



# GSCS Monthly e-newsletter

*“The official voice of straight chiropractic in NJ”*

MARCH 2026

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## From the Prez

### Half way

I recently saw a funny commercial for a insurance company named Half Way Insurance, of course it was a joke, but they did everything half

way. I think a lot of chiropractors are like that. They would like to be half way committed to the idea of a good practice, half way committed to any marketing or out reach and half way committed to showing up at the office and being present in every moment. The crazy thing is they expect a FULL result! That is never going to happen. Life is NOT easy all the time but at least when you are 100% committed to a full practice, a good way of educating and bringing in patients, and a reasonable way of assessing, checking and correcting vertebral subluxation, you have a more than good chance of success. In life there is no guarantees, but putting half your effort into everything is a sure way to get a practice that is like the Half Way Insurance company!

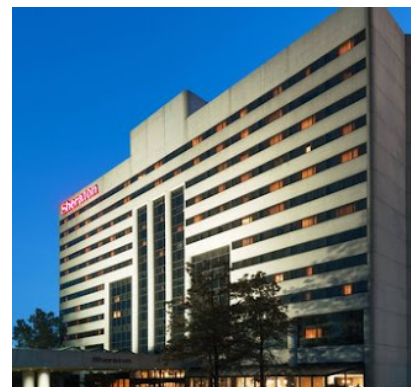
Jay Yuhas, D.C.  
*GSCS President*

## **GSCS Convention 2026 Registration rates will increase on March 16, 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.



Rates will increase March 16, 2026.

[Click HERE for the speaker schedule](#)

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

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[Click HERE for an updated list of state approvals](#)

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## Meet your new Board members!

### **Peter Jeremich, DC**

I'm Dr. Peter Jeremich and I am originally from Jackson, NJ. I attended Christian Brothers Academy before earning my undergraduate degree at Rutgers University, where I first discovered my passion for chiropractic. I went on to complete my chiropractic training at Sherman College of Chiropractic and now practice in Matawan, NJ at About You Chiropractic.



### **Rod Lowder, DC**

I graduated from Cornell University in 1979 and graduated from New York Chiropractic College in 1984.

In 1985, I finished in the top 1% of the New York City Marathon and taught seminars on training for marathons.

From 1985-1990, I practiced Chiropractic in Italy and taught seminars on Chiropractic and Nutrition.

From 1991-Present, I have had private practices in New Jersey and now practice in Middletown, NJ.

From 2016-2018, I taught high school Physiology and Chemistry.

My wife Donna and I have been married for thirty years. We have one son who is married with two children.



### **Pat Selimo, DC**

I'm Dr. Pat Selimo. I was initially introduced to the world of chiropractic by my dad, Sam Selimo, who brought me for my first chiropractic adjustment at the

ripe age of 8. I had injured my shoulder during football practice, and my dad picked me up and took me directly to his chiropractor. Then, at the age of 16, I had the opportunity to fly out to Davenport Iowa and see my brother, Dr. Sam Selimo, graduate from Palmer College of Chiropractic. These experiences inspired me, and by age 27, I was eager to start chiropractic school. At this point, my brother had been practicing for 11 years, and he

strongly suggested that I attend his orientation class before finalizing my decision. To this day I am very thankful that I did because it was on that day in my brother's class that I fell in love with the philosophy of chiropractic.



Thankfully, my brother encouraged me to go to Life University in Marietta Georgia. I absolutely loved school as we received a wonderful balance of Art, Philosophy and Science. Even though I truly loved learning about the brilliance of human anatomy and physiology, my focus began to drift away from the Philosophy of Chiropractic. I started focusing on details unrelated to chiropractic and considered leaving school. God had other plans. One evening I contacted my brother and shared with him the challenges I was having with school and life in general. As we were about to end our call, I had stated that this guy named "Reggie Gold" was speaking off campus. My brother strongly suggested that I listen to what Reggie had to say. After hearing Reggie speak, I went out and purchased every BLUE BOOK Joe Strauss had written about "Objective Straight Chiropractic".

After graduating from Chiropractic school and struggling for a few years, I ran into Joe Strauss at a New Beginnings seminar, and he mentioned to me that I needed to reach out to the Garden State Chiropractic Society. The first meeting I attended was at Dr. Mark Messano's office and Dr. Frank was sharing with us his Ninja spinal screening system. I have been using that system for a while to build my practice. After having been a member of the GSCS it is truly an honor to be a board member because without the Garden State Chiropractic Society, I would not have the thriving practice that I have today. To me it is the best Non Therapeutic Objective Strate Chiropractic organization on the planet. I am truly excited and can't wait to lock arms with the best in the business and help make this organization even better than it is and to help share this incredible way of practicing with the world!

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## 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.

