



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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Fall 2007

Dear Practice Member and Friend

Welcome to the 21st century, where **instant and clear communication** is available to us at the drop of a hat. We have become so reliant on this in our every day lives, that if there is any interference in our ability to communicate, we feel out of touch with reality. How did we survive without cell phones, instant e-mail and other internet services, or cameras that can print photos instantly and you can send to friends around the world in a split second? Do pay phones even exist anymore? This is technology at its finest. **The ability to communicate clearly and instantly has become a very relevant part of our lives.** If anything occurs to interfere with our lines of communication, we immediately become very angry and frustrated and we even feel a sense of disconnection to the world. **We immediately try to fix the "connection" so we don't lose touch for even a**

minute. When our cell phone loses connection, we quickly adjust our position to improve the signal. When our laptop begins to lose battery charge, we quickly re-charge the battery so our connection with the internet world won't be interrupted even for a minute.

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Frequently, interference in communication can be life-threatening or even catastrophic. What would happen if there was interference in the connection of a 911 emergency call? A life may be at stake. Or, what if there was a loss of communication between an airline pilot and the air traffic controller during flight? Obvious answer. **I hope you are beginning to see the importance or shall I say the absolute necessity of clear and instant communication!** There can be very dangerous circumstances, if communication fails.

Are you aware that the communication taking place within our bodies is necessary for optimal health? Inside our bodies is the most hi-tech form of communication anywhere, more so than the avenues of communication spoken about earlier. Sometimes we take it for granted. It is true, **clear and instant communication is the foundation of body function.** (No, communication was not invented by Verizon.)



The brain is the central communication station containing information and instructions to be communicated to every tissue, organ and cell in the body via the nerves. The lines of communication are connected to the spinal cord and brain, which is housed and protected in a structure of bony vertebrae and a skull.

When the lines of communication are free of interference, the body is healthy. However, when the vertebrae

become misaligned due to different forms of stress (subluxation), the communication from brain to body is interrupted and dysfunction and health issues result.

For over 112 years, chiropractors have been the experts in locating communication breakdowns in the body and restoring the “connection” to restore the body’s natural, clear and instant system of communication. Chiropractic is the leader in natural health care in providing quick relief and long-term wellness to millions of people. It is important to keep all of the lines of communication OPEN. Schedule an appointment today to have your nerve system checked for any interference in communication.

How Can I Tell If My Spine Is Healthy? "10 Warning Signs Of An Unhealthy Spine + Nerve System"

Years of education, training, experience, and sophisticated diagnostic computer tests allow us to detect your subluxations. However, there are some simple things you can look for to determine if your spine and nerve system is healthy. Grab a pencil and answer the following questions.

1. Do the heels of your shoes wear out unevenly?
2. Does one leg appear to be shorter than the other?
3. Do you have poor posture? Do your shoulders slump forward? Does one hip or shoulder appear to be higher than the other?
4. Do you suffer from head, neck, lower back pain or ANY type of body dysfunction or just don't feel as healthy as you would like?
5. Do you suffer from headaches, digestive problems, menstrual problems, allergies or any other chronic health problem?
6. Does your jaw "click?"
7. Do you have a constant stressful feeling and tension especially in muscles and joints?
8. Are you fatigued often?
9. Do you have poor concentration levels?
10. Do you seem to get common illnesses like colds and the flu often?

If you answered YES to ANY of these questions...Continue with your Chiropractic Progress. If you are not yet under care, you will benefit from care at our office.

Exercise Is Given Another Push

Reduce Your Risk...

Regular moderate physical activity (at least 30 minutes a day) reduces the risk of:

- Premature Death...30% to 50%
- Heart Disease...40% to 50%
- Stroke...30% to 50%
- Type 2 Diabetes...30% to 40%
- Breast Cancer (in women)...20% to 30%
- Colon Cancer...30% to 50%
- Osteoporosis (in women)...40% to 50%

Source: *The 30-Minute Fitness Solution*
by JoAnn Manson and Patricia Amend

Living the chiropractic lifestyle includes regular exercise. All experts agree that proper, regular exercise is one of the keys to health, vitality and improved quality of life. Schedule an appointment today for a personalized exercise program designed for specific needs.

