

APRIL

GSCS Monthly e-newsletter

"The official voice of straight chiropractic in NJ"

APRIL 2026

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From the Prez

Staying Power

Og Mandino is usually attributed to the philosophy of staying up in

a down world. Attitude determines our altitude and I have never seen anyone who was successful who did not suffer times of adversity. It is how you handle adversity that changes everything. As they say if it is to be, it is up to me. In other words, we need to be “response-able”! We may not always be able to change how life treats you but we can change how you treat life! As a tribute to Dr. Joe D, from Dr. Suess, *Oh the Places You’ll Go*, “*You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.*”

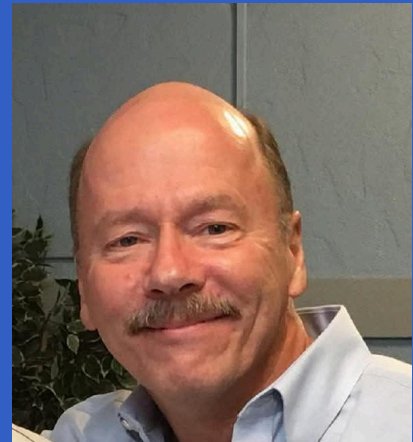
Jay Yuhas, D.C.
GSCS President

A word of encouragement

Spring is right around the corner. The heavy coats, the snow, the gray skies—they do not last forever. Seasons change. They always do.

And so do the seasons of our lives.

This time of year many people need encouragement. Encouragement to stay committed. Encouragement to follow through. Encouragement to keep doing what they said was important when January began.



So let us take a moment to talk about something that matters far more than the weather—your spine.

Not in a therapeutic sense. Not as a treatment. Not as something to “fix” how you feel.

But as a matter of principle.

In the non-therapeutic model of chiropractic, the spine is not about symptoms. It is about the integrity of the nerve system. When there is vertebral subluxation—a situation of interference within the spine—communication between the brain and the body is not as clear or as coordinated as it is designed to be.

You may not feel that interference. In fact, most people do not. Vertebral subluxation is rarely something you “notice.” But the absence of symptoms is not proof of the absence of interference.

Think about breathing through your nose while it is slightly pinched. You are still getting air. You are not in crisis. But it is not full expression. When you release the pressure, the difference is obvious.

A vertebral subluxation is similar in principle. It may not stop life. But it can interfere with the optimal communication between the brain and the body. And every tissue, cell, and function depends upon that communication being clear and coordinated.

That is why regular spine checks and adjustments when necessary are not a luxury. They are not something we do when we “feel like it.” They are not relaxation. They are not therapy.

They are about giving your body the opportunity to express its full potential.

We understand the realities of life. Weather happens. Holidays happen. Schedules fill up. Children get busy. Cars break down. We truly understand every reason.

But we also understand this: no one can fully express life with interference in the nerve system.

There are dozens of stresses every week—physical, chemical, emotional—that can result in vertebral subluxation. That is why consistency matters. Not because of pressure. Not because of obligation.

Because principle does not take a season off.

If the objective is to locate and adjust vertebral subluxation so that the nerve is clear of interference, then regular checks are simply living in alignment with that objective.

Encouragement is not about pressure. It is about reminding you why you started.

You are here because you value the expression of life. You value clear communication between the brain and the body. You value giving yourself and your family the opportunity to live more fully.

Stay committed.

Make the effort to have your spine checked regularly. Not out of fear. Not out of symptoms. But out of respect for the principle.

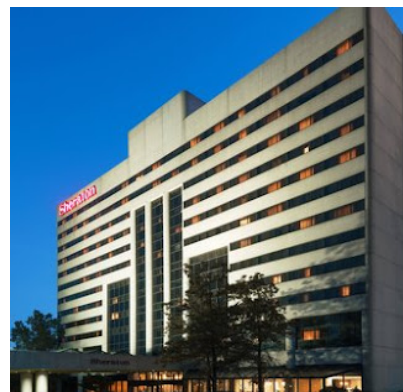
You can do it.

And you will be glad you did.

GSCS Convention 2026!

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.

Rates will increase April 8, 2026.

[Click HERE for the speaker schedule](#)

[Click HERE for CE category hours applied for - General States](#)

[Click HERE for CE category hours applied for - Florida](#)

[Click HERE for a lists of state approvals](#) Please note: North Carolina has been approved but is not yet listed on this form.

Office coverage available

I'm a Sherman Chiropractic College graduate and recently retired from my practice. Effective April 1, 2026, I'm available for chiropractic coverage in NJ & NY, on a daily, short term or long term basis. I'm proficient in various techniques and will model all practice procedures.

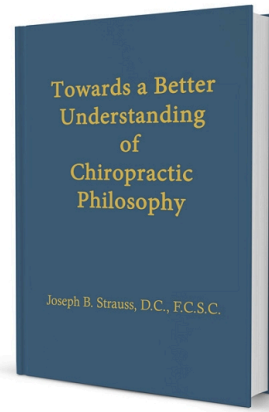
Contact Sam Sbarra. DC at (973) 393-2609
cubajoedoc@aol.com



SUMMARY: Towards a Better Understanding of Chiropractic Philosophy

by Joe Strauss, DC, FCSC

“Chiropractic is not about chasing symptoms - it’s about removing interference so life can express itself more fully.”



Purpose of the Work

To deepen understanding of chiropractic philosophy beyond memorization—encouraging chiropractors to think, apply, and embody its principles.

Foundational Perspective

- Chiropractic is a deductive, principle-based system.
- It begins with the Major Premise: A Universal Intelligence is in all matter and continually gives to it all its properties and actions.
- The 33 Principles are a framework for reasoning, not dogma.

Core Concepts

1. Universal & Innate Intelligence

- Universal Intelligence (UI): Orders all matter.
- Innate Intelligence (II): Coordinates living systems.
- Innate is not mystical—it represents the body’s organizing and adaptive capacity.

2. The Chiropractic Objective

Detect and correct vertebral subluxation.

- Not symptom-based care
- Not disease treatment
- Focus: Remove interference → allow better expression of innate

3. Vertebral Subluxation

- Defined as interference in the body’s communication and coordination
- Effects are functional, not necessarily symptomatic
- Central to chiropractic’s unique role

4. Educated vs. Innate Intelligence

- Innate: Internal, automatic, organizing
- Educated: External, learned, conscious
- Key distinction:

Thinking about life ≠ expressing life

5. Symptoms & Disease

- Symptoms are indicators, not causes
- Chiropractic does not treat disease
- Focus is on dis-ease (lack of optimal function/adaptation)

6. Normal vs. Average

- Average: Statistical norm
- Normal: Optimal expression of innate
- Chiropractic aims for optimal, not average

7. Living with Paradox

- Not all principles resolve neatly
- Some truths must be understood through application, not explanation
- Maturity = comfort with complexity

8. Evolution of Philosophy

- Principles remain constant
- Understanding should evolve and clarify
- Strauss encourages:
 - Clearer language
 - Modern interpretation
 - Intellectual honesty

Central Message

Chiropractic facilitates the full expression of life by removing interference to the body's innate intelligence.

Practical Implication

- Stay objective
- Stay specific
- Stay principle-centered
- Communicate with clarity and certainty

One-Line Takeaway

“Remove the interference, and life does the rest.”

The Enduring Foundations of Principled Chiropractic and the Responsibility to Defend Them



Why the Philosophy of D.D. Palmer, B.J. Palmer, and R.W. Stephenson Still Demands Action Today

For chiropractors who recognize the vitalistic roots of the profession, reflection on our philosophical foundations is not an academic exercise. It is a reminder of what chiropractic was intended to be and why it was deliberately constructed as something distinct from medicine.

Principled chiropractic, centered on the detection and correction of vertebral subluxation so that Innate Intelligence can express life through the nervous system, was never meant to be simply a technique or a therapeutic method. From the beginning it was a worldview, a system of thought, and a professional identity that separated chiropractic from the allopathic model of disease management.

Daniel David Palmer, the founder; Bartlett Joshua Palmer, the developer; and RW Stephenson, the systematizer of chiropractic philosophy, each contributed to building that identity. Their writings make it clear that chiropractic was not intended to blend with medicine, nor to evolve into a derivative of medical therapeutics. It was designed as a separate discipline grounded in principles that explained health in terms of life, organization, and the body's innate capacity for self-regulation.

[Click HERE to read more](#)

Thank you to McCoy Press and the Chiropractic Chronicle for this article

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.

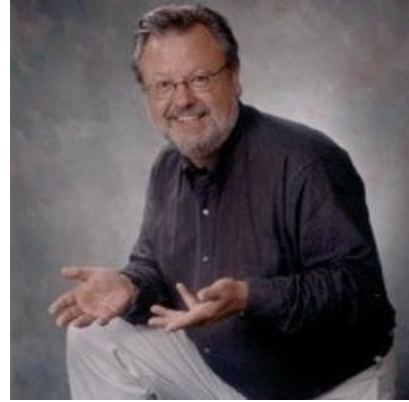
See the attached flyer for details.

Click [HERE](#) for flyer.

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

Become a GSCS member

Not a member? Are you a student considering practicing in NJ? Are you a DC affiliated with an organization that just doesn't represent you and your understanding on chiropracTIC? Are you a DC who just has not gotten around to joining a state organization yet?



The GSCS is New Jersey's oldest and most respected chiropractic organization. Our mission has never wavered. And now is a great time to join

the GSCS.

Click [HERE](#) for a membership application.

GARDEN STATE
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