



GSCS Monthly e-newsletter

“The official voice of straight chiropractic in NJ”

MAY 2025

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From the Prez
Regimen

No, it is not a dirty word. To be successful, we need a routine and it may involve cutting some things out of our life, eating better, sleeping better, you name it! It is a different life. You are taking a different path. Success leaves clues. Successful people do not live the way average people live. It may mean narrowing our focus so we can accomplish our goals. It is your life. It is your right. It is your path. Now go out and get it!

Jay Yuhas, D.C.
GSCS President

GSCS Blue Book Donation: Grounding Sherman Students in Chiropractic Philosophy

One of the proudest initiatives of the Garden State Chiropractic Society is our ongoing donation of Chiropractic Philosophy: A Textbook by Dr. Joseph Strauss—fondly known as the author of the “Blue Book” series—to every incoming student at Sherman College of Chiropractic.

This powerful tradition began as a way to ensure students start their chiropractic journey with a solid philosophical foundation. This Chiropractic Philosophy Book is not just a textbook—it’s a guide to understanding the objective of chiropractic as a unique, non-therapeutic discipline centered on locating and correcting vertebral subluxation. It challenges students to think critically about the principles that define chiropractic and keeps their focus on the body's innate intelligence and the vitalistic perspective that sets our profession apart.

Thanks to the leadership of Dr. Bill Decken, Chair of Sherman’s Philosophy Department, the Chiropractic Philosophy Blue Book is required reading in his foundational course. It sparks deep discussions, sharpens clarity, and reminds students why chiropractic is not a treatment - but a way of honoring the body's self-healing potential.

Chiropractic Philosophy

Joseph B. Strauss, D.C., F.C.S.C

By gifting this book, GSCS isn't just donating a resource - we're investing in the future of principled chiropractic. We're making sure each student begins with the same clarity and conviction that has driven the profession's most influential thought leaders.

It's one more way GSCS is standing strong for chiropractic's core - supporting education, advancing philosophy, and ensuring the torch is passed to the next generation with integrity and purpose.

If you are interested in contributing something to Sherman College or interested in sending a student to Sherman College feel free to contact me at fhahn@sherman.edu.

Keep Sharing Chiropractic

Submitted by Frank Hahn, DC

Convention recap

Hello Friends!!!

I too wanted to add a few words of gratitude and congratulations to all for the awesome job at the 2025 GSCS Annual Convention. I'm still savoring the impact and memories of time well spent.

First and foremost, my heartfelt gratitude and recognition to the committee who, year after year, do the heavy lifting with vision and with love. I imagine the planning for the next one begins soon after the current one has ended. So many details, thankless tasks and moving parts that have to be attended to in order to create a place that allows everyone there to grow and/or be inspired to serve better. Again this year, a formidable crowd of chiropractors across the spectrum of practice were changed for good!!! Well done Convention Committee!!



Taking myself out of the equation and speaking as an attendee, I was very impressed with this year's presenters. I really thought everyone was stellar and connected and elevated each other. I don't know if your topics were assigned or if you came up with your own ideas but it worked SO well!! Starting with Trent and his youthful energy and extraordinary skill set. No joke!! I got one of the greatest adjustments of my life from him!! I only wish he had hung around to visit with and mentor us more!!! Mary-Ellen was amazing too! I know she is required CE and many of us don't need the info for our practice, but life long learning in our personal lives is always welcome. (I'm still gonna grill meat, but I will think my happy thoughts while I do it to counteract some of the negative external invasive forces.)

I REALLY loved Andy's presentation! Sometimes we are so busy trying to

teach something new or offer some unique or philosophical perspective that we skip over the basics. Andy did a great job of nuts and bolts for the newer practitioners in the crowd but also as a reminder for those of us in practice for awhile. Two significant things I took from his talk: the words on the patients' foreheads ("I want you to make me feel special") and the chiropractic secret to success ("don't judge your progress by how you feel"). I've used both in by practice all week. Bang! Awesome!!