A Millionaire's Last Vocation

Sir John Templeton Funds Research That Explores Links Between Science And God

Sir John Templeton has the kind of retirement most people dream about. At 90 years old, Templeton uses his vast wealth to fund scientific research into the most unscientific of topics: God. Templeton states, **“No human being has yet even understood one percent of what can be learned about spiritual matters.”** He has made it his life's ambition to change that.

The John Templeton Foundation spends \$16 million to \$30 million a year funding studies on whether prayer can heal, whether there is “evidence of universal purpose in the universe,” whether there's a scientific basis to forgiveness. Templeton's aim is to advance the study of spirituality in hopes to help sick people heal.

-Newsweek November 10, 2003

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Chiropractic Care Increases “Quality Of Life”

Research performed at the New Zealand School of Chiropractic shows that patients under chiropractic care experienced an increased “Quality of Life.”

*This study consisted of 89 participants and was conducted over a five-month period of time. Areas of health assessed were physical state, emotional/mental state, stress and life enjoyment. Each of the 89 participants reported “**significant positive perceived changes**” in each of the four areas assessed.*

Researchers also showed that the data compiled from this study suggests that the health and wellness achieved by these participants can

continue to increase over time while receiving regular chiropractic care.

For more than 112 years, chiropractors and their patients have been experiencing these miraculous results through regular care. **By adjusting vertebral subluxations and maximizing nerve system function, chiropractic care will improve the overall health and wellness of you and your family.**

Remember that chiropractic is not a treatment of disease; it is a lifestyle that one chooses to live for the rest of their life to stay healthy and improve their quality of life.

-Journal of Vertebral Subluxation Research [3(2), 1999]

STRESS RELIEF IN 2.7 MINUTES

It's time to "get back in touch" with your inner voice and inner wisdom (Innate Intelligence), your bodies wisdom that always knows what you need to be perfect. **Here are some strategies you MUST take action on TODAY.** Perform any one of these at any time during the day and you will experience stress relief almost instantly.

Step #1: Learn about simple meditation and controlled breathing exercises.

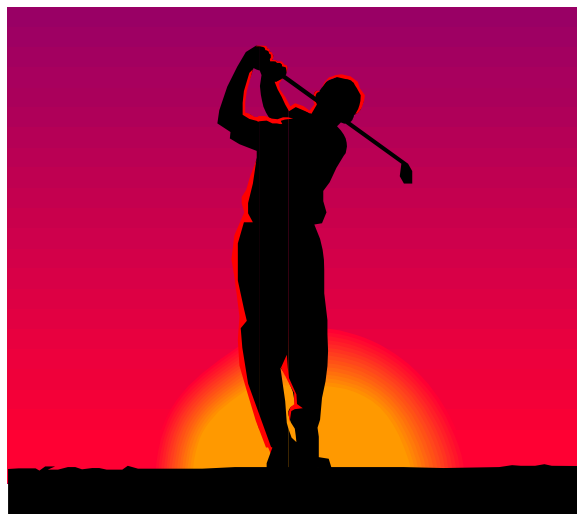
I'm referring to proven mind and body relaxation techniques. Many of the most successful athletes, television personalities, and movie stars use these regularly, to perform at their best. How do you think most Broadway actors put on the "performance of their life" night after night? They use meditation and breathing exercises that help them relax. It's a hidden secret of all successful people.

Step #2: Listen to soothing music.

Choose any type of music that pleases you. Studies find that instrumental music specially composed to be calming decreases tension in the muscles and relaxes the nervous system. This is another hidden secret that is simple to do and will make you feel calmer and focused than ever.

Step #3: Get a specific Chiropractic adjustment.

