

Before you throw me out of the organization, let me explain! Let me ask a question? Do you see your life in the world as limited or limitless? Unfortunately the block to having the practice of your dreams and spreading the vision of chiropractic is often our limited beliefs. As Napoleon Hill stated, *"What the mind can conceive and believe, it can achieve."* We spout an ADIO philosophy regarding chiropractic and then complain about the economy, COVID, other chiropractors, what people think about chiropractic and whatever other reason you can come up with, haha! Then we wonder why we do not have the practice of our dreams and our practice members do not get what we are saying. Our incongruency of our beliefs and our actions are abundantly clear to those around us. Tapping into congruency is literally like tapping into a super power! When you are congruent in your thoughts, beliefs and actions, that is when the *"magic"* happens. Think about it!

Jay Yuhas, D.C.
GSCS President

Guest article: NTC (non therapeutic chiropractic), Physics and Metaphysics

It is generally recognized today that the human body is the most marvelously complex machine in existence. In admiring its complexity of design and perfection of manufacture, however, we tend to lose sight of one very important fact.

A corpse is as beautifully designed and as marvelously constructed as is a living body. In fact, the design and the construction are identical from one to the other. Why is it, then, that a living body can digest food and adapt to invasive bacteria, and a corpse cannot? Why is it that a living body can think and remember and feel and laugh and cry and worry, and a corpse cannot? The answer is obviously not to be found in the design or the construction or in any other physical factor.



Some would have us believe that the brain runs the body and its functions by way of nerve impulses over the spinal cord and nerves. But the corpse also has a brain, a spinal cord, and a network of nerves, yet it cannot function at all.

Whatever is the secret of life, it cannot be explained away so glibly. Nor can life be explained away in purely electrical or chemical terms, though certainly a living body exhibits electrical and chemical functions that a corpse does not. No, the true answer lies less in the tangible world of the scientist than in the intangible world of the philosopher...less in physical factors that we can measure, then in metaphysical factors that we must accept or reject by reason alone. Scientists

and philosophers agree, however, that whatever its mysterious secrets, the living body is the ultimate marvel of all creation.

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submitted by Tom Gregory, DC

Guest article: Communicating Chiropractic

I love to speak to Chiropractors all over the world to understand the different challenges we face, to have different perspectives on practice and new insights. Obviously, everything I hear and listen to is filtered through my philosophical filter, which are the 33 principles. There is a particular observation that I tend to feel is a common thread, which in my Chiropractic mind is a major incongruence. The observation is that many Chiropractors tend to make excuses for aspects of their lives or practices that are not working based on situations outside of themselves.



If we truly understand the normal complete cycle then we understand that life expression comes from universal into innate to mental and so on and so forth, for all 31 steps ending back with where it started. Literally above down inside out put into action. Based on this understanding, how could we be making excuses like... where I live people just don't get it, the economy is very bad due to COVID, there are too many Chiropractors in my city, insurance isn't what it used to be (that's an entire conversation in and of itself), the list never ends.

Today I want to shine a light on one particular excuse. People just don't understand Chiropractic! Its so hard to educate them! There are many reasons Chiropractors say this from....everyone I receive already has had experience with a Chiropractor to people where I live have a crisis mindset etc. I will not focus on the effect of this statement, what I will focus on in this article is the statement that the public has a hard time grasping the true essence of Chiropractic.

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submitted by David Serio, DC

Practice tip

The Momentum of NEW

Although joyous and rewarding, I will admit that at times, practice gets monotonous. Repeatedly hearing folks speak of the weather or worse yet the pandemic gets tedious. I show up ready to change the world, and they want to talk about the rain. Indeed I redirect, vary educational methods and always have fun events going on in the office; but it was not until recently that I discovered something NEW and quite by accident.



It all started with a desire to create a more welcoming/homey environment in my office. To achieve this goal I decided to introduce one NEW thing per week. I started with fresh flowers every day. The next week I bought a diffuser and had some lovely essential oils burning in the office. Next, I updated my office play list with some relaxing music.

Even though small, many practice members noticed and spoke of these changes immediately. They remarked how beautiful the flowers were. They smiled and said how great the office smelled. They commented on the soft background piano tunes.

I began to observe how people were attracted to the NEW. These small changes created more joy, more energy and more importantly, more space in the practice member. I jumped on the opportunity to depart from the mundane chit-chat and utilize this newfound space to impart some chiropractic wisdom. Now, by all means I have scripts and procedures, but these minutes became filled with NEW impromptu educational exchanges. These unrehearsed gems were tailored to the individual *in that moment* and the timing proved effective. It appeared to me that more than a few light bulbs were going on.

Incidentally, my hypothesis of the allure of the NEW was further tested when I moved my office of 20 years to a new location. Again, people were drawn to the new. They noticed and pointed out each new item in the office. I witnessed them enjoying the new items and procedures. A shift in consciousness occurred and they appeared lighter and less stuck in the same old mundane talk. The fresh and new generated excitement and once again space, space to step out of the routine and into the new.

After all, what is chiropractic if not NEW? We are in the business of LIFE, and life is always changing, always growing, always adapting, always NEW. Therefore I will continue my endeavor to incorporate one NEW thing into the office per week, whether it be a physical item or a new approach, and I implore you to do the same. Let us watch our people react with enthusiasm to the ever-NEW, while our fashioned responses defeat the monotony and expand their love and knowledge of chiropractic.

submitted by Danielle Argenio, DC

GSCS Convention 2021

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 will be submitted for approval. Our program will include risk management and nutrition, which are required for license renewal in NJ. More details will follow. In the meantime, reserve the date on your calendar and check back with us next month.

Philosophy article

Missionary Position

Some people will do whatever's necessary for it!

... and, why not? It can feel great!

After all, it's a very normal human drive.

Some would even say it's essential for the survival and thriving of our species.

Others don't find it as appealing.



They may simply see it as a ritual way to do only what's expected to get something they want.

What they want just doesn't seem to last.

When it's over, it's over.

The earliest citation for “missionary position” in the Oxford English Dictionary, arguably the foremost authority on the English lexicon, is from 1969 - a date which is, perhaps, somewhat ironic – but it's thought to have been coined back in 1948 by a researcher ... though it seems he was actually writing about the 1920s work of an anthropologist studying in Malanesia ... who was referring to the term used among South Pacific peoples to describe what Christian missionaries were promoting to replace uniformly their local cultural variations. There are also sources that say it has been around for even longer than that.

Of course, these all concern a sexual position. If you've been reading thus far with that expectation, I'm glad you're still with me but, sorry to tell you, that's not the subject here.

In 1995, a British-American journalist/polemicist, Christopher Hitchens, published *The Missionary Position: Mother Teresa in Theory and Practice*, an essay making a case that Mother Teresa was using her position as a missionary to exploit the plight of the less-fortunate as fuel for furthering her fundamentalist Roman Catholic beliefs. As you can imagine, there were sharp lines drawn over this between supporters and detractors of religion and Mother Teresa. There may even someday be an essay written making the case that Hitchens used his position as a writer to exploit the volatility of polarized critics as fuel for his fifteen minutes of fame. Maybe he owes Andy Warhol an essay mention.

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submitted by Jim Healey, DC

Today's quote

“Change is inevitable. Growth is optional.”

– John Maxwell





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