Jason Yuhas (the first of the Jasons) did a great job, maybe the best I've ever heard him!!! Is risk management his niche or was he just on fire about all the great ways he's served the profession OUTSIDE of his office!?! And Jason Meyerson SO reminded me of Joe Strauss, I couldn't help but be mesmerized. Standing behind the podium with his notes, speaking on the principles... Garden State really must keep him engaged. No more slipping off into the great abyss Jason!!! And then Damien was absolutely perfect for the end of the day after dinner!! And was he totally channeling Joe D or what!?!

Then Sunday... as I said from the stage, history was never my strong suit, but Myron's presentation was completely engaging from start to finish and his new book is simply gorgeous and a must have for every chiropractor!! Stamatis and Dave with their transparency and principled messages put the whole thing over the top!! Sometimes, I just sit and wait for someone to say something that makes me cringe. Rare is it that I've been to seminar where someone didn't say something. Stamatis and Dave (along with Trent, Jason and Damien) made it crystal clear to me that the GSCS has done an exceptional job of raising up our next leaders and for that I am extremely grateful.

I've struggle lately with the loss of my mentors and so many dear to me in chiropractic. It's partly my age but also changes in society in general. I often wonder what will happen to this profession I love so much. Thanks to all of you for easing my mind this weekend.

With gratitude for each of you, love and hugs,
Judy!

Submitted by Judith Nutz Campanale, DC, ACP



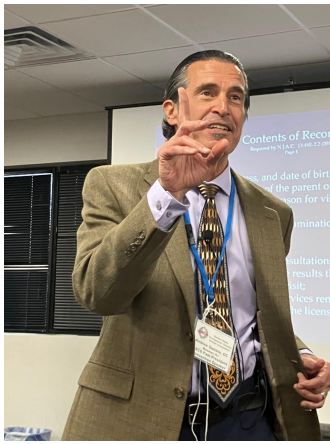
Trent Scheidecker, DC



Mary Ellen Rada, DC



Judy Nutz Campanale, DC



Andy Daniele, DC



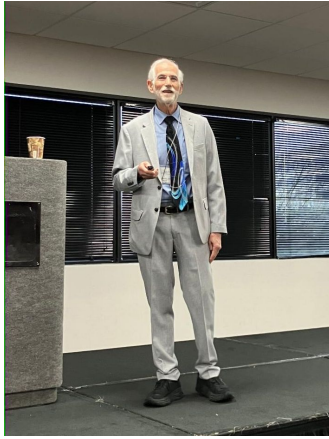
Jay Yuhas, DC



Jason Meyerson, DC



Damien Ciasullo, DC



Myron Brown, DC



Stamatis Tsamoutalidis, DC



David McGonagle, DC



Full house



Frank Hahn, DC



Full house



Marty Brown, DC



Cannolis from Diane Donofrio in honor of Joe Donofrio - The Godfather



Danielle Argenio, DC



Full house

Thoughts from a recent graduate, first time convention attendee

This was the first time I attended the Garden State Chiropractic Society's Annual Convention, which was an experience I'll never forget as a recent graduate. As someone new to the event, I wasn't entirely sure what to expect; just excited to get my Chiropractic Spizz on. From the moment I walked into the convention, I felt like I was part of something bigger and with purpose. There was palpable energy in the room, with chiropractors from across New Jersey and other states gathered, all driven by a shared passion for advancing Chiropractic.

What also stood out was how much effort went into creating a professional yet welcoming environment. The event organizers did a fantastic job getting speakers that were both relevant and engaging, and they made sure everyone felt included whether it was your first time or your fifteenth time there. While there I had the chance to network with experienced chiropractors and meet some of the newer faces in the field as well. By the end of the convention, I felt both mentally refreshed though very tired, and deeply connected to the chiropractic profession. The experience not only expanded my knowledge but also reinforced my commitment to providing the best care possible. It was more than just a convention; it was a turning point that helped me see the bigger picture of what it means to be a Chiropractor in today's world.



