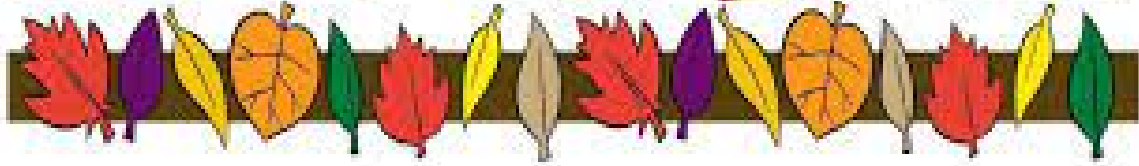


# November



## GSCS Monthly e-newsletter

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

NOVEMBER 2025

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**From the Prez**

**The Next Sunrise**

Do not be dismayed. It is easy to become dismayed or disillusioned when we get tired in the battle (practice/life) but it does not last. Eventually the sun will rise and come out again. What do we

do in the mean time? Rest, focus on our practices, focus on bettering ourselves and recognize that bettering the chiropractic profession and our practice life is a long term proposition. There are night times and day times and seasons in our practice but will see the sun and good times again!

Jay Yuhas, D.C.  
GSCS President

## Reggie quote

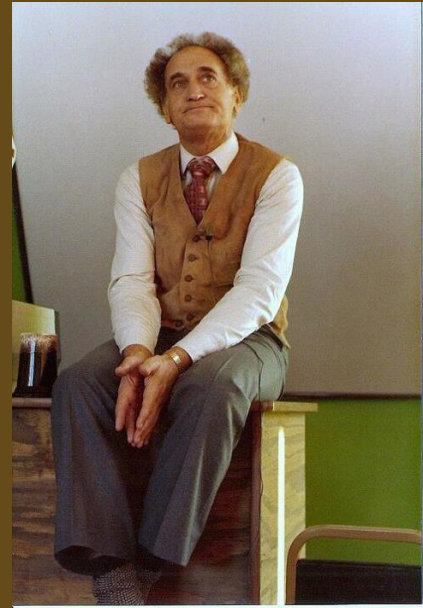
*"I am here to help you because I choose to, not because I seek anything from you in return. Nor do I relinquish my right to be my own conscience. If I want advice on how to improve myself, I will seek it. Until then i do not ask for evaluations, criticisms, or tolerance.*

*I am not on this earth to please you nor are you here to please me. We must each live ife according to the dictates of his or her own conscience.*

*If you find good within me, emulate it; if you find bad, avoid it.*

*Above all do not seek to make of me an idol which must then conform to your ideas of what an idol should be. Human beings do not make suitable idols because they are fallible, and the more human, the more fallible. If you seek a guru to follow, follow the innate guru within you."*

-Reggie



## All the window washers died

This September, I celebrated the 20th anniversary of the opening of my office. When I opened my office I was nervous but I felt I would eventually be fine as long as I could get things going. I opened on a main street of what realtors call a *"transitioning neighborhood"*. That is realtor speak for *"a bit sketchy now but has the potential to be*



*better in a few years”.*

Over twenty years, main street USA has survived a lot of events: a global housing crisis, a stock market crash, recessions, a global pandemic, etc. British politician Neville Chamberlain is credited with the quote, *“may you live in interesting times”*, but I prefer Robert F. Kennedy’s quote in his 1966 ‘Ripple of Hope’ speech:

*“Like it or not, we live in interesting times. They are times of danger and uncertainty, but they are also more open to the creative energy of men than any other time in history”* —Robert F. Kennedy

I opened my office on a main street, so I felt it was fitting that I had a little broom to sweep the front sidewalk. I would show up 10-15 minutes early every day and do my sweeping. I wanted to mentally clear a path for anyone who wanted to enter the office. It was a nice ritual, and I felt like an old time shop keeper. What I never thought of before opening my office was how dusty and dirty things get on the main street of a city. Not only was the ground dusty but the windows became filthy dirty every week. Back then there were people, mostly old men, who would roam up and down the street with their tools of the trade offering to wash the huge plate glass windows. They charged a nominal cash fee, and in minutes would take a terribly dirty window and make it crystal clear without a spot on it. They were true artists, and masters of their craft.