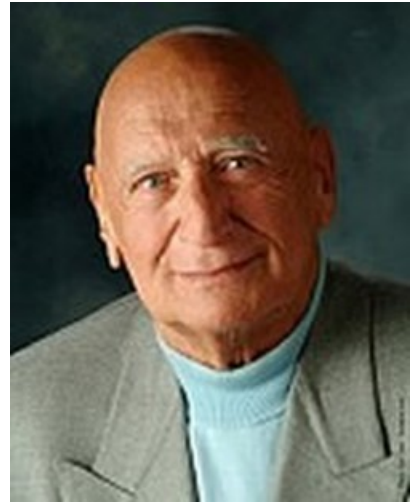
Contact Sam Sbarra, DC at (973) 393-2609  
[cubajoedoc@aol.com](mailto:cubajoedoc@aol.com)

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## REGGIE Q & A #16

*What can I do to strengthen my spine? Do you think yoga will help or some other exercise?*

Ah, the problem is again that no two human beings are alike. There is no question that yoga will help some people by strengthening their spine, or some other form of exercise will help them. But if I were to give you advice about doing yoga, it might very well cause vertebral subluxations instead of helping to correct them or strengthen the spine. Everybody is different. What is good for one person could be bad for another. Nobody can give you advice about what kind of exercise is best for you. Trial and error experimentation is the only way you'll find out. If you think yoga will help and you go to a yoga master... and please don't try amateur yoga from a self-help book that you pick up at the airport... if you go to a yoga master and you find you need adjustments less often after that, then yoga is obviously helping. If, on the other hand, you go to study yoga and thoroughly enjoy it, and it doesn't strengthen your spine, stick with it anyway if you enjoy it. Yoga is not meant to prevent vertebral subluxation. Neither is any other exercise. In fact, I don't know of any way to prevent vertebral subluxation; otherwise, I wouldn't have to go to a chiropractor all the time. We do these things because we like them, because they're good for us in many different ways, but none of them actually replace visits to the chiropractor. Although in some cases, you might find that with the help of yoga or some other exercise, you can hold your adjustments better and longer and therefore need fewer visits to the chiropractor.



*Submitted by Tom Gregory, DC*

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## Towards a Better Understanding of Non-Therapeutic Chiropractic

Non-therapeutic chiropractic is about helping your body express life at its best. It is not about sickness or making people well. Its focus is on removing interference so your body can function



as it was designed and have the opportunity to express the potential within you.

Your body's performance, everything you do and everything you are, depends on body chemistry. Thought, movement, digestion, coordination, emotions, creativity, learning, memory, and even sleep all rely on chemicals produced by your organs and glands.

Your brain controls and coordinates all of this through the nerve system, sending instructions to every organ and gland so that chemicals are produced at the right time, in the right place, and in the right amount. This remarkable organization is guided by what we call the innate law of living things, your body's natural intelligence, operating under the universal principle of organization.

The spine protects this delicate communication network, the spinal cord and its branching nerves. Sometimes, the bones of the spine, vertebrae, can lose their proper alignment. When this happens, communication between the brain and body can be interrupted. This situation is called a vertebral subluxation. It is not a disease. It is interference that can prevent the body from functioning at its fullest.

When interference is present, your body chemistry may not be fully balanced. This can affect how well you adapt to stress, coordinate movement, digest food, recover from challenges, maintain emotional balance, and express creativity. It can even influence learning, thinking, memory, communication, relationships, sleep, and overall enjoyment of life.

The role of non-therapeutic chiropractic is simple and precise. Vertebral subluxations are located and gently corrected, allowing your body's innate law of living things to restore communication and organization. When communication is clear and body chemistry is balanced, your body has the opportunity to express its full potential.

Non-therapeutic chiropractic helps you get more out of life. By removing interference, it allows your natural abilities, talents, and potential to shine. The goal is not to fix sickness or promise results. It is to support you as a practice member so that you can express more of the life potential that is naturally yours.

Chiropractic is about helping you function at your best, so you, as a practice member, can enjoy life fully and live up to your natural potential.

*Thank you to Tom Gregory, DC for this article.*

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**Here's a 10-point summary of Refined by  
Fire by  
Joe Strauss, DC**

## **Adversity as a Refining Process**

Life's challenges are not obstacles but necessary "fire" that refines character, purpose, and clarity.

## **Purpose Over Comfort**

Growth comes from leaning into discomfort rather than avoiding it—comfort weakens long-term potential.

## **Innate Intelligence as a Guiding Principle**

The book reinforces the chiropractic philosophy that the body is self-healing and self-regulating when interference is removed.

## **Mental and Spiritual Alignment Matter**

True transformation isn't just physical—it requires alignment of thoughts, beliefs, and actions with higher purpose.

## **Discipline Builds Freedom**

Daily disciplines (health, mindset, habits) create long-term freedom and stability.

## **Clarity Through Struggle**

Hard seasons strip away distractions and reveal what truly matters in life and practice.

## **Responsibility Over Victimhood**

Taking ownership of your circumstances—rather than blaming external factors—is essential for growth.

## **Service as a Calling**

Especially in chiropractic, serving others with conviction and certainty is positioned as a higher calling, not just a profession.

## **Faith and Trust in the Process**

Trust that the "refining fire" has purpose—even when outcomes are unclear or difficult.

## **Becoming Stronger, Not Just Surviving**

The goal isn't merely to endure hardship, but to emerge sharper, more focused, and more aligned with your mission.

## **Refined by Fire** **The Evolution of** **Straight Chiropractic**

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

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## **When Consent Fractures**

**Navigating minors, custody conflicts, and the illusