



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

LOUCA CHIROPRACTIC
1879 Bellmore Ave. Bellmore, NY 11710
voice: 516.221.9336 - fax: 516.221.8842
www.loucachiropractic.com

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Dear Patient and Friend,

As the leaves begin to fall, the air begins to cool down and the seasons change once again, we are entering into the most joyous time of year. The holidays are just a heartbeat away and we are all preparing to indulge in holiday treats, spend time with friends and family, and have tons of fun.

What is the true meaning of "Thanksgiving" to you? Is it simply just another day to eat until you can no longer walk and then become a couch potato?

Thanksgiving is my favorite holiday of the year simply because it is the most special time of year to “**give thanks.**” Thanksgiving is a perfect opportunity to give thanks for the miracles in our lives, for our wonderful family and friends, and for our health, our happiness and the love that each and every one of us gives and receives daily.

I am extraordinarily thankful for the opportunity to serve my wonderful family of patients and friends. It is because of you that I am able to fulfill my higher purpose, to coach people to achieve optimal health and healing. I am thankful for the miracles that occur everyday when patients choose to live the “Chiropractic Lifestyle.” I am thankful that you always share the miraculous benefits that chiropractic has to offer with all of those you care about. And I am honored to serve all of your family’s health care needs.



So before we get on with this Special Edition Patient Newsletter, I must tell you that each and every one of us is born with ultimate perfection. We are all born with the inborn potential to be truly healthy. And it is absolutely our decision to maintain a state of optimal health throughout our lifetime or to allow ourselves to become unhealthy and at dis-harmony. Yes, that is correct, it is simply lifestyle choices that will ultimately determine the direction of our health.

In the next few pages I will share with you popular press information from medical journals, newspapers, magazines, etc. that clearly document that drugs and surgery are not the answer to health. When you have an infection, it is not because you have a lack of antibiotics in your body. And none of us were born with extra body parts that need to be removed. You were born with the perfect inborn potential to heal yourself and it is as simple as making better lifestyle choices.

Millions of people have benefited from the safe, natural, drug-free chiropractic approach to optimal health and harmony. They observe miraculous physical and emotional improvements as their body functions are freed from the stress of vertebral subluxation.

So sit back, relax and enjoy this powerful and helpful newsletter. I guarantee that when you finish you will be confident that you have made the best decision by choosing to live the “Chiropractic Lifestyle.” As a chiropractic patient for life, you have already begun to experience the miraculous results that chiropractic is famous for.

Aspirin a Day Dangerous

The November 11, 2000 issue of the British Medical Journal finds that even small doses of aspirin every day can cause such serious damage to the body that patients need to reconsider very closely the trade-off between the possible benefits and likely damage.

According to the study, in which doctors reviewed 24 different studies involving almost 66,000 patients, people over 50 who take aspirin daily almost double the odds of developing internal bleeding, ulcers, kidney and liver disease, and stroke, which can ultimately lead to death.

The next time you feel sore muscles from exercise, a headache, a body ache or pain, or even consider taking an aspirin everyday to potentially prevent heart attack, **REMEMBER... ALL DRUGS POSE A RISK.**

FIRST...Get your spine checked for vertebral subluxation immediately. Your body has a natural ability to maintain its own health provided there is no interference. What is the next symptom-masking drug that research will discover has the potential to cause death? Do you have more faith in this tiny, ten-cent pill than the unbelievable universal power that created you?

How Healthy Is Your Heart? IF YOU'RE STRESSED, YOU'RE AT RISK - NO MATTER WHAT YOUR AGE

-Self-Magazine 2/01

You've heard it a million times: Young women aren't susceptible to cardiovascular illness. Well, that's not quite true. "Younger women typically ignore heart disease, but it's something they really should focus on," warns Jay R. Kaplan, Ph.D., professor of medicine at Wake Forest University. "By age 35, one third of women already have substantial plaque buildup in their coronary arteries."

So what's a health-conscious woman supposed to do? For starters, set up your relaxation efforts, advises Kaplan. If you also eat low fat foods, exercise a few times a week and stop smoking, you'll keep your heart happy- and yourself healthy.

Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies. Whether the result is heart disease, ulcer, headaches, back pain or a stroke, your nerve system is always involved. **That is why Chiropractic is so helpful, because corrective Chiropractic adjustments always reduce stress on your nerve system.**

Chiropractic's Most Popular, Helpful Wellness Discipline For Arthritis Patients

*The September 21, 1999 issue of The Annals of Internal Medicine reports that **chiropractic is the most popular and by far the most effective of the wellness disciplines for patients suffering from rheumatologic diseases such as arthritis and fibromyalgia.***

In the study, 63% of patients who went to a rheumatologist also took advantage of the wellness disciplines. 31% of those patients tried chiropractic care at least once.

