

FEBRUARY

GSCS Monthly e-newsletter

"The official voice of straight chiropractic in NJ"

FEBRUARY 2026

[CLICK HERE](#)
for GSCS website

[CLICK HERE](#)
for GSCS Facebook page

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



From the Prez

What are your findings?

This is a common question your patient or practice member may ask. What did you find? I do not think this is a question that we

have to shy away from as an objective straight chiropractor. I think we are afraid that it will sound as if we are telling them what is wrong with them medically but that is not necessarily so. Patients are very interested in what you found (vertebral subluxation(s)) and how it impacts them. Secondly, they are interested in what you are going to do about it. Whatever your procedures or techniques are regarding care or frequency, just tell them what it is and why. I recognize as chiropractors how we approach care can be different but if your procedure is at least once a week for their family for life or if it is less or more than that let them know. Educated patients become excellent at making referrals. They will often mention that “*their*” chiropractor is not like other chiropractors and that they explain everything in advance. Explaining does not have to be medical. Tell them.

Jay Yuhas, D.C.
GSCS President

Chiropractic Is for Life

Who should have their spine checked by a chiropractor?

That question can only be answered once the purpose of chiropractic is clearly understood.

If chiropractic were a method for treating sickness, then only sick people would need it.

If chiropractic were a strategy for preventing disease, then chiropractic would exist in reaction to outcomes.

But non-therapeutic chiropractic is neither of those.



The purpose of NTC chiropractic is singular and uncompromising:

To locate and correct vertebral subluxation so that life may be more fully expressed.

From this perspective, chiropractic is not concerned with how a person feels, what condition they have, or what diagnosis they carry. It is concerned with how clearly life is expressing itself through the nerve system.

That purpose alone determines who chiropractic is for.

Submitted by Tom Gregory

GSCS Convention 2026 Registration rates will increase on Feb. 1

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.

Registration began mid-December for Early Bird fees. **Rates will increase February 1, 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 an updated list of state approvals](#)

Sherman College of Chiropractic Promotes Dr. Joe Donofrio to Provost

Sherman College of Chiropractic is pleased to announce the promotion of Dr. Joe Donofrio from vice president for academic affairs to provost. In this expanded role, Dr. Donofrio will continue to serve as the college's chief academic officer, providing strategic leadership for the academic mission and ensuring the highest standards of excellence in chiropractic education.



A New Jersey native and 1994 graduate of Sherman College of Chiropractic, Dr. Donofrio comes from a proud chiropractic legacy; his father, the late Dr. Joseph F. Donofrio, was a well-known and deeply respected chiropractor whose influence on the profession and on those he served endures.

Dr. Donofrio has been an integral member of the Sherman College community for more than 29 years, beginning his career at the college in January 1997 as a Chiropractic Center case doctor and a faculty member in the technique department. Throughout his distinguished tenure, he has held numerous leadership roles, including:

- Chair of the Technique Department
- Dean of Clinical Sciences
- Director of the Quality Enhancement Plan
- Associate Vice President for Academic Affairs
- Vice President for Academic Affairs (since January 2016)

In each role, Dr. Donofrio has demonstrated a steadfast commitment to academic quality, institutional integrity, and continuous improvement. His leadership has been pivotal in positioning Sherman as a standard-bearer for excellence in chiropractic education.

“Dr. Donofrio’s impact on Sherman College cannot be overstated,” said Dr. Jack Bourla, president of Sherman College of Chiropractic. “For nearly three decades, his vision, consistency, and deep dedication to academic excellence have helped shape the college’s academic foundation and future direction. His promotion to provost is both well-deserved and a strategic step forward for our institution.”

With this promotion, Sherman affirms its continued commitment to academic excellence, principled leadership, and the advancement of chiropractic education. Dr. Donofrio’s deep institutional knowledge, steady leadership, and lifelong connection to Sherman uniquely position him to guide the college’s academic future. As provost, he will continue to lead curriculum development, faculty excellence, accreditation efforts, and academic innovation—playing a central role in shaping the next generation of chiropractors and in strengthening Sherman College’s impact on the profession and the world.

