

APRIL

GSCS Monthly e-newsletter

“The official voice of straight chiropractic in NJ”

APRIL 2025

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From the Prez

Persist

Sometimes we just have to hold our position. We are not moving backwards or forwards but just

holding our position. This is a very important time in your career or practice. The danger is to give up and slide backwards as you are not seeing progress. This would be a mistake!

The movie, 300, demonstrates this as they were able to hold back the enemy by just holding their ground. Persist. Stand your ground! Stay true to your beliefs and how you want your practice to be. You can make adaptations but do NOT make concessions!

Jay Yuhas, D.C.
GSCS President

Applying philosophy

Philosophy has been defined as the rational investigation of the truths and principles of being, knowledge, or conduct. It is often divided into several branches to cover all aspects of the human experience.



These branches include epistemology (dealing with the scope and the nature of knowledge), logic (deals with the study of principles of correct reasoning), metaphysics (studying general features of reality), moral philosophy/ethics (how best we should live and interact with each other in society), political philosophy (the study of government), aesthetics (how we view beauty, art, sentiments and tastes and our perceptions) and the specialized branches (science, religion, mind, law and language).

Philosophy is the essential foundation for the beliefs that guide our everyday life. It is the living, dynamic entity through which all of our actions and choices are filtered.

Interestingly, Chiropractic does not need a philosophy applied to it. Chiropractic IS a philosophy - along with its art and science. Heavy stuff.

Volumes have been written and lifetimes have been spent in the study of philosophy. So, when I come across a writer with the ability to distill and simplify philosophy to its simple, immutable essentials, devoid of fluff and spot on in its accuracy, I remember his/her name. For me, no one does it better than Joe Donofrio, my friend and mentor.

accumulate...until our homes, our cars, our minds, and our schedules are cluttered. In Meditations, Marcus joked about people “*whose abundance leaves their owner with ‘... no place to shit.’*”

And that’s just the physical stuff! We also accumulate problems and grudges and anxieties and commitments and opinions—piles and piles of them. Our mental load grows and grows. Our to-do list grows and grows. It all builds up slowly, until we feel overwhelmed, stuck, and weighed down.

There’s only one way out of this mess: ruthlessly decluttering. We have to eliminate, eliminate, eliminate. Get rid of stuff. Get rid of baggage. Let go of beliefs...let go of worries. Let go of people. We have to stop buying and stop saying yes. We must free ourselves from the weight of excess. Shed what’s unnecessary. Clear away what’s holding us down.

Is there a better time to do this than right now? Spring is coming, and it’s the perfect time to clean up and clear out. That’s the beauty of the idea of spring cleaning. We’re only a few months into the year and already, we know we could use a reset, that we’d benefit from wiping the slate clean.

From [*THE DAILY STOIC, Ancient Wisdom for Everyday Life*](#)

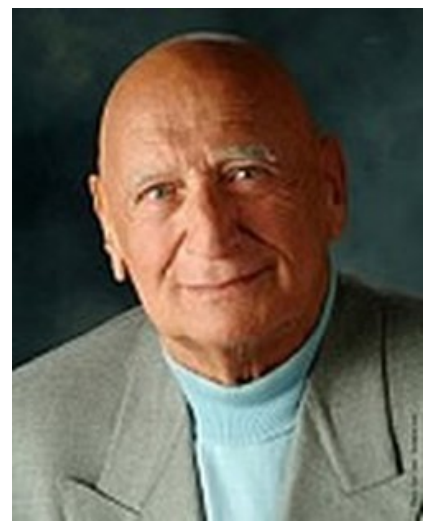
Dr. BJ Palmer explains how Chiropractic was discovered and an in depth analysis of what it is based upon - innate function and it's role in healing. Lyceum 1955.



Q & A with Reggie #7

Just how safe is chiropractic? What are the risks and dangers?

