conjunction with wellness chiropractic care, exercise is a MUST in today’s world in order to help promote optimal healing, and to feel strong, alive, and “On Top Of The World!”

Get into the habit of regular exercise to maximize your quality of life. Allow me to coach you and to recommend specific exercises for your body type and level of current health. Exercise and regular chiropractic care is a proven winning formula. Schedule an appointment today for your personalize exercise visit.

Doctors Rethink Hormone Replacement Therapy Millions of women may be taking HRT for the wrong reasons.

Natural Health, September 2002

A new report co-sponsored by the National Institute of Health (NIH) debunks some of the widely hailed benefits of hormone replacement therapy (HRT), which doctors prescribe to at least 10 million women each year.

HRT does alleviate menopause symptoms and it can help prevent osteoporosis. However, it doesn't help with heart disease, Alzheimer's, depression, or urinary incontinence. In fact, studies show that HRT may increase a woman's risk for heart disease complications, as well as breast cancer and stroke, and could have serious side effects like blood clots and gall bladder disease.

The truth has finally been uncovered and by now, most health conscious Americans know the risk of taking hormone replacement therapy. And yet, the medical profession continues to prescribe these hormones as if they had no long term, negative effect on the human body. **As you know, hormone therapy simply masks symptoms and inevitably greatly increases the risks of other potentially devastating diseases.** Are you willing to make that trade? I hope NOT! It is becoming more evident to me as I hope it is to you that **drugs are NOT the solution to health and wellness because health comes from within.**

A VERY SPECIAL HOLIDAY GIFT FOR READERS OF THIS NEWSLETTER

By now you must be busting at the seams, ready to set your health goals for 2003. I highly recommend that you begin immediately. **So now that I have given you all of the tools necessary to set your New Year's health goals...I have an amazing gift for you to help you move forward and take action TODAY.**

HOLIDAY GIFT:

Practicing chiropractic for more than 7 years, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to accomplish all of their health goals. **I would be honored to coach you to make 2003 a magical year, a year of abundance, joy, vitality, and of maintaining the highest standards for your health and your family's health!** I will absolutely empower you to accomplish all of your health goals and help you to make **2003 the best year ever!**

Call me TODAY at (516) 221-9336 and schedule a one-on-one coaching consultation so that I may help you to program your mindset, find solutions to your very unique needs and wants and lead you to the path of optimal health. **This ten minute consultation will change your life for the next ten years or more.** 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 December as my special holiday gift to you. Giving the gift of health is a gift that just keeps on giving.

Do You Drink Enough Water OR Are You Addicted To “Coke?” Let’s Get The Facts Straight...

Let me share with you the benefits and risks involved relative to drinking water and Coke...

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration slows down your metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of us.
- Lack of water is the primary trigger of daytime fatigue.
- Research shows that 8-10 glasses of water a day significantly eases back and joint pain.
- A 2% drop in body water can trigger fuzzy short-term memory and difficulty focusing.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, slashes the risk of breast cancer by 79%, and reduces the incidence of bladder cancer by 50%.

Are you drinking enough water everyday?

- In many states, the highway patrol carries 2 gallons of Coke in their trunk to remove blood from the highway after an accident.
- You can put a T-bone steak in a bowl of Coke and it will totally dissolve in 2 days.
- To clean a toilet, pour a can of Coke into the bowl and let the “real thing” sit for an hour and then flush it clean.
- To remove rust spots from chrome car bumpers, just rub the bumper with a rumped up piece of Reynolds Wrap aluminum foil dipped in Coke.
- To clean corrosion from car battery terminals, pour a can of Coke over the terminals to bubble away the corrosion.
- To loosen and remove grease from clothes, empty a can of Coke into a load of greasy clothes, add detergent and run on a regular cycle.
- Coke will even clean road haze from your car windshield.
- The active ingredient in Coke is phosphoric acid whose pH is 2.9. It will dissolve a nail in 4 days. Phosphoric acid also leaches calcium from bones and is a leading cause of osteoporosis.
- The distributors of Coke have been using it to clean the engines of their trucks for over 20 years.

Are you drinking too much Coke everyday?

Would you prefer a glass of water or a can of Coke?

It is important to know the facts before you make the decision. They is why I am so committed to educating and empowering my patients. What patients want today more than anything else, is current and accurate information so that they can make the best health decisions for themselves and their family.

A Daily Affirmation As I Wish For You A “Dream Come True New Year”

This is a new year, a pivotal year in my life. A year of abundance, joy, health, vitality, peak experiences, of maintaining the highest standards, and of releasing tremendous amounts of wondrous love in all those that I come in contact with.

I realize that the secret to living is in giving. I pledge to give more of myself, my time, my talents, my resources, and my love than ever before. This is the year that I will fully arrive, and clearly create big time results in my life. I will control my emotions and my behavior more consistently as I control my destiny.

I am committed to constant and never-ending improvement in my life. My innate door will remain wide open because I have complete confidence, faith, and belief in myself. I will completely follow the explicit directions that I receive from my inner voice, and I will always take massive action based on these crystal clear signals from within.

I will communicate far more effectively to myself, and externally to all those around me. I have clarity in my life, in my goals, and in my purpose. Clarity is power, and I am getting more powerful every day. I love my life so that I regularly experience tremendous amounts of pleasure. I take persistent and consistent action steps to accomplish all of my goals, and to receive the abundance that the universe is prepared to release to me.

I am aware that my life is improving in all ways every single day. I am a creator of possibilities, an instigator of joy, a catalyst for growth, and a producer of passion. I constantly focus on those things that empower me, and add joy and happiness to my life.

I have been blessed with wonderful healing and leadership abilities. I always think big thoughts, and relish small pleasures. My life is in balance, and I am committed to my lasting purpose: to give, to love, and to serve out of my abundance.

I have prepared myself to be in the right place at the right time to always make right decisions. I am ready, willing, and able to receive the empowering and prosperous gifts the universe has for me. I am expanding my vision and healing more completely each and every day.

I am opening my arms to change, but never let go of my values. I am disciplined, determined, and directed from within. Life for me is about exploring the miracles of life, and in expanding my loving influence every day.

Life is great, grand, and glorious. This is a magical year, a prosperous year, a year of incredible growth, and a year for all of my dreams to come true. Life is truly magical and perfect
...and so am I.

ALL OF US AT LOUCA CHIROPRACTIC HOPE
AND PRAY THAT YOUR NEW YEAR IS FULL
OF HEALTH, LOVE,
JOY AND PEACE.

MAY IT LAST A LIFETIME.

Thank you all for all your love and support.
We hope to exceed your expectations in 2003.

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Happy + Healthy 2003