Spinal Integrity by Reggie Gold



It never ceases to amaze me that people still ask why I'm trying to change the world. They seem to feel that my efforts to change things make me a rebel. Not so. I try to to change the world because if I don't, the world will stay the way it is. A mistake, of course, is to believe that change is necessarily progress, and that all change is good.

Most people regard new ideas and proposed changes with suspicion and rightly so. If we were to accept every proposed change offered, we would be in a sorry mess. Yet to reject proposed change because it has not yet proved itself is equally fallacious and still leaves us in the current sorry mess. Catch 22! What then is the solution? You can't get a job because you lack experience, and you'll never develop experience because you can't get a job, etc.

While I have no solution to the job-experience problem, there is a solution to the change-progress problem. The answer must lie in the application of logic before the seeking of clinical proof. When we determine a need for change, rather than going ahead and hoping for a good result, we should first apply logic to test our theories against known and trusted principles and, only then, apply them clinically. This all makes sense, and most would-be world-changers assure us that this is exactly what they do. In truth, however, it is exactly what most do not do. Instead, they test new ideas against half-truths, superstitions and downright fantasies.

Science bases its opinions of physiology upon average test-results from a selected number of specimens. Thus, science can tell us "average" temperature, blood pressure, vitamin A usage, etc. Unfortunately, this supplies no valid information as to the ideal temperature, blood pressure or vitamin A need of any given individual at any given time. No person is average, each is unique. One of the many shortcomings of orthodox medicine is its need to compare each person's physiology to a preconceived norm, based not even on the national average, but upon a tiny sampling of specimens studied. Depending upon the particular experiment, the specimens may all be medical students, or all inmates of a prison, or all patients at a hospital for the indigent. In short, they are not representative of you and me.

Holistic healers and other non-healing members of a holistic community see the shortcomings of orthodox medicine, and seek change. Unfortunately, the changes tried, are often based upon the same false principles from which orthodoxy derives. This is in no way surprising. We are all products of our education, pre-programmed to accept old standards. We reject the old when

we see it fail, and replace it with a new, which we hope will succeed, but which in fact, is doomed to the same failure for the same reason.

For over 50 years I trained chiropractors, and saw my students reject orthodox methods that were based upon false principles, only to replace them with new methods that were all too often based upon the similar false principles.

I am not renouncing chiropractic methods, I still fervently believe that they are valid and useful. What I do question is the validity of any theory which depends on average values when no average people exist. Holistic healers of all kinds are coming up with theories and methods, most of which succeed some of the time, and all of which fail some of the time. Constant changes of method achieve a greater or lesser degree of success, but because the principle of treating diseases remains unchanged, failures continue.

In 1973, I created a new vision of chiropractic (the non-therapeutic model), one that made total sense to me, because I trusted logic more than I trusted the trial and errors of science. Of course the therapeutic model of chiropractic works some of the time, and fails some of the time. Any method of treating and curing disease has its successes and its failures. Yet, I saw in the refined philosophy of chiropractic, an opportunity to succeed virtually 100% of the time and to fail 0% of the time. All I had to do was stop trying to treat and cure disease. The objective of the non-therapeutic model of chiropractic is not to treat or cure anything, but to maintain the spinal integrity of all people, sick or well, throughout life.

The non-therapeutic model of chiropractic holds that every human being, under every circumstance, functions better at all levels if the integrity of the nerve system is maintained.

I did not just change methods while holding on to old false theories. I changed the theory. This same new theory could free many new-consciousness people from the booby-trapped path of seeking cures where none may exist.

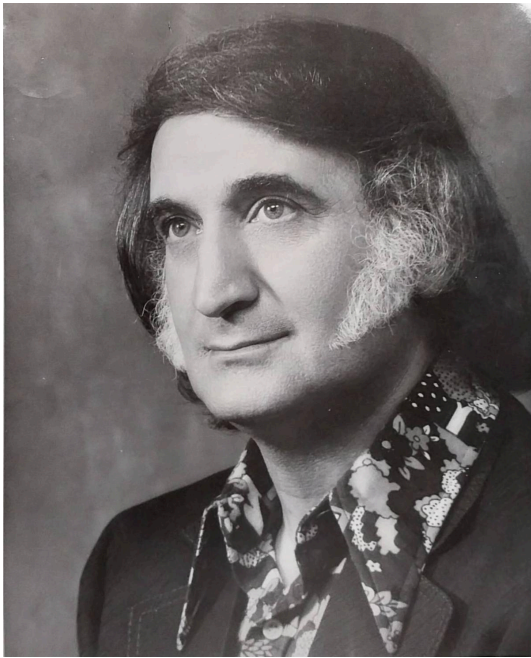
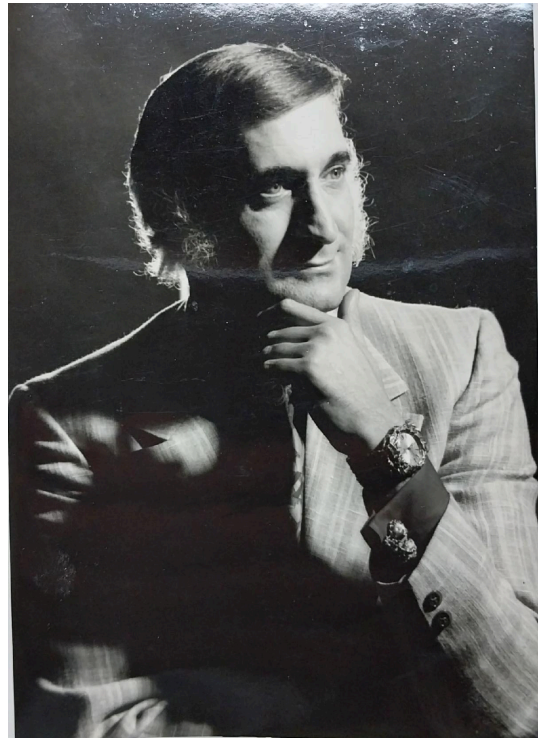
It is my belief in the universality of this principles, which has led me to lecture on the subject to so many holistic groups of widely diverse methodology. I hope one day to see spinal integrity, good nutrition, exercise and other natural lifestyles adopted for life because they are logical, rather than as a patch-up cure for some real or imagined ailment.

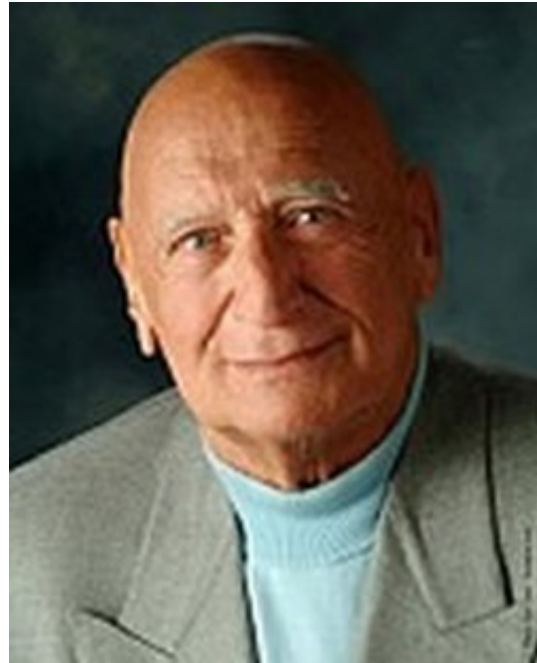
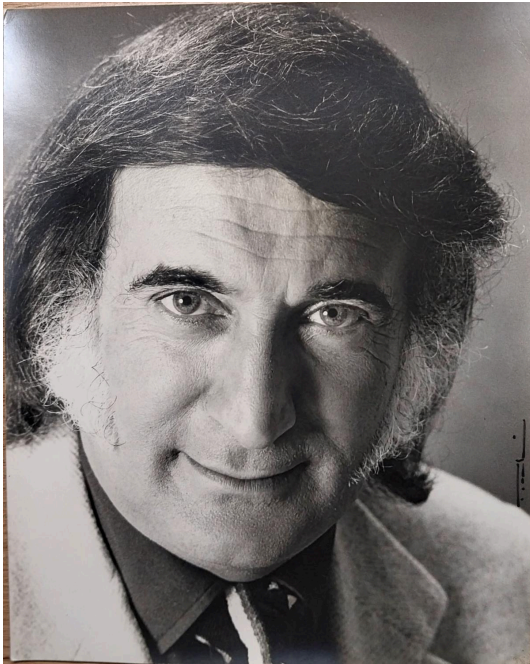
As a famous donut house in New York advocates,

"As you wander through life brother, whatever be your goal, keep you eye upon the donut not upon the hole."

By Reggie Gold

Thanks to Tom Gregory for this submission and Glenn Allen for the photos





Question of the month

How long has the Garden State Chiropractic Society been in existence?

- A: 47 years
- B: 65 years
- C: 56 years

(answer below)



GSCS funds Joe D Honor Wall at Sherman

We are happy to announce that the GSCS Board and its voting members have approved the funding of an Honor Wall at Sherman College commemorating the life and contributions to Chiropractic of Dr. Joseph F. Donofrio aka Joe D.

Sherman College is creating an Honor Wall in Scallon Hall to commemorate the legacy of Dr. Joe Donofrio, joining the existing tributes to Dr. Reggie Gold and Dr. Arno Burnier. Dr. Donofrio served GSCS for decades and profoundly shaped straight Chiropractic education.

This project aligns with GSCS's mission to support Chiropractic education and preserve our professional heritage.



Not an alternative

I distinctly recall a moment years ago when, as a passenger in my teenage son's car, I encountered a new meaning for the word *alternative*.

Jarred never drove anywhere, even for a few minutes, without playing music, amplified in the trunk with an extra 120-watt subwoofer. Curiously, within a 15-mile span, his playlist paid homage to Etta James, Snoop Dogg, The Doors, Frank Sinatra, and Beethoven.



My curiosity sparked, I asked, "*What kind of music do you like most?*"

"*Well, it depends,*" he answered. "*But lately I've been enjoying Alternative.*"

As any annoying father might, I took the bait, asking, "*Alternative to what?*"

Rattling off Nirvana, Spice Girls, and Radiohead, he soon grasped the futility of enlightening me and ended it with an exaggerated teenage eye roll.

So, while I learned that *Alternative* was music outside of the mainstream, whenever I hear the word, *alternative*, I think of my son's roll of the eyes, and ask myself, 'Alternative to what?'

Alternatives provide choices, as in music and the arts, they may be refreshing explorations of creativity and originality. Often forward-thinking, the transistor was a world-changing alternative to the vacuum tube, and alternative energy explores renewable sources that are better for the earth.

However, in health care, the term "*alternative*" takes on a derogatory tone. As defined, *alternative medicine* refers to practices that aim to achieve the

healing effects of medicine, but that by definition lack biological plausibility, testability, repeatability, or supporting evidence of effectiveness.” (Wikipedia, Accessed January 25, 2026). Clearly, chiropractors ought to shun the label “*alternative.*”

Vertebral subluxation-centered practitioners embrace the notion that *a good nerve supply is always preferable to a poor nerve supply*. In no way is that principle an alternative to treating medical problems, because whether or not such conditions exist, every individual always needs a good nerve supply. This principle should further sensitize us to the careless use of the term 'alternative'.