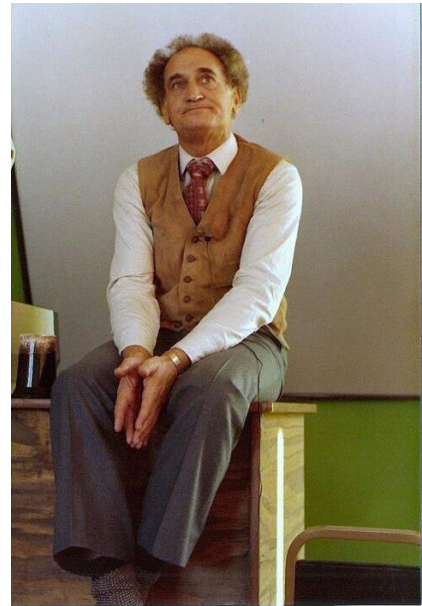
Looking back, attending my first convention was and is pivotal as I prepare to open my own practice taking away a lot of great ideas. It not only reinforced my commitment to being a Chiropractor but also reminded me of the importance of staying connected to the broader community. I left feeling recharged, inspired, and proud to be part of a profession so dedicated to making a difference in people's lives, and I can't wait until next year's convention.

Submitted by August Bausewein IV, DC

Reggie's Third Paradigm

READ, CONSUME and APPLY,
the Non-Therapeutic Chiropractic Manifesto!

As I read the scientific writings of other chiropractors, I am sometimes aware of their tendency to so complicate ideas with technical jargon and convoluted thoughts that the main point of the article becomes lost or obscured. This is not criticism, but a realization that the authors are chiropractors first, scientists or philosophers second, and writers third. They undoubtedly have great expertise as chiropractors and scientists, but cannot transform ideas to simple writing that is easily understood by those who are not as dedicated to the subject matter.



To capture the interest of the casual reader and prompt further investigation, which is presumably the goal of the author, requires simplicity. The average chiropractor does not necessarily have an avid interest in new theories and ideas, so the author's first job becomes to arouse interest. A simple, straightforward presentation of ideas is likely to create understanding, which alone can cause interest and result in further investigation on the part of the reader.

In an attempt to follow my own advice, I shall offer a simplification of my own chiropractic theories for your consideration. When I am faced with a problem of logic or ethics, my methodology is to reduce an idea to its simplest possible expression. When all the camouflage and obfuscation is removed, an idea stands alone, and its strengths and weaknesses become patently obvious. Simplicity promotes clarity and makes avoidance of issues very difficult, leaving ideas to stand or fall based solely on their merits.

Here, then, is chiropractic's number one issue in its simplest form:

There are three paradigms of chiropractic thinking. Each chiropractor must choose one to live by or else exist in a clouded world of half truths, where

refusing to face facts results not only in an inability to talk about chiropractic with clarity, but also to practice it.

Paradigm one maintains that chiropractic cures all disease. This paradigm is evident in an advertisement which B.J. and D.D. Palmer ran in the Davenport Times in 1902, which proclaimed, "You have no right to be sick when chiropractic cures all disease." Practitioners of this paradigm, though few and far between, would live by such slogans as, "The power that made the body heals the body." They neglect to mention, however, that while it is true that the only power that heals the body is the power that made it, sometimes even that is not enough. Some people are beyond healing. The pretense that all sick people get well when properly adjusted merely holds us up to ridicule. Other slogans claim that "chiropractic gets sick people well" without adding the necessary word, "sometimes," which would make it true. This slogan, incidentally, even if true, would offer chiropractic care only to sick people and deny it to those who are not yet sick with clinical or laboratory symptoms.

A second paradigm of chiropractic thinking and practice holds that only some sick people get better when their vertebral subluxations are corrected. Because of the nature of their disease, or the advanced stages of it, others require medical intervention or adjunctive therapy.

This paradigm of treating some and referring others sounds logical and caring, and is most likely to earn us the respect of the community of health care providers. This paradigm represents the thinking of the vast majority of chiropractors. Though there is disagreement how patients should be treated, when to refer, and which treatments to administer in the chiropractic office, the second paradigm is heartily subscribed to by the two largest national associations.

Since both organizations agree on this major issue, it makes one wonder why we have two separate major organizations. If they both agree to treat some diseases and refer others, what are they disagreeing about?

There is, of course, one slight problem that arises when deciding which patients and diseases to treat and which to refer: all treatment or referral decisions are dependent upon diagnosis. Diagnosis is the one great area of weakness in this practice paradigm. Diagnosis is, after all, the greatest challenge and the area of greatest risk of mistakes being made. Yet chiropractors, who receive much less diagnostic training than MDs, think they are competent to diagnose for purposes of referral. How is this possible when they:

- are denied by law the use of all diagnostic methods that invade the body chemically or surgically;
- generally learn diagnosis out of textbooks without ever seeing cases of the diseases they purport to identify;
- frequently learn diagnosis from other chiropractors who also learned from textbooks and have never seen cases of the diseases;
- often couldn't pass national board exams in diagnosis without a crash

course before the exam.

Some say that to practice without diagnosis would be dangerous. I suggest that nothing is more dangerous than INCOMPETENT diagnosis. Every year tens of thousands of sick people visit chiropractors of the second paradigm. People seeing chiropractors complain of a variety of problems, which could be the manifestation of vertebral subluxation, or could just as easily be symptomatic of something else, possibly a life-threatening disease.

Instead of practicing chiropractic, the paradigm two chiropractor does a medical diagnostic examination, followed by a medical report of findings in which the DC claims to have identified the cause of the problem.

And with such blithe and dangerous comments as, "We do not treat the symptom, we correct the cause," the DC proceeds to offer treatment, which delays medical care for what may be a life-threatening medical emergency.

Was that backache really caused by vertebral subluxation, or is it perhaps a manifestation of prostate cancer, kidney stones, or referred angina from an impending heart attack? Is that headache caused by subluxation or is there an aneurysm at the Circle of Willis, or a brain tumor causing the symptom? How good is the chiropractor's diagnosis?

Another point to consider is that while thousands of people go to chiropractors every day, but millions more stay subluxated because they have no symptoms. For 104 (now 126) years we have exposed people to the limited understanding of chiropractic that results from paradigm two.

The treatment of some diseases by adjustment and the referral of others based upon our diagnostic knowledge is not chiropractic at all, it is the practice of manipulative medicine, and it is even more dangerous than paradigm one.

Paradigm one is obviously stupid, so stupid that nobody really believes it. Nobody believes that all disease is caused by vertebral subluxation, so nobody gets hurt by it except the chiropractor who tries to make a living at it. Paradigm two, however, sounds logical. It is saleable and, subsequently, dangerous. If paradigm one is stupid, and paradigm two is dangerous, let us consider a third paradigm.

This paradigm makes sense to me. It is a paradigm that thousands of chiropractors practice on their families, yet neglect to offer the public. Paradigm three is neither based upon a claim to cure all disease, nor an attempt to prejudge which diseases might become cured if vertebral subluxations are corrected. In fact, it has no disease treatment basis at all. It is totally nontherapeutic in its intent and practice.

Non-therapeutic Chiropractic holds that a vertebral subluxation, by its very existence, inhibits the body's ability to fully express its inherent potential. Every vertebral subluxation, by definition, includes some alteration of nerve function from perfection to something else. Vertebral subluxation is, at the

very least, a change in the body's structure, and every scientist knows that a change in structure must inevitably result in a change in function. Therefore, all vertebral subluxations must result in altered function. In short, people with vertebral subluxations would be better off without them.

It does not matter if a subluxated person has a disease or if any disease would be best treated by manipulative medicine or some other treatment. The presence or absence of disease is irrelevant. Every human being, sick or well, newborn or aged, regardless of nutrition, exercise, occupation, sex, race, religion, and all other factors of life, is better off without vertebral subluxation. Why then do some chiropractors and organizations want to limit chiropractic correction of subluxations to certain categories? Is the person with AIDS or terminal cancer better off left subluxated? Should an infant with a vertebral subluxation but no determinable disease symptoms be left subluxated until symptoms occur? Symptoms are the last stages of malfunction, not the first.