As the years progressed, the window washers on the avenue lessened, and eventually I looked outside and noticed that my office windows were filthy and I realized I had not seen a window washer in months. Sure enough I never saw one again. I have been doing them myself now for several years. Another change was that I replaced my shop keeper’s broom with a leaf blower. It was faster, but the feeling behind the ritual was lost along the way.

A ritual I see changing in Chiropractic is the dying art of the group Orientation. Last year I polled a handful of people in our nontherapeutic movement if they did a one-on-one Orientation, or group style. I polled about a dozen people and the result: Only a single person did group style. I know all of my great mentors, Reggie, Joe D, etc. all advocated the group Orientation. I did it that way for years (the last few I have been doing 1-on-1)! It was one of the best things I have ever done for my practice, my community, and Chiropractic. Every week in my office, I called a giant time out in my life, I pieced together all of the enthusiasm I had after a long day adjusting, I stood on my two feet as a true authority figure on all things Chiropractic and explained both the big idea, the importance for lifetime Chiropractic for the family in my office. It was glorious....but it was also more difficult. It is hard to stand up and really put yourself and the Chiropractic message out there. Now, all of the true masters of this skill are dying off and there are less people to teach and encourage us. Truthfully, a well done Chiropractic Orientation is a must for a nontherapeutic office, regardless of the format, but there is just something special about the group dynamic.

Maybe the group Orientation that built many of the greatest practices is destined to die off with the generation that created it. Maybe it will be replaced by modern, high tech methods. What will happen to the most important thing we do as Chiropractors? Time will answer this question. I do know what happens is completely entrusted to us. I hope we make good choices.

*Submitted by Damien Ciasullo, DC*

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## The more we learn...

*“The more we learn about the workings of the body, the more we realize, just how vast is the intelligence at work within it and how little we know.”*

*From THE POWER OF NOW by Eckhart Tolle.*



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## Hold the date

The next Garden State Chiropractic Society annual convention will be held on April 11-12, 2026.

**New location:** We will be at the Sheraton Edison in Raritan Center. 125 Raritan Center Parkway, Edison.



Our speakers include Judy Campanale, DC, Damien Ciasullo, DC, Andrew Daniele, DC, William Decken, DC, Anthony DeMarco, DC, Brian Dooley, DC, David McGonagle, DC, Mary-Ellen Rada, DC, Mark Romano, DC and Stamatis Tsamoutalidis, DC. Two hours of ethics and record keeping and two hours of nutrition will be offered and are necessary for your license renewal in NJ. We are in the process of applying for continuing education credits and will keep you updated on state approvals.

See you there!

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## Small changes can make a big difference

One of the gifts my mother handed down to me is the love of reading. She always had a stack of books on the bedside table and was often reading two or three books at a time.



Today, I have accumulated a significant library of books. My subject matter interests include how-to's, positive psychology, self-help, philosophy, motivation, leadership and more. I've actually stopped buying hard copies and often use a Kindle or the Kindle app to store dozens of books in a format that I can have with me anywhere, anytime.

One of my current *re-reads* is called *Atomic Habits* published in 2018 by James Clear.

It speaks of the surprising power of tiny changes and their ability to make big differences. As soon as I read this, I saw an immediate correlation to chiropractic care.

Let me offer a few excerpts.

*“Improving by one percent isn’t particularly notable—sometimes it isn’t even noticeable—but it can be far more meaningful, especially in the long run. The difference a tiny improvement can make over time is astounding. Here’s how the math works out: if you can get 1 percent better each day for one year, you’ll end up thirty-seven times better by the time you’re done. Conversely, if you get one percent worse each day for one year, you’ll decline nearly down to zero. What starts as a small win or a minor setback accumulates into something much more.”*

Sounds like chiropractic care to me. Yes, some would say one adjustment in a lifetime is better than none at all. But if you really want to reap the benefits of chiropractic (maximizing your ability to function in all areas of your life regardless of the presence or absence of symptoms), then consistency is the key. Each adjustment is built upon the previous one. Or as Clear puts it, *“What matters is whether your habits are putting you on the path toward success.”*

Do your practice members know and understand this?

