



# GSCS Monthly e-newsletter

*"The official voice of straight chiropractic in NJ"*

JUNE 2025

[CLICK HERE](#)  
for GSCS website

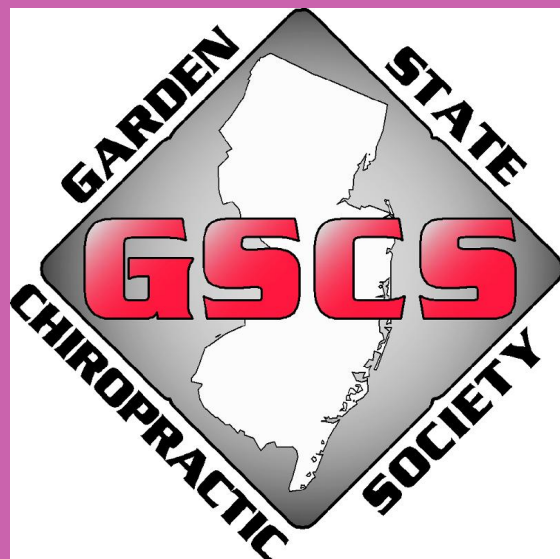
---

[CLICK HERE](#)  
for GSCS Facebook page

---

[CLICK HERE](#)  
to e-mail the GSCS

---



From the Prez

Do you love it?

A simple question! Do you love

it? I am not talking about your practice procedures and paying bills and what not! Do you love the practice of chiropractic if you removed all the other necessities of life. If you do, you are smart! I was thinking of that in my office today. How fortunate are we to have the honor of walking around our office and going from room to room or table to table and doing something that is more impactful to the human on that table than anything I know. It is awesome! It is fun! Love it! Get the other stuff out of the way and the rest WILL take care of itself!

Jay Yuhas, D.C.  
GSCS President

## Legacy and Lifestyle: Epigenetics and the potential for Chiropractic

*Originally published in Dynamic Chiropractic – January 1, 2013, Vol. 31, Issue 01*

There weren't many exciting days in my high-school biology class. The class was interesting, though, and we had an excellent teacher. One day stands out in my memory. The excitement in the teacher's voice was contagious.

He brought forth a model from the back room and carried it to the demonstration table in the front of the lab. We were told the story of Watson and Crick's work on the double helix – DNA – and that it was the "*blueprint of life*."



Our teacher could hardly contain his enthusiasm for sharing the secret of life with us, describing how the sequencing of the pyrimidines cytosine and thymine, and the purines adenine and guanine, encoded our identities and our futures. This was cutting-edge stuff in the '60s, and we were mesmerized.

The "*dogma of genetic supremacy*" followed me from high school to college and then professional school. Even in chiropractic classes, it was suggested that the "*limitations of matter*" were defined by our genetic legacy. But there was something brewing shortly after I left my teaching position at Palmer in

1979. Guy Riekeman and Joe Flesia held a symposium at which I first heard the term epigenetic. The environment, we were taught, determined gene expression. The speaker was Ron Pero, PhD. Little did I suspect that one day I would co-author a paper with him on DNA repair and chiropractic care.<sup>1</sup>

Fast-forward 25 years or so to an interview with Bruce Lipton, PhD, for the "On Purpose" audio series. Bruce had the same zeal for his message as my high-school biology teacher. But like Pero, his message was very different: *"It is now recognized that the environment, and more specifically, our perception (interpretation) of the environment, directly controls the activity of our genes. Environment controls gene activity through a process known as epigenetic control."*<sup>2</sup>

The significance of this hit me squarely between the eyes. We are not slaves to our DNA. Our environment controls the activity of our genes. Our interpretation of the environment determines how our genes express themselves, and we can direct our interpretation of life's events. In short, we are not slaves to biochemical caprice. As sentient beings, we sculpt our biology.

A growing body of scientific literature addresses how lifestyle choices affect gene expression. Sanchis-Gomar, et al.,<sup>3</sup> observed that eu-stress, or positive stress, is an effector for gene expression. *"We propose herein that stress may stimulate genetic adaptations through epigenetics that, in turn, modulate the link between the environment, human lifestyle factors and genes ... How an individual physically adapts to the prevailing environmental conditions might influence epigenetic mechanisms and modulate gene expression."* The authors also note, *"Physical exercise positively influences epigenetic mechanisms and improves health."*

A broad array of lifestyle factors affects epigenetic mechanisms. According to Alegria-Torres, et al.,<sup>4</sup> *"The concept of 'lifestyle' includes different factors such as nutrition, behavior, stress, physical activity, working habits, smoking and alcohol consumption. Increasing evidence shows that environmental and lifestyle factors may influence epigenetic mechanisms, such as DNA methylation, histone acetylation and miRNA expression. It has been identified that several lifestyle factors such as diet, obesity, physical activity, tobacco smoking, alcohol consumption, environmental pollutants, psychological stress and working on night shifts might modify epigenetic patterns."*

Other authors have addressed the interplay of early-life nutritional programming on obesity, inflammation and epigenetic outcomes,<sup>5</sup> dietary and lifestyle factors of DNA methylation,<sup>6</sup> genetic and environmental factors in the etiology of depression<sup>7</sup> and epigenetic aspects of digestive diseases.<sup>8</sup>

Articles on epigenetics are also seen in the popular press. Medical physician Dean Ornish wrote in Newsweek,<sup>9</sup> *"New research shows that improved diet, meditation and other non-medical interventions can actually 'turn off' the*

*disease-promoting process in men with prostate cancer ... Earlier this week, my colleagues and I published the first study<sup>10</sup> showing that improved nutrition, stress management techniques, walking, and psychosocial support actually changed the expression of over 500 genes in men with early-stage prostate cancer."*

Discover Magazine featured an article whose title boldly proclaimed, *"DNA is Not Destiny."*<sup>11</sup> The author wrote, *"A human liver cell contains the same DNA as a brain cell, yet somehow it knows to code only those proteins needed for the functioning of the liver. Those instructions are found not in the letters of the DNA itself but on it, in an array chemical markers and switches along the length of the double helix, known collectively as the epigenome, that lie along the length of the double helix. These epigenetic switches and markers in turn help switch on or off the expression of particular genes."*

The take home-message is stunning: *"Epigenetic signals from the environment can be passed on from one generation to the next, sometimes for several generations, without changing a single gene sequence ... Put simply, and as bizarre as it may sound, what you eat or smoke today could affect the health and behavior of your great-grandchildren ... Epigenetics is proving we have some responsibility for the integrity of our genome ... Before, genes predetermined outcomes. Now everything we do ... can affect our gene expression and that of future generations. Epigenetics introduces the concept of free will into our idea of genetics."*

For the chiropractor, correction of nerve interference takes on a deeper significance. Subluxation distorts our perception of the environment, and compromises our ability to respond to it. As every DC knows, following an adjustment, patients frequently report a heightened state of perceptual awareness and well-being. Quite simply, correcting interference may well affect not only the genetic expression of the patient, but also the bodies and brains of their progeny.

We now know that there are two ways that correction of vertebral subluxations may affect genetic mechanisms:

- Chiropractic care could influence basic physiological processes affecting oxidative stress and DNA repair.
- Correction of vertebral subluxations may change a person's perception of the environment and facilitate constructive, appropriate responses to environmental change.

This knowledge positions the chiropractor as a facilitator in determining the legacy of humanity. That's the power you hold in the very hollow of your hands.

Christopher Kent, DC, ACP, JD  
[ckent@sherman.edu](mailto:ckent@sherman.edu)

## References

Campbell CJ, Kent C, Banne A, Amiri A, Pero RW. Surrogate indication of DNA repair in serum after long term chiropractic intervention ? a retrospective study. J Vert Sublux Res, Feb. 18, 2005:1?5.

Lipton B. "Mind Over Genes: The New Biology." Available at [www.bruce-lipton.com](http://www.bruce-lipton.com).

Sanchis-Gomar F, Garcia-Gimenez JL, Perez-Quilis C, et al. Physical exercise as an epigenetic modulator. Eustress, the "positive stress" as an effector of gene expression. J Strength Cond Res, 2012 May 3. (Epub ahead of print)

Alegría-Torres JA, Baccarelli A, Bollati V. Epigenetics and lifestyle. Epigenomics, 2011 Jun;3(3):267-77.

Martínez JA, Cordero P, Campiñán J, Milagro FI. Interplay of early-life nutritional programming on obesity, inflammation and epigenetic outcomes. Proc Nutr Soc, 2012 May;71(2):276-83.

Lim U, Song MA. Dietary and lifestyle factors of DNA methylation. Methods Mol Biol, 2012;863:359-76.

Saveanu RV, Nemeroff CB. Etiology of depression: genetic and environmental factors. Psychiatr Clin North Am, 2012 Mar;35(1):51-71.

Hamilton JP. Epigenetics: principles and practice. Dig Dis, 2011;29(2):130-5.

Ornish D. Changing Your Lifestyle Can Change Your Genes." Newsweek, June 16, 2008.

Ornish D, Magbauna MJM, Weidner G, et al. Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention. PNAS, June 17, 2008;105(24):8369-8374.

