



# GSCS Monthly e-newsletter

*“The official voice of straight chiropractic in NJ”*

JANUARY 2021

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## From The Prez

### Consistency versus Hype

Oddly enough, I have been around for a while now, going on 25 years of practice. I

probably have not seen it all but it seems that way! There is always some new way to start, grow or expand a practice. Does it work though? Yes and no. For a while the enthusiasm and the rock music when the speaker comes on stage may create some short term growth but when that growth is not built on any substance it does not last. There seems no shortage of chiropractic gurus or chiropractic "rock stars" who are ready to fill the void and empty the wallets of those participating but like those who are fans of a one hit wonder band there is no further to go with it. The result is a burnt out, frustrated chiropractor who pretends to enjoy what they are doing but really hates it. Enter the chiropractor with an objective. When I first went to a group chiropractic meeting that was objective and straight, there was nobody jumping off the rafters but it all made sense. The objective principles practice and taught over time continued to bear fruit and pretty soon the practice of every chiropractor's dream was mine. I no longer had a need for new patients all the time. Yes, I took some to fill the gaps of those who died or moved or decided to move on from chiropractic but I did not really need them anymore. Yes, the practice had some highs and lows but they did not seem so drastic anymore. There was some consistency over the long hall.. Months turned into years and years decades and here I am, peachy keen. Looking forward to next 25 years. Have a great year!

Jay Yuhas, D.C.  
*GSCS President*

## The most inspiring speech: The wisdom of third grade dropout will change your life

The Most Inspiring Speech: The Wisdom of a Third Grade Dropout Will C...



## Practice Tip

### 5 Ways To *LOVE* your practice members in 2021

Make a conscious decision to connect with each person. In front of you is a living breathing human who has entrusted their health and life to you! Place your hand on their back as the table lowers. Really listen when they speak. If your mind wanders, pause, refocus and resume caring for them.

Be meticulous in your technique. Before making any adjustment, ascertain objective criteria which indicate the presence of VS. Introduce as little force as possible, especially in areas under stress. Be certain to do post checks which demonstrate criteria have changed.

Impart some chiropractic wisdom every visit. At the start of the day, select a topic that you will talk about with everyone. Examples might include : Your innate intelligence coordinates all your body functions through your nerve system. Chiropractic adjustments restore life giving messages between the brain and the body. Many types of stressors can contribute to subluxation so it is important to get checked regularly. You get the idea. More of a wing it person? Then simply get creative and redirect their small talk to make it chiropractically relevant. Just reinforce TIC every single visit.

*Respond to things they say that are NOT consistent with your objective. Not addressing statements like, "it hurts really bad in my lower back today," contribute to their misunderstanding. Devise simple responses and lovingly deliver them. Responses might include a thought provoking question to assess where they are coming from and why they are telling you such, or perhaps a gentle reminder, "Don't worry, we are going to check all the vertebrae, because remember, most nerves control the function of organs and glands so you don't always feel a subluxation."*

Always leave the practice member with a chiropractic positive. There are so many to choose from: You will definitely function better now that your subluxations have been corrected! Your body always heals better with a good nerve supply. Your innate intelligence knows exactly what to do and now it can do it more efficiently! That subluxation cleared so nicely, I'm sure your body is working better now. I'm so glad you made it in today; you really needed it.

How blessed we are as objective straight chiropractors to be able to reassure our practice members of such things! It's so much bigger than backaches and much more fun! Don't you think?

*submitted by Danielle Argenio, DC*



## 21 Tips for a positive New year

1. Stay Positive. You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

2. Take a daily *"Thank You Walk."* You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

3. Eat more foods that grow on trees and plants and less foods manufactured in plants.

4. Talk to yourself instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

5. Post a sign that says *"No Energy Vampires Allowed."* Gandhi said, *"I will not let anyone walk through my mind with their dirty feet,"* and neither should you!

6. Be a Positive Team Member. Being positive doesn't just make you better, it makes everyone around you better.

7. Don't chase success. Decide to make a difference and success will find you.

8. Get more sleep. You can't replace sleep with a double latte.

9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

10. Look for opportunities to Love, Serve and Care. You don't have to be great to serve but you have to serve to be great.

11. Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.

12. Remember, there's no such thing as an overnight success. Love the process and you'll love what the process produces.

13. Trust that everything happens for a reason and expect good things to come out of challenging experiences.

14. Implement the No Complaining Rule. If you are complaining, you're not leading.

15. Read more books than you did in 2020.

16. Don't seek happiness. Instead live with love, passion and purpose and happiness will find you.

17. Focus on *"Get to"* vs *"Have to."* Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18. The next time you *"fail"* remember that it's not meant to define you. It's meant to refine you.

19. Smile and laugh more. They are natural anti-depressants.

20. Boost your immune system and health. Eat wild salmon, turmeric, blueberries. Take vitamin C, D and zinc.

21. Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

[\*\*Download these tips as a Printable PDF Here >\*\*](#)

How will you make 2021 more positive?

