



GSCS Monthly e-newsletter

"The official voice of straight chiropractic in NJ"

MAY 2022

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From The Prez

Transformation

Spring is time for renewal, refreshing. A renewal of purpose and life comes along with the change of seasons. We can recognize the cycles of life and the natural process of everything coming to life. It is also often the start of new things for many

people. It is a great time to explain about life and chiropractic and how the vertebral subluxation affects every part of our existence. It is also possible to parallel how chiropractic will allow them to be at their full potential for activities they enjoy. It is a great time to be thankful for what nature provides both outside our offices and inside them as well!

Jay Yuhas, D.C.
GSCS President

Convention 2022 recap

The GSCS convention was held in person, April 9-10, 2022, at the APA hotel in Iselin, NJ. A virtual presentation was also offered.



Our exciting line up of speakers presented up to 15 hours of continuing education. The presentations were exceptional and well received. The APA offered amazing food and a great opportunity for our chiropractors to rekindle old friendships, meet first time attendees and introduce some to non-therapeutic chiropractic. If you attended, the CE certificates were emailed from Sherman representative, Aaliyah Frey on Thursday, May 5. Please check your inbox, spam or junk folders for your certificate.

Practice tip

With inflation and all the stress and financial unrest in the world, it's really easy to get negative. Remember that as a leader in your community, your patients/practice members are looking to you as an example of health and positivity.

So, use your short office time to tell them how important it is to keep a positive attitude, and that having a healthy functioning nervous system is part of that.

Let them know you're proud of them, and thank them for participating in healthy habits that include regular chiropractic care.



It may sound a little strange to you, but you'll see unsure faces light up in your office.

Dr. Marty & Joy Brown

Principle 15

As a philosophy instructor at Sherman College of Chiropractic, I am often asked what is my favorite of the 33 Chiropractic Principles? This can be a difficult one to answer because one there are 33 to choose from and, depending on the day and which way the philosophical winds are blowing, certain principles seem more front of the cerebral cortex than others.



That being said I enjoy this question because it often means that a fun, rich conversation follows. To start, the 33 Chiropractic Principles are written in a way where questions naturally arise. This alone can cause tremendous discussion. Also it is an opportunity to state what is not a principle. I was recently at a philosophy forum with some amazing speakers. As I usually do I posted on social media that I was at this event and what was everyone's favorite chiropractic principle. One answer came back *"The power that made the body heals the body."* While I respect and adhere to this statement, did you know it is not one of the 33 Principles? In fact, the word heal or health is not used once in the 33 Chiropractic Principles.

So what is my favorite? Presently it is Principle 15 which states *"There is no motion in matter without the application of force by intelligence."* I like this principle because it simply states things will not go anywhere unless some effort is put in to it with respect to some idea or plan. A bit more simply stated Principle 15 tells us we are in the position we are in because of the effort and plan we have.

If you do not like your lot in life, then either put better effort in your already established plan or change the plan to put effort into that will serve you and chiropractic better. Often times I hear how people do not get involved in state associations and then get so upset when they practice landscape in their state changes unfavorably towards them. Well, they did not get involved so what they gave motion to was the other person's plan! Do not let that happen in chiropractic. If the profession is to be about the location, analysis, and correction of vertebral subluxation please direct your efforts towards that regarding time and finances.

Together, with effort, we can create the amazing profession on the planet. By doing that all of humanity will live much more enriched lives. Isn't that a great representation of Principle 15?

Brian R. Dooley DC, ACP

27 quotes from the 2022 Power of Positive Summit



- 1) Fear and Faith both believe in a future that hasn't happened yet. Choose faith. - *Jamie Kern Lima*
- 2) Danger is real but fear isn't. Fears are just the way you perceive a situation. Fears tell you lies. Don't let fear hold you back from rewriting your story. - *Damon West*
- 3) Don't let your feelings dictate how you show up. Dominate a standard that you set in advance. - *Ben Newman*
- 4) THE LIE society tells us is that your success, your fame, your fortune are the most important things about you. - *Alex Demczak*
- 5) Love was the most important factor for our team in accomplishing what we have. - *Sean McVay*
- 6) Everyday I have to make a decision. Am I going to just stay there in bed? Or, am I going to pull myself out of bed? And when I make the decision to pull myself out of bed, I make the decision to be relentless in life. - *Jay Glazer*
- 7) Oftentimes we start with trying to find answers, but finding the right answers begins with asking the right questions. - *Valorie Burton*
- 8) If you know what your virtues, values, standards, philosophies, and non-negotiables are in your life. Your life will change forever. - *Steve Weatherford*
- 9) When something bad happens, it's not about what has happened, it's about what you do next that will change everything. It starts with you. - *Octavia Goredema*
- 10) You are only one encounter away from completely changing your life. - *Ed Mylett*
- 11) Choose to be your number one cheerleader. - *Heather Monahan*
- 12) Be the change that you want to see. - *Derwin Gray*
- 13) Adversity is life's greatest teacher. - *Jeb Blount*
- 14) Don't get distracted focusing on someone else's relationship with God, work on your own. - *Jade Gordon*

15) A lot of the success I have reached in my life has come from living outside of myself. Serve others. - *Damian Lillard*

16) Your greatest ideas can only find their full power when you find a way to communicate them. - *Erwin McManus*

17) Value people, you never know what God will do through another person. - *Inky Johnson*

18) It doesn't matter if anyone believes in you, you can still have everything you want if you believe in yourself. - *Candy Valentino*

19) Believe that your people have greatness inside of them. Because they do. - *Stephen MR Covey*

20) The people who win are either better than their competition or they are different from their competition. - *Phil Beckner*

21) Look for ways to redeem the wrong. - *John O'Leary*

22) Wherever you are or whatever your situation is, you are not going to make a change until you are frustrated about where you are. - *Nathan Chan*

23) In the locker room diversity is not an obstacle, it's a strength. - *Stephen Mackey*

24) When you have your season, moment or situation that feels like it's going to take you down, move closer to the people you love, hang on to your faith, and you will make it through. - *Coach Yo*

25) A lot of time the key to helping us figure things out is clarity, and when you don't have clarity you can't move on anything. - *Kathryn Gordon*

26) You don't have to knock someone else down to get where you want to go. - *Elisha Jarrett*

27) Buckle down, be positive, and realize sometimes in life it's not about what happens to you, it's about your response to what happens to you. - *Chris Singleton*

Jon Gordon

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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?

A stylized logo with the words "Join Us!" in a blue, bubbly, handwritten-style font. The text is set against a light blue, cloud-like background.

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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