Watters E. "DNA Is Not Destiny." Discover Magazine, November 2006.

---

## Philosophy



When was the last time you asked your practice members questions instead of telling them answers to their questions?

When you ask a question instead of giving an answer, people will retain more of what they're saying. Think about it... don't you do the same thing when you're at a seminar and the speaker calls on you to answer a question? Your eyes perk up and maybe you realized you were in a bit of a trance just listening. But when you get called upon to participate, your whole demeanor changes, doesn't it?

So here are some questions you may want to start with: *"Kathy, what do you think controls everything in your body?" "John, what percentage of your nervous system actually perceives pain?" "Diane, why do you think we see babies and children in our office?"*

What would some of your questions be?

*Submitted by Marty Brown, DC*

---

# A group of unicorns is called a blessing



*I was today years old when...*

You have probably seen the above expression on social media dozens of times. It really tickled me when I saw it for the first time a few years ago. It still does every time I see it. So imagine my surprise when, after 33 years in practice (which seems like forever ago and yesterday at the same time, I was today years old when I found out that I am a unicorn!!

I have been active in the chiropractic profession since my student days at Penn Straight in the late 80's and early 90's, but I never realized just how rare a breed I was until I went looking for an associate in 2025. But here is the thing, I am more convinced than ever that the way I practice is the safest, most fun, and most beneficial to the planet.

This practice model, which I learned from my first chiropractor and at the school he recommended, focuses solely on improving the nerve system without treating any specific medical issues or symptoms. In fact, I had no symptoms or problems when I first got under chiropractic care. In fact, my field chiropractor did not refer me to a specific school. He suggested I go wherever Joe Strauss was. And so I did. The way I practice today, with the singular objective of correcting vertebral subluxation, is the only chiropractic I ever knew. It is honest, it is logical, and it serves humanity in immeasurable ways.

This way of practice is honest because it does not claim to do things it does not do. While some individuals with musculoskeletal or other medical issues may experience symptom improvement following chiropractic adjustments, not everyone does and many do not. There is only ONE mechanism of action unique to our profession: the enhancement of nerve function. This is what makes us separate and distinct from every other profession and the only thing the adjustment EVER does--it enhances the function of the nerve system.

Sometimes, this enhancement allows the body to normalize and overcome whatever symptoms may be present. Other times, it does not. However, the body is always better without vertebral subluxation. Still, it will never be fair or completely honest to tell someone who comes to you seeking relief from symptoms of any kind, whether it is ear infections or back pain, that chiropractic can "help" them. While it is true that everyone is better off without nerve interference, the mother of an autistic child or a person with migraines, will more than likely misconstrue the statement to mean it will help with the problem they are having NOT with the reduction of vertebral subluxation.

This way of practicing is logical--it simply makes sense. If the nerve system

runs the body (and it does), and structure impacts function (and it does in a significant way), then the structure of the spine will impact the function of the nerve system. Since the nerve system is responsible for running the body, it is sensible to want it to function at its best as much as possible. Every man, woman, and child is always better off with a clear nerve system from the time they are born to the time they die. It just makes sense.

It is this logic that paves the way for this practice model to best serve mankind because it advocates for regular, ongoing spine checks for EVERYONE, not just some of the people some of the time. Imagine your body working as it was designed to. Imagine yourself expressing your fullest potential to adapt to the countless number of stresses you face daily. How happy would you be? How happy would your loved ones be? Now imagine a world filled with similarly happy people. Having vertebral subluxation is reason enough to seek chiropractic care. By addressing nerve distortion caused by vertebral subluxation, regular spine checks ensure optimal nerve function which is crucial for the body's overall function. This practice model advocates for everyone to have their spine checked regularly, not just a select few, to maintain a clear nerve system and enhance well-being.

In fact, this style of practice is SO fun, and SO logical and SO beneficial to humanity that it is amongst the greatest blessings of my life. So yes, I was today years old when I realized I was a unicorn. And here is a fun fact to leave you with, a group of unicorns is called a blessing. And good news, there is a blessing in the Garden State Chiropractic Society. Any of its members would be happy to assist you in finding your way to practice in a similarly fun, logical, service-oriented way. Reach out to them and they will connect with you someone who will be happy to help. Blessings to you.

*Thank you to Judy Nutz Campanale for this article.*

[info@gardenstatechiropractic.org](mailto:info@gardenstatechiropractic.org)  
[www.gardenstatechiropractic.org](http://www.gardenstatechiropractic.org)

---

## Moving Chiropractic from Theosophy To Philosophy

This AMAZING profession, that we are absolutely privileged to be a part of, is constantly evolving. This is why our philosophy must be written in pencil. Chiropractic principles do not change, it is our understanding of these principles change. Let us look at 3 topics in chiropractic.