By the time symptoms have occurred, years of opportunity for repair may have been lost. Why not correct vertebral subluxations when they occur, rather than wait for years of damage to produce symptoms?

To restrict chiropractic to sick people is as stupid as restricting vitamin C to people who have a cold. Furthermore, to treat disease by manipulation is necessarily to delay alternative treatment and thus, possibly endanger a life.

The third paradigm of chiropractic practice is the only one that makes sense. It makes so much sense that thousands of chiropractors use it for themselves and their own families, yet because medical insurance does not pay for it, they do not teach its value to the public at large.

We live in a country that spends billions of dollars a year on the treatment of sickness and disease, but precious little on health. Our chiropractic profession is supposed to lead the world into a new and more intelligent way of thinking, not follow the mistakes of the past.

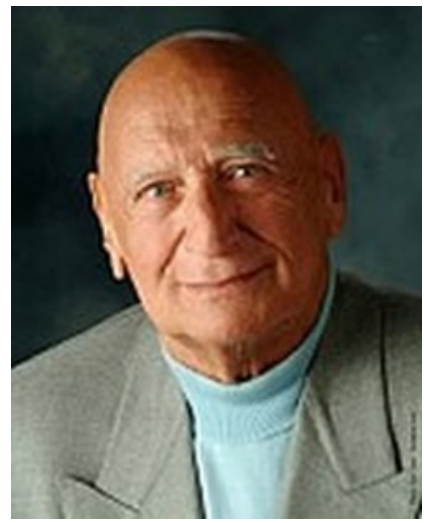
Paradigm three is NOT about health and sickness. It is about the recognition that vertebral subluxation causes more than just lost health potential, but loss of every human potential. The nerve system is the coordinating system whereby the countless billions of body cells interact in harmony to express mind, body, spirit, emotion, artistic talent, speed, stamina, coordination and family relations. Vertebral subluxation is a cause of disharmony to this beautiful thing we call life.

Paradigms one and two are about backaches; paradigm three is about LIFE. We can choose to conform to the errors of the past, or we can step proudly to the forefront and lead the way into the future.

Welcome to the 3rd paradigm, the non-therapeutic model of chiropractic!

Thanks to Reggie and Tom Gregory for this contribution.

Q#8 Why should I pay my insurance company for healthcare and then have to pay the chiropractor out of my own pocket?



Well in a sense we've answered this one before. You don't pay insurance companies for health care. They call it that but it is really disease treatment. You're paying an insurance company so that they will pay for the treatment, or part of the payment for a treatment, for certain disease conditions. Health care is health maintenance. And insurance companies don't pay for that, they will not pay for maintenance care. So that if you go to a chiropractor and your insurance doesn't cover maintenance care and you want maintenance care then you're going to have to pay for it yourself, in the same way that you pay for good nutrition, you pay for your own vitamins, you pay for your own exercise programs. There are certain things you have to pay for for yourself. You know we live in a society where we expect either the government or somebody else to pay for our entire lives. Maybe it's time we revise our thinking and our practices in that regard.

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

Quote of the day

Daily Positive

“

LET GO!
If you keep holding on to
what was, you can't
receive what's new and
what's to come.

@dannygokey

”

Get a daily quote at 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.



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.



Save the date!

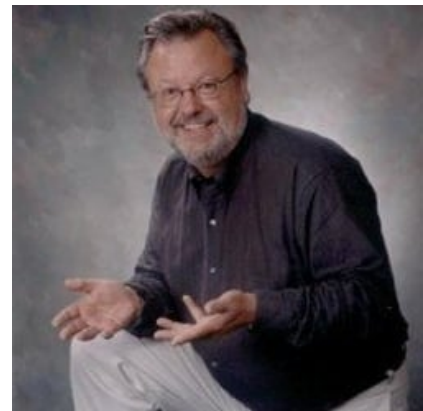
Save the date - Sunday, September 7, 2025, the GSCS will hold its Annual Picnic with the Jersey Shore BlueClaws baseball team. More details to follow.



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?

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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CHIROPRACTIC SOCIETY
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