*“Habits are the compound interest of self-improvement. The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them. They seem to make little difference on any given day and yet the impact they deliver over the months and years can be enormous. It is only when looking back two, five, or perhaps ten years later that the value of good habits and the cost of bad ones becomes strikingly apparent.”*

So, how do you build a practice where generations of families have their spines checked weekly and do it for decades? I believe it is, in part, because they understand the concept of one percent better.

I am reminded of a quote by Pablo Casals who was the world's greatest cellist during his lifetime. In 1957 at the age of 80, Casals was the subject of a movie short, *A Day in the Life of Pablo Casals*. The movie's director Robert Snyder asked Casals, *“...why he continues to practice four and five hours a*

day." Casals answered: "Because I think I am making progress."

*"Time magnifies the margin between success and failure. It will multiply whatever you feed it. Good habits make time your ally. Bad habits make time your enemy."*

Are your habits putting you on the path toward success?

Clear, James. Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (p. 18). Penguin Publishing Group. Kindle Edition.

*Submitted by Joe Sasso, DC*

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## Philosophical accuracy

What we as Chiropractors, especially Straight Chiropractors, must accept and pay close attention to is being very sure that our words and explanations are as philosophically accurate as possible. Words and phrases that fly between us and our patient/member are conceptual seeds that we plant in the fertile soil of their minds. For example : we wrongly say *"The power that made the body, heals the body"* when we should, accurately say *"The power that made the body also made the power that heals the body (Innate)"*; after the first adjustment, we wrongly say *"I've turned on the power"* when we should accurately say *"that's the first small step toward restoring nerve impulse activity to normal (over time it should become more normal)"* and we wrongly say *"you're holding, you only need to be checked once a week now"* when we should accurately say *"you appear to be holding well enough to be seen less often, once a week is a minimum, but you can get checked anytime you'd like (given the devastating effects of VS)"*. Words are thoughts and thoughts are the things that build our universe.



*Previously submitted by Joe Donofrio, DC*

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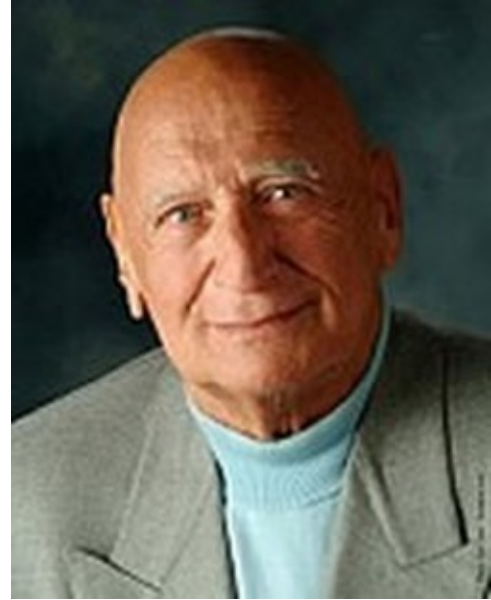
## REGGIE Q & A #12

*My spine always seems to need adjusting at the same spot every time. Why?*

The one thing that will not change very much during your lifetime is the shape of your bones. Children resemble their parents frequently because their bone shapes are the same. The bones of the spine maintain their

shape throughout life. If you sublunate in a certain area because of a bone formation, then anytime you get a subluxation later it will tend to be at the same location, even in the same direction because the bone shape hasn't changed. In fact chiropractors find that very often certain weak areas in the spine occur throughout a family. So the one subluxation we find in mother, or in father may show up in the kids as well. The same area of the spine always, because of the shape of the bones is the same.

*Submitted by Tom Gregory, DC*



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## Parental Rights and Chiropractic Care: What You Must Know



### How consent and custody issues impact your role as a chiropractor

Chiropractors caring for children often find themselves caught in the middle of family disputes. Questions of parental rights and custody are not just legal matters, they directly affect who can consent to care and who has access to records. Mishandling these situations can expose you to board complaints, HIPAA violations, or even legal action.