In a recent meeting, a colleague said the International Agency for Chiropractic Evaluation (IACE) should become an alternative to the Council on Chiropractic Education (CCE). Although our colleague viewed IACE as a political expedient, he overlooked its vision and mission. IACE exists **to advance vertebral subluxation-centered chiropractic by assisting its educational programs to achieve academic excellence.** Given their entirely different objectives, it makes no sense to think of IACE as being in competition with or as an alternative to CCE. IACE’s distinct mission takes nothing away from any other agency or organization. Nor does advancing education and research about vertebral subluxation (VS) supplant any other objectives an educational institution may have.

Actually, IACE was founded in 2001 as a testing agency at the request of the Asociación Quiropráctica Argentina (AQA), to evaluate and document the proficiency of chiropractors practicing in Argentina. In response, experts in chiropractic education, regulation, and testing were brought together and provided their expertise over the ensuing years.

The IACE accreditation function began in 2012, following completion of a think tank's study of the sustainability of the profession’s core value, vertebral subluxation-centered practice. Strong evidence demonstrated that the regulatory, accreditation, and testing environment would prevent the advancement of education and research relevant to vertebral subluxation. Based on its depth of expertise in regulatory, accreditation, and testing, IACE was asked to develop an accreditation service. Three years of study, consultation with accreditation experts, engagement with an international pool of experts, and appointment of a Commission on Accreditation led to the development of standards and procedures.

Condensing all of those steps into the preceding paragraph makes years of effort by many dedicated professionals almost sound simple, but it’s greatly condensed for the sake of this article. But all the hard work paid off, and in December 2023, IACE granted the New Zealand College of Chiropractic in Auckland, New Zealand, its first accreditation. In 2025, Sherman College of Chiropractic, in Spartanburg, South Carolina, USA, became accredited by IACE, and currently, there are two additional applicants for accreditation, one in Europe and one in Australia.

Although relatively new as an accrediting agency, IACE has already gained significant recognition. The International Federation of Chiropractors and Organizations (IFCO) officially recognizes IACE as an authority on vertebral subluxation-centered education, whose accreditation reliably ensures that educational programs accredited by IACE operate with integrity and meet its rigorous academic standards. Similarly, the Asociación Quiropráctica Argentina (AQA), the Argentine national professional association, recognizes IACE as possessing the necessary expertise and experience to guide educational programs toward higher levels of academic excellence relevant to vertebral subluxation-centered chiropractic.

In the U.S., recognitions have come from numerous state chiropractic associations, including the Palmetto State Chiropractic Association (South Carolina), the Illinois Prairie State Chiropractic Association, the Garden State Chiropractic Society (New Jersey), the Georgia Council of Chiropractic, the New York Chiropractic Council, the Chiropractic Society of Texas, the Connecticut Chiropractic Council, the Arkansas Chiropractic Physician Alliance, the Alliance of New Mexico Chiropractors, the Florida Chiropractic Society, and the Chiropractic Fellowship of Pennsylvania.

You can join these organizations and other visionaries by [donating](#) any amount to IACE. You can view the honor roll on our [home page](#). IACE is an IRS-recognized 501(c)(3) non-profit organization. But most importantly, your tax-deductible gift to IACE helps vertebral subluxation-centered educational programs achieve academic excellence.

There are many ways to advance our profession, and one of these is to consider becoming an IACE [volunteer](#). Whether involved in policy-making, serving on accreditation teams, training programs, or evaluating IACE standards, processes, and procedures, volunteers are the heart of IACE.

Serving in any of these capacities represents an opportunity for personal and professional growth, benefiting the volunteer, the many constituencies IACE serves, and especially the people served by graduates who provide vertebral subluxation-centered care.

To become an IACE volunteer, please complete the [application form](#).

Whether you support vertebral subluxation-centered chiropractic by donating or volunteering with IACE, there really is no alternative if we wish to see the advancement of VS-centered chiropractic.

By Myron Brown, DC, ACP, FCSC (Hon.)

A Crack in the Accreditation Wall



President Trump signed an executive order to implement needed college accreditation reforms.

[Click HERE for complete article](#)

In a related story, **Texas Breaks the ABA Monopoly, Is the Chiropractic Cartel Next?**

[Click HERE for complete article](#)

Reproduced with permission from the Chiropractic Chronical and McCoy Press

GSCS becomes a signatory of the Chiropractic Coalition Freedom Resolution



The GSCS Board of Directors has voted to have the organization become a signatory of the Chiropractic Freedom Coalition Resolution.

The core objectives of the Coalition are (from the Coalition website):

1. Secure Federal Recognition for a Second Accrediting Body

We are working to establish a legitimate, competitive alternative to the CCE by securing recognition from the U.S. Department of Education for a second accrediting body.

2. Eliminate Monopolistic “CCE and NBCE-Only” Language in State Laws and Regulations

The cartel created a monopoly by placing language in statutes and regulations that perpetuate their monopoly. We are working state-by-state to remove CCE- and NBCE-only language from statutes and regulations.

3. Maintain the Drugless Nature of the Chiropractic Profession

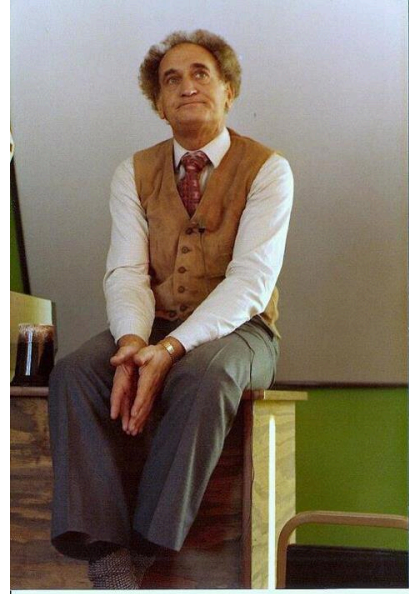
We stand for the preservation of chiropractic as a drug-free, subluxation focused profession and we are actively opposing efforts to expand prescribing rights within the profession.

[READ THE FULL RESOLUTION HERE](#)

Today's quote

"I will never lose sight of the fact that the ultimate objective of my commitment to the "above-down, inside-out" principle must be to bring that principle to the people we serve, and serve them I will, come what may, and regardless of what others may think, say, or do."

Reggie



REGGIE Q & A #15

Even though I keep my appointments faithfully and come as often as you recommend, my back still "goes out" once in a while. How come?

Answer:

Your back is going to "go out," as you describe it—or you are going to become subluxated, as we would say—depending on what you do. If you continue doing the same things and placing the same stresses on your spine, then the same results should be expected. Everything has limits. The spine has limits, and those limits vary from one area to another.

If there is a weakened or vulnerable area and you repeatedly strain it, then naturally that situation will recur—again and again. Chiropractic visits are not a permanent cure for anything. What chiropractic attempts to do is restore and maintain your body's control over its vertebrae.

How long that control lasts depends on many factors: inherited characteristics such as the shape and structure of your bones, how well you develop and use your muscles, the kind of work you do, and the types of stresses you place on your spine. So if you continue to engage in activities that exceed your spine's limits, it should not be surprising that problems arise from time to time.

Chiropractic does not change the laws of life—it works within them.

Submitted by Tom Gregory



Answer to question

C: 56 years

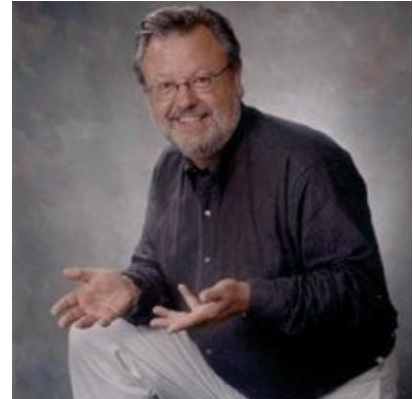
The Garden State Chiropractic Society certificate of incorporation was filed and recorded on March 13, 1970.



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.

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.

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!