For over 112 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.



Chiropractic: Bringing Out The Best In You ...

Carpal Tunnel Syndrome (CTS)

The Occupational Disease of the 21st Century

Do you have it? You may if you have one or more of the following: tingling and numbness in the hand, fingers and wrist; swelling of the fingers; dry palms; blanching of the hand; and pain so intense that it awakens you at night with the possibility of similar symptoms in the upper arm, elbow, shoulder or neck. **Millions of people now suffer from CTS and increasing numbers of them are seeking chiropractic care. The drug-free chiropractic approach of releasing nerve and spine stress by freeing your body of vertebral subluxations has been a blessing to millions afflicted with this condition.**

Anyone suffering from CTS should consult a chiropractor to ensure that their spine is free of spinal nerve stress. Chiropractic adjustments have made the difference for millions of people with CTS. It just may make the difference for you too.

Just about anyone can get CTS. Today, office workers, computer operators, musicians and assembly line workers, among others, are most prone to CTS. CTS is commonly found in pregnant women, women who use birth control pills or individuals with an under-active thyroid.

The medical approach to CTS is to stop using the wrist in the same way by wearing a splint and immobilizing the joints. Resting the wrist in addition to ice and medications are also used. As many as 100,000 operations a year are performed for CTS and recovery from such surgery may take from 6 months to 10 years. Since the medical treatment for this condition is so often unsatisfactory, medical doctors have for years been recommending that patients consult experts in



muscle and joint therapy.

Vertebral subluxations have been observed in many patients who have carpal tunnel syndrome. In fact, nerve compression in the neck can block the flow of nutrients to the nerves in the arm, shoulder, wrist and related areas, and make them more susceptible to injury. Not surprisingly, when 1,000 cases of carpal tunnel syndrome were investigated it was found that a large number of those suffering from CTS also had neck arthritis.

CHIROPRACTIC MIRACLES

“Listen To What Our Members Are Saying”

I have been suffering with asthma for most of my life, almost 30 years. **I experience asthma attacks at least twice each month.** I have come to accept it because doctors have consistently told me that I simply have to learn to live with it. When I would get an attack, I would take the necessary medications to feel better, but it was only temporary, until the next time. **There seemed to be no hope for a full recovery and a normal life for me.**

As a child, this was devastating. I couldn't take part in many school activities because I was fearful of the consequences. I was embarrassed to have to use my inhaler in front of all of my friends. It became a real inconvenience in my life, however I got used to it as I grew older.



Four months ago **I experienced a neck injury and my friend Amy referred me to her chiropractor, Dr. Louca.** I was a little hesitant to go because I had never been to a chiropractor before and I knew nothing about chiropractic. The pain was so severe that I decided to go so that I could feel better. I had lots of questions and I wasn't really sure how chiropractic could help.

On my first visit, Dr. Louca made me feel so comfortable and welcome in the office. All of my questions were answered. **By the time my exam was complete, I knew I was in the right place.**

What really changed my life however, was that Dr. Louca told me that the injured nerves that are causing my neck pain also control my breathing abilities. He also explained that when my spine and nerves were healthy again, my breathing may improve as well.

Needless to say, **I have been getting adjustments three times each week for the past three months and I have not had an asthma attack since.** Oh, my neck pain is better too.

I can't believe that I suffered needlessly for 30 years and none of my doctors recommended I see a chiropractor. Dr. Louca has truly made a difference in my life and now I can share chiropractic with everyone I know. I am truly grateful! Thank You!

-Victoria K.

Louca Chiropractic

We are Celebrating our 12th year Anniversary
and Chiropractic's 112th Birthday.

Invite all your friends and family who are not yet
members at our offices during the month of September
for a Chiropractic Check up
(Consultation, Exam and X-rays, if necessary)
for a reduced fee of \$35.*

*Returning Patients who have not been adjusted in 12 months may take advantage of this offer.

Help us Raise the Health Conscience of our Community

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