Jon

[\*\*www.jongordon.com\*\*](http://www.jongordon.com)



# GSCS Convention 2021 Register Now!



The Garden State Chiropractic Society has scheduled their convention for April 10 & 11, 2021 and it will be presented virtually.

We are thrilled to announce our exceptional line-up of speakers for our annual convention. Drs. Robert Berkowitz, Jack Bourla, Judy Campanale, Willian Decken, Anthony DeMarco, Joseph J. Donofrio, Brian Dooley and Christopher Kent have agreed to be a part of our program. 15 hours of continuing education have been submitted for approval. You will need thirty hours of continuing education, including at least two hours of nutrition and risk management completed by August 31, 2021 in order to renew your NJ license. Our convention will meet the nutrition and risk management requirements for NJ renewal.

Register now for Early Bird registration. **Rates increase January 11, 2021.**

[Click HERE for EARLY BIRD registration.](#)

## Philosophy article

### The Perfection of the Triune

*“Our objective is to find and assist in the correction of vertebral subluxations. By restoring normal alignment and function in the spine, we remove interference to the transmission of the forces caused by vertebral subluxations in the matter of the body (specifically nerve tissue). This better allows the force created by the innate intelligence of the body to do what it is created to do. This results in restoration of normal body function.”*



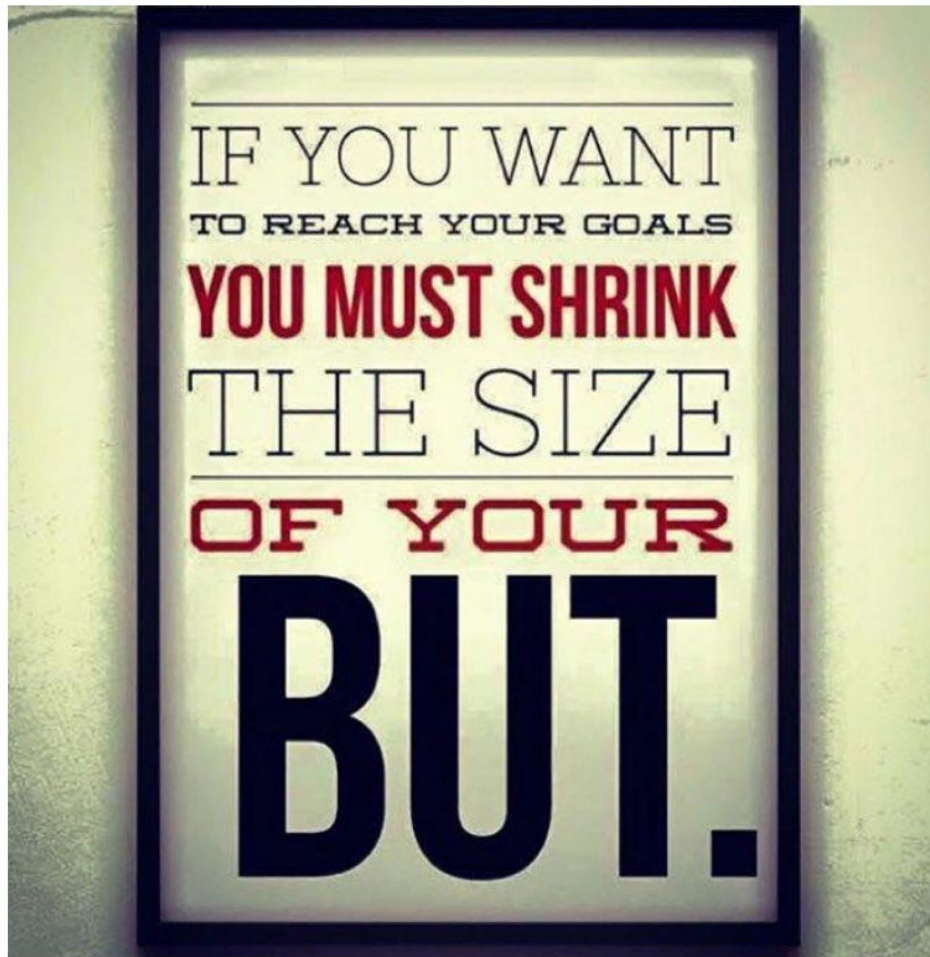
*Excerpted from “33” by David Serio, DC, The Perfection of the Triune, Stamatis Tsamoutalidis, DC*

## Link to NJBCE Zoom meetings

The GSCS continues to have a presence at our monthly NJ State Board of Chiropractic Examiners meetings. Meetings are now on-line, so anyone can easily log on and experience the workings of our State Board.

A link to the meeting info can be found [HERE](#).

## Today's quote



## Become a GSCS member

Not a member? Are you a student considering practicing in NJ? Are you a DC affiliated with an organization that just doesn't represent you and your understanding on chiropractic? Are you a DC who just has not gotten around to joining a state organization yet?

Join Us!

The GSCS is New Jersey's oldest and most respected chiropractic organization. Our mission has never wavered. And now is a great time to join the GSCS.

Click [HERE](#) for a membership application.

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