Chiropractic is totally safe. The purpose of chiropractic is to eliminate vertebral subluxations, to keep the body as subluxation free as possible. That is always a positive, it could not possibly under any circumstances do harm. Some people obviously are so decrepit, or aged, or falling apart through illness that they are not good candidates to receive chiropractic. And every chiropractor is very well trained, totally trained in identifying these circumstances. And then unfortunately we have to tell those people. I'm sorry, we can't help you. But when a chiropractor administers what results in a chiropractic adjustment, that is always safe. Every adjustment is safe. In fact the body adjusts itself thousands of times every day, every time it moves. The chiropractor only steps in when the body is unable to adjust itself perfectly and the chiropractor helps the body to complete that adjustment. It is always totally safe. The thing that is unsafe is to walk around for years with a vertebral subluxation because you have no symptoms. All we have to do is pick up the local newspaper any day, look at the obituary column and read about people who have never had a sick day in their life, they have never seen a chiropractor, why should they, there was nothing wrong with them. And then one day they are walking along the street and they drop dead of a heart attack, or they have an ulcer perforate that they didn't even know they had or some other disaster occurs. They go for an insurance check up and then they find they have cancer that turns out to be terminal. That cancer did not develop overnight. The damage that occurs in the body accrues over tens of years. And that's why I strongly recommend regular visits to the chiropractor whether you are sick or not. The thing that is risky and dangerous is walking about with vertebral subluxation for year in and year out. Raising children with vertebral subluxation is to me, totally irresponsible.



Thanks to Tom Gregory, DC for this series of articles.

Room for rent in Chiropractic office

Room for rent in a chiropractic office located in Hainesport, NJ. Space is 13 x 9 with separate entrance and ample parking. Perfect for a DC just starting out or another holistic practitioner. Please contact wallacefamilychiro@gmail.com for more information.



Office equipment for sale

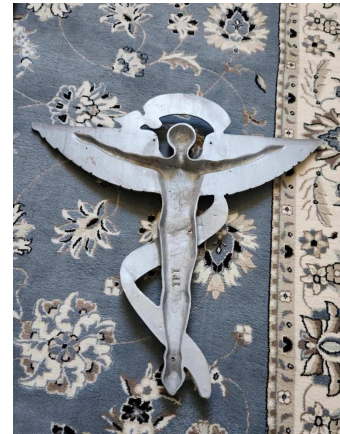
Contact Sal DeCosta, DC at (848) 480-2459.



**Vintage Industrial Hot Lamp for Viewing Xrays with pedal to change light brightness \$40.00
FINAL SALE**



**One Chiropractic Caduceus cast aluminum. Very heavy. Stamped TPT on back
27x25w
\$225**



**One Chiropractic Caduceus (different view) cast aluminum. Very heavy. Stamped TPT on back
27x25w
\$225**



One JunAir compressor. Reconditioned for TTP 440 table. Used. Good condition. \$500



One JunAir compressor (different view). Reconditioned for TTP 440 table. Used. Good condition. \$500



Zenith II Thompson Terminal Point 440 drop table. Well maintained. Good used condition. Asking \$3,000.

Save the date!

Save the date - Sunday, September 7, 2025, the GSCS will hold its Annual Picnic with the Jersey Shore BlueClaws baseball team. More details to follow.



Happy New Year! Happy New Blue Book! Volume 2!

A new publication by Claude Lessard, DC: The 2027 Chiropractic Textbook

<https://www.sherman.edu/product-category/books/>



Sometimes, those of us in chiropractic have a tendency to get stuck in the ideas and the philosophy of our forefathers and it hinders the growth and development of our philosophy. It also presents a basis for the criticism that we have developed into some sort of cult/religion. What profession is still using a 1927 textbook as its primary text?

Now for the first time in almost 100 years, The Chiropractic Text Book has been updated and re-contextualized. Claude Lessard, DC had it suggested to him by Thom Gelardi, DC to take on the task of rewriting the chiropractic textbook. Claude accepted the challenge and he produced an extraordinary textbook that will encourage future chiropractors to carry on and further develop chiropractic, that will include new knowledge, insights, and error corrections into the third millennium and forever more.

I would encourage each of you to pick up a copy of Volume 1 and Volume 2 from the Joseph B. Strauss Bookstore at Sherman College, which is ordering volumes of the 2027 Textbook, in bulk, to sell.