First, chiropractic basic science. This would be the 33 principles of

chiropractic. They are basic laws that break down into 19 discussing universal law of organization, 10 discussing the law of living things, and 4 principles directly involving Chiropractic. Claude Lessard goes into wonderful detail in his recent Blue Books.

Second, Chiropractic is a philosophy, as stated by Reggie Gold. Philosophy is the constant asking of why, the search for truth, congruence, reason, and knowledge.

And third, chiropractic applied science. This is taking the basic science and philosophy and applying them to practice and service. There is an overlap of philosophy in all aspects of chiropractic. The basic science of chiropractic is universal law and does not change. It is our understanding (philosophy) and application (applied science) that changes.

The beginning of chiropractic and the discovery of these universal principles started as physical medicine (getting sick people well ) and theosophy ( the belief that universal and innate intelligence are God/soul and are personified).

It can be argued that the vast majority of the profession chooses to hold on to this belief and not evolve in these 3 topics of chiropractic understanding.

This has been a challenge in chiropractic for decades because it puts chiropractic in the realm of faith, belief and religion. These are very important topics and are not in any way a part of chiropractic.

Claude Lessard and Jim Healey do an amazing job clarifying our understanding of innate and universal as laws, which must not be personified. They simply exist to perform a function. Claude modifies the names for clarity in his Blue Books: Universal being Universal Principle of Organization (UPO) and innate being the Innate Law of Living Things ( ILLT).

This is genius because it describes them as principles that simply perform function. They do not think, talk, nor are they an intelligence. They are not personified, nor do they create anything. They exist as laws just as the laws of gravity, inertia, extropy, entropy, etc, do not think. These laws are universal principles that simply are. ILLT exists and adapts universal force and the matter in which it resides without breaking universal law. It simply is.

This is not to say that other entities in the human body do not exist such as soul, spiritual guide, intuition, etc. It is simply stating that these are out of the scope of chiropractic.

I consider this clarification in our lexicon and major breakthrough in chiropractic. Let's continue to expand on these topics!!

Thank you to all my mentors who continue to challenge, inspire, and further my understanding of chiropractic!!! Please send all feedback to [chiroromano@juno.com](mailto:chiroromano@juno.com) and check out The Chiropractic Trust website for our Talk the Tik contest for students with cash prizes!!!

## Daily Positive

It's easy to get caught up in complaining about what everyone else is or isn't doing. Remember, you can't control their actions but you can control your own. Focus on your attitude, effort and actions. Be the best you that you can be and elevate the positivity around you.

@jongordon11

Get a daily quote at [DailyPositive.com](http://DailyPositive.com)

### Are there any vertebral subluxation exclusive chiropractors left on the planet?

The Strauss Chiropractic Center is looking for a part time associate to join us.

We are a long-standing (since 1967), high-volume practice located in Levittown, PA (about 20 miles north of Philadelphia.) We are focused exclusively on the location and correction of vertebral subluxation and the education of our practice members toward that objective. No writing narratives, insurance billing, or selling. Just correcting vertebral subluxation because it, in and of itself, is a detriment to the fullest expression of life.



Interested individuals can forward their resume to [strausschiropractic@gmail.com](mailto:strausschiropractic@gmail.com).

---

## 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](mailto:wallacefamilychiro@gmail.com) for more information.



## Office coverage available

Chiropractic office coverage available Mondays, Wednesdays, and Fridays.

Contact Dr. August Bausewein IV at [dr.august.d.c@gmail.com](mailto:dr.august.d.c@gmail.com) or 201-316-6226 for more details.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	
9	10	11	12	
VACATION				
16	17	18	19	

## Save the date!

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

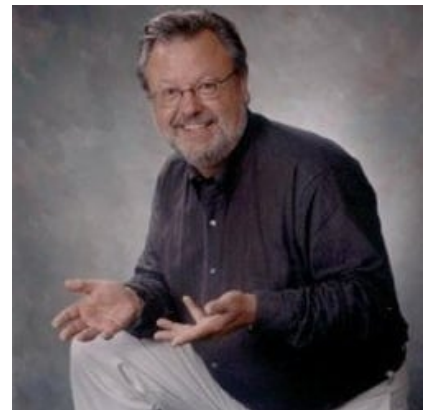
Click [HERE](#) to register or for more info.



## 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

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

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.

GARDEN STATE  
CHIROPRACTIC SOCIETY  
P.O. Box 298  
Franklin Park, NJ 08823



Garden State Chiropractic Society | P.O. Box 298 | Franklin Park, NJ 08823 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!