***73% of the patients who began chiropractic care found it useful.** The rest of the wellness disciplines (diet supplements, magnets, etc.) were found helpful by less than 50% of the people who tried them.*

It is no surprise that arthritis patients experience such miraculous results from corrective chiropractic care. **By gently adjusting vertebral subluxations and removing any nerve system interference, your body is able to repair and maintain itself in its healthiest state.** Chiropractic does not treat arthritis or any other disease however, when your nerve system is functioning to its greatest potential, your body has the potential to heal from all diseases, including arthritis.

“Intelligence is present everywhere in our bodies...our own inner intelligence is far superior to any we can try to substitute from the outside.”

- Deepak Chopra, M.D.

C-Section Babies More Likely To Develop Asthma

The April 2001 issue of the *Journal of Allergy and Clinical Immunology* reports that children born by C-section are more likely to develop asthma than children born vaginally.

In this study, researchers were able to obtain data from the National Public Health Institute on asthma, allergic disorders and obstetric history for 2000 people born in 1996. C-section was done in 5.3% of the population studied and was strongly associated with current doctor-diagnosed asthma. In fact, **the C-section babies were three times more likely to develop asthma than babies born vaginally.**

There is a common misconception that C-section births are less traumatic to the baby and the mommy. This is NOT necessarily the case. **C-section births put a tremendous force on the baby's spine and spinal cord as they are forcibly extracted from the womb.** Subluxations in the neck due to birth trauma are commonly associated with respiratory disorders.

As a practicing chiropractor specializing in pediatrics, I **consistently find that newborns that are adjusted soon after birth are much healthier**, suffer from common childhood illnesses such as ear infections far less often, have much greater attention levels, and are much more relaxed children.



Adjusting children and removing interference to their nerve systems, insures the best possible healthy futures for them.

I ASK YOU...

Do you want to live longer? Are you ready to live a healthier lifestyle? Are you ready to maintain a healthy body and mind?

If you are committed to achieving this health goal, we are here to help you succeed!

I have been studying health trends for over (11) years and I have coached thousands 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 November.

Thanksgiving Blessings

Thanksgiving is fast approaching and once again it is that special time of year to **give thanks** for all of the blessings in our lives and the wonderful people that surround us and bring us joy, peace and love.

We spend years becoming "educated", then why, if we are so smart, do we often get stuck in the same rut...the same negative situations???

When the same pattern repeats itself in our experiences, life may be telling us there is some homework to do. Further growth is needed.

We should all remember that every new day of living brings added opportunities to learn what we need to know to become the happy, fulfilled, spiritual person we are meant to be. When your life is in balance and harmony with God's plan, there is a sense of security and happiness. You will experience patience and even be able to bear the pain of unpleasant experiences. It is a spiritual knowledge that provides us the "SMARTS" we need to change our attitudes about our situations. This will change the circumstances in our lives. We need to believe there is NO impossible dream. Believe in yourself. Believe that those who love you will help you. Be firm in your commitment and work toward your goal. Then you will see your dreams come true!

Let this be the year you take advantage of the lessons life has to offer. In case you get stuck on a homework problem...**REMEMBER THE GREATEST TEACHER IN THE HISTORY OF MANKIND IS ALWAYS WITHIN YOU.** May Thanksgiving bring you the blessings of health and happiness!

A Very Happy Thanksgiving,
Love,

Onisis Louca, D.C.



"NATIONAL MAKE A DIFFERENCE DAY"

November 25, 2002

CAN ONE PERSON REALLY MAKE A DIFFERENCE IN ANOTHER PERSON'S LIFE?

A few years ago, we lost two wonderful people who have proven that one person **CAN** make a huge difference...Princess Diana and Mother Teresa. With their hearts, their commitment to others, and their unconditional love, they were able to reach out and change the lives of thousands of suffering people.

STOP FOR A MINUTE AND ASK YOURSELF...

What can I do to make a difference in the world?

What can I do to make a difference in someone's life?

"National Make A Difference Day" is dedicated to the awareness that inside each and every one of us is the ability to reach out to others and lend a helping hand, a kind word, or even a hug full of love. Commit to yourself that today, you will find a way to make a difference in someone's life, no matter how big or small. If everybody in the world would participate in this venture, what a huge impact this would have on the world!

PLEASE KNOW THAT YOU DO MAKE A DIFFERENCE...

PROVE IT TO YOURSELF TODAY!

How you feel is a poor measure of your Health.
True Health is when your entire body is working
as it should, coordinated by your
Nervous System.

After you get **Well**,
ask for a program of regular
Wellness Chiropractic Checkups
to help stay **Well**.

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