#### Consent Is Not Always Clear

Many chiropractors assume that if a parent brings in a child, consent is valid. This is not always the case. Divorced, separated, or unmarried parents may have custody agreements that restrict decision-making authority. One parent may have the right to authorize care, while the other does not.

*“Never assume consent. Always verify who has legal authority before treating a minor.”*

#### Why Documentation Matters

You should always document who provided consent and their legal authority to do so. If custody paperwork is available, scan and file it in the record. Failing to document this can place you in the middle of disputes when one parent challenges care.

#### Common Scenarios Chiropractors Face

- A parent without custody brings the child for care and later the custodial

parent files a complaint.

- A grandparent authorizes care without written permission from a parent or guardian.
- Parents with joint custody disagree on whether the child should receive chiropractic care.
- 

## **Records Requests and Custody Battles**

Custody disputes often involve record requests. If one parent demands access to records, you must confirm whether they have legal authority. Providing records to the wrong party can violate HIPAA and escalate legal conflicts.

## **Office Policies That Protect You**

- Always ask about custody arrangements during intake for minors
- Require legal documentation if there is any question about custody
- Develop policies for staff on how to respond to requests from parents or relatives
- Document every step of the consent and record release process

## **The Risk Management Bottom Line**

Parental rights and custody issues are complex and often contentious. Protect yourself by requiring proof, documenting thoroughly, and refusing to take shortcuts when minors are involved.

ChiroFutures provides chiropractors with customizable policy templates and expert risk management guidance for handling consent and custody issues in pediatric practice.

*Reproduced with permission from ChiroFutures*



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## **TD Bank Affinity fund**

The Garden State Chiropractic Society has joined the affinity program sponsored by TD Bank.



You can link a new or existing account to the GSCS. The account may be savings, checking, certificate of deposit, etc. It may be a personal or a business account. Since TD Bank has offices in several states, you can invite

family members, friends, associate members and practice members to participate in this program. New TD Bank Affinity Member Customers get \$25 when opening a new checking account in store.

Please contact your local TD bank for further information.

See the attached flyer for details.

Click [HERE](#) for flyer.

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## 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.

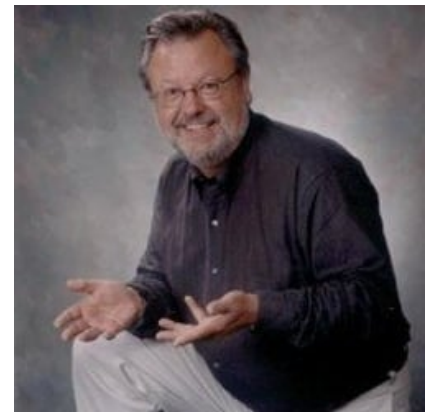
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	
9	10	11	12	
VACATION				
16	17	18	19	

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## Happy New Blue Book! Volume 3!

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

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



The 2027 Chiropractic Text Book is an updated systematic presentation regarding the study of chiropractic for classroom use with the curriculum of chiropractic institutions. Its four volumes continually reveal the chiropractic objective, which is derived from the 33 principles of chiropractic's basic science, and how to apply it in practice. The articles continue in number from when we left off in each previous volume and the method employed is the same.



Volume 1 explained what is meant by innate-normal, which is the function of the innate law of living things in the body (Prin. 27.) It also explained natural laws and it presented a number of fundamental principles. This was built upon further by Volume 2, which took up the study of cycles, in preparation for the work in Volume 3.

The 2027 Chiropractic Text Book Volume 3 consists of the explanation of coordination of activities of body parts and chiropractic's applied science, which is the practical application of the principles of chiropractic's basic science in analysis. These encompass the study of the autonomic nerve system, innate-normal transmission of innate impulses, DIS-EASE, attenuation of the momentum of innate impulses, methods and analysis of vertebral subluxations in accordance with the 33 principles of chiropractic's basic science.

*Dr. Claude Lessard*

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## Become a GSCS member

A graphic with the text "Join Us!" in a blue, bubbly, handwritten-style font, set against a light blue and white background.

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.

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



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