



GSCS Monthly e-newsletter

"The official voice of straight chiropractic in NJ"

OCTOBER 2025

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From the Prez

We have just recently celebrated another birthday of chiropractic and the observance of the passing of Joe D. What have we learned from this? One of the things I take from it is that time is precious. We only have so much

time here on this planet and that we have to take advantage of the time given to us. One aspect I have been working on is getting rid of is time wasting and energy robbing activities. I am finding that being more disciplined is more freeing than binding and accomplishing tasks related to my objective bring me great joy and I do not miss the time wasting activities. I hope you take time this fall to reflect on those things that get you motivated and help you!

Jay Yuhas, D.C.
GSCS President

Understanding vs ego

Most of us who graduated from Chiropractic college 15 or more years ago had some form of Philosophy (the why of the adjustment) courses and training. For the rest of you there is sufficient encouragement and access to seminars and books like Stephenson's, Strauss, and most recently "33" by Dave Serio from which you can glean the basics of the Philosophy of our profession. I think it is safe to say that most of you have, at least, a working or academic understanding of the Philosophy.



The question that then comes to mind is why do so very few employ the terminology such as Universal Intelligence instead of God or Innate Intelligence as the body's wisdom? Why do some use misalignment (or worse "tonal misalignment") rather than the almost perfect Vertebral Subluxation? The answer seems simple enough for me. Though we start out fully understanding the Philosophy in our minds, as we begin to employ it in daily interactions with our people, we come to realize that living this philosophy requires an admission that all the good "stuff" that happens is not dependent on our skill or wisdom, but rather upon the practice member's body and Innate. Oh sure we put in "*the most perfect force*" we can, but Innate uses or rejects it and does the actual adjustment. That kind of makes us a very small player in this activity and makes us, at times, potentially detrimental. To make matters worse, even when the adjustment is corrective, anything, anything at all that happens that might be positive has absolutely nothing to do with us. This realization provides a mighty blow to all

of our egos when you consider that most of us entered this profession to help folks, or even worse, to get sick people well. Actions that clearly we are not playing a large roll in. This blow to the ego is handled very differently by different individuals. Some accept what is Truth and take comfort in a larger power being in charge. Others introduce *"lifestyle advice/prescription"* into their practice to provide a semblance of control and credit for the inevitable positive outcome. Finally, there are those who strike out to create a new profession, one without a Philosophy and without the demeaning Vertebral Subluxation to deal with. For those who understand the Philosophy, accept that if we can overcome the ego blow of living in the Truth, we accept no credit, but we also accept no blame. I perform a small but essential action by introducing a Force which unites Intelligence to Matter and completes the cycle of life.....that is very big, if you understand it.

A previous submission from Joe F. Donofrio, DC who passed on October 1, 2024

What is happening here?

Someone mentioned that a television commercial for a medication informed them that, *"connected to my muscles are nerves"*. It seemed that they were never taught that (or remember being taught that).



This basic foundation of human physiology, that nerves control our muscles (and every other body part) should be taught to EVERY child in elementary school. Why do we need television commercials to educate adults on this issue? This basic FACT that our nerve system controls, runs, and coordinates every system in the body should be something everyone knows.

So, let's think about it. If my nerve system controls every system in the body, then would it control:

- hormones- yes
- digestion - yes
- sleeping - yes
- adapting to stress - yes
- moods and emotions - yes
- lungs - yes
- heart - yes
- liver - yes
- the ability to fight off colds and flu - yes
- the ability to drive a car - yes
- muscles - of course.
- athletic ability - unfortunately, haha.
- eyes and ears - yes

- blood sugar - yes
- blood pressure - yes
- hand-eye coordination - yes
- vocal cords - yes
- everyday performance - yes
- etc.,

The NERVE system controls, directs, coordinates, and runs every function in the body. The nerve system is the foundation behind all of the everyday things that we do. From eating and enjoying our food to performing in school or on the job.

Structure affects function, so, how your spine works and moves effects how your body works and functions. There is a correlation between how YOU function and YOUR spine. Chiropractors help your spine function better by taking care of the structures (vertebrae) which protects your nerve system. If you have a vertebral subluxation, a misaligned spinal bone that disrupts nerve system function, your body can never function as properly as it should.

The chiropractor's objective is to locate, analyze, and assist in the correction of vertebral subluxations (restoring normal alignment and function of the spine to allow the proper brain-body communication). This helps to ensure that messages are getting through properly, resulting in a body that functions better. This makes you better able to give your best to people that count on you. Chiropractic is all about giving you a better opportunity to improve the function of nerve system, NOT back and neck problems.

What is the point here? Basic anatomy principles should be taught to children beginning in kindergarten. It is so simple. Just knowing these basic FACTS of life creates an understanding in people that will guide them in their decisions. Children will GROW UP empowered instead of uninformed and will make better decisions!

--Thank you Dr. Scott T. and Dr. Stamatis T. for the inspiration for this article.

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.

More information to follow.

See you there!



More Bright or Less Bright? (... a Jedi Moment)



The seasons are shifting—the sun sets earlier, mornings feel cooler, October is ushering us into autumn’s softer glow.

One thing about light: we always notice when it changes. We wake up and it's darker now. We feel energized in sunshine, but less light is shifting us into autumn's crisp vibrant day ahead. BJ Palmer preferred not wasting unnecessary letters, so sharing, here's a Chiro 'thot' about light.

A child once watched his father being adjusted and asked, “What are you doing?” The chiropractor replied, *“I’m checking your dad’s power!”* Then he asked the boy: *“What’s better—more bright or less bright?”*

The boy grinned: *“Oh, less bright. It’s easier to sleep that way!”*

Ha! He wasn’t wrong—dark is great for sleep. But for life? For growth, healing, adapting and vitality? More bright is always better.

A subluxation literally means *“less light.”* It’s interference in the nerve system that dims body's full potential for optimum expression. Chiropractic adjustments restore that bright connection, so the body can function at its best expression.

And no one should live with less light. That’s why getting checked is important, for all ages, in every season of life.

As we move through changing seasons, remember—chiropractic helps you adapt, heal, and shine your brightest, no matter what. So even when the clocks change, innate intelligence is adapting for all the body systems to stay bright.

Hooray! Chiropractic just celebrated 130 years of serving millions with adjustments to live subluxation-free lives! Knowing you're part of this amazing profession, sharing the Big Idea - is sharing light to a world that needs more light.

PS On the ride home, the boy asked his dad if the chiropractor was a Jedi.. a Jedi Chiropractor? Sounds like something we could all aspire to!

In a World Where You Can Be Anything,
Be Kind.

Nalyn

Dr. Nalyn Marcus

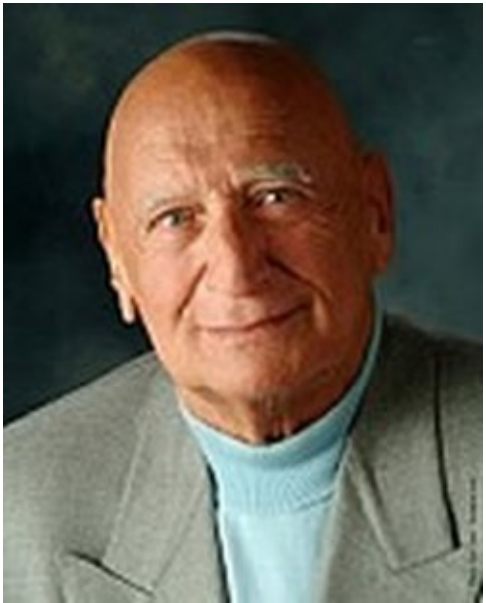
ChiroMom.com □



REGGIE Q & A #11

After my first few adjustments, I felt sore afterward, but now I don't. How come?

Well, that's probably because vertebral subluxations can exist for a long time before you go to the chiropractor. In fact, many people go to a chiropractor feeling no soreness at all, but after the adjustment, the body begins to reshape its spine using muscles it hasn't used for years, and the result is that some of those muscles ache or produce a charley horse. It's like painting a ceiling when you haven't done it in years. The next day, your arms could hurt. But if you paint ceilings every day, then pretty soon you'll get used to it and it wouldn't hurt anymore. So when you first go to a chiropractor, it's quite possible that extensive changes are taking place in a short space of time, and you will feel it afterward. And then after a while, you get used to it, and you don't feel it anymore.



Submitted by Tom Gregory, DC

Office coverage available

Chiropractic office coverage available Mondays, Wednesdays, and Fridays.

Contact Dr. August Bausewein IV at dr.august.d.c@gmail.com or 201-316-6226 for more details.

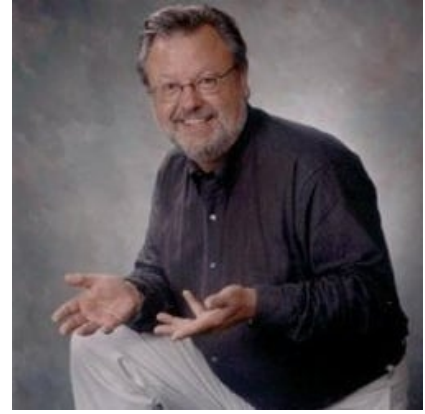
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	
9	10	11	12	
VACATION				
16	17	18	19	

Photos from the GSCS Annual Picnic with the Jersey Shore BlueClaws!



Happy New Blue Book! Volume 2!

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



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

Join Us!

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
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