This an easy way to financially support Sherman so it can make some extra money.

Otherwise, you should be able to find it on any major online book retailer, such as Barnes and Noble or Amazon, by googling the title. Obviously, Sherman wouldn't make money from the proceeds of the book that way.

"This is a series of FOUR academic volumes to be studied as part of the chiropractic curriculum for the student to learn chiropractic and graduate as a chiropractor. It is the rectified version of its original precursor, "CHIROPRACTIC TEXT BOOK" written by Dr. Ralph W. Stephenson in 1927. Portions of the text are taken directly from the original and updated with NEW knowledge constructed from NEW information of the last hundred years. The same building blocks of chiropractic are refashioned into a contemporary context that includes 130 years of continuous discoveries. Credit is given to Dr. D.D. Palmer, Dr. B.J. Palmer, and Dr. R.W. Stephenson. We all stand on their shoulders as we move forward.

These volumes are simply "The Chiropractic Text Book" updated and re-contextualized. The instructions contained therein are further developed from the original concepts of the founder of chiropractic, Dr. Daniel David Palmer, and his son, the developer of chiropractic, Dr. Bartlett Joshua Palmer. Within these volumes, I hope to falsify and deconstruct the theistic and anthropomorphic characters given to some of chiropractic's scientific principles and scientific laws in those early days, namely universal intelligence and innate intelligence. Those chiropractic concepts are then reconstructed on the solid bedrock of the testable and verifiable principles of chiropractic's basic science; they include new information acquired since 1927 that dictates the chiropractic objective. These four volumes contain NEW knowledge that has been discovered and constructed within the past 100 years, NEW information that was unavailable from 1895 to 1927. They cover the philosophy, the science, and the art of chiropractic. They are intended to be a further study of chiropractic, developed to CARRY ON the genius of our predecessors, D.D. and B.J. Palmer; they are designed to convey more precisely "WHAT" chiropractic is, "HOW" to apply its scientific principles, and the hard to vary explanation of "WHY" chiropractic is an evolutionary humanitarian approach to EVERY experience of life, not just the experience of health. These volumes comprise error corrections that are necessary for the student to obtain an assured confidence in the chiropractic objective including its universal value. They honor, yet modernize, this significant discovery and the greater understanding of its necessary and humanitarian service to the world. It was Joseph B. Strauss, D.C. who wrote in 2002, "I do not believe that you can truly understand chiropractic philosophy without studying Stephenson. There are truths within and errors that need to be seen and understood for any student to ever begin to reach a level of comprehension of chiropractic as it was and is today." Students are encouraged to study Stephenson's textbook of 1927, ALL of the Strauss' Blue Books, and the two Blue Books that I have personally authored, A New Look at Chiropractic's Basic Science and Timed Out: Chiropractic.

It is the hope that the truths and error corrections contained within the pages of these volumes will inform and inspire future generations of chiropractors so that they can make an informed choice in constructing their professional mission. Based on these studies, it is clear that the sole aim of the chiropractic objective is the restoration of normal transmission of innate

impulses through the location, analysis, and the facilitation of the correction of vertebral subluxations for a normal transmission of innate impulses. PERIOD.

These texts have been written for educational instruction. They are divided into Volume One (First Year Chiropractic Text), Volume Two (Second Year Chiropractic Text), Volume Three (Third Year Chiropractic Text), and Volume Four (Fourth Year Chiropractic Text). Following the original layout of Stephenson's allowing for the integral comparison of topics. There are questions for review that are intended to help the student THINK and "internalize" the value of chiropractic, and raise inquiry to test any of its 33 scientific principles in order to verify or falsify any of them. The student is urged to become familiar with the unique chiropractic lexicon at the beginning of every volume in order to properly understand the meaning of those terms that will undoubtedly assist the study of the text. Hopefully, these four volumes of the updated chiropractic textbook will encourage future chiropractors to CARRY ON and further develop chiropractic, that will include NEW knowledge, insights, and error corrections into the third millennium and forever more."

Dr. Claude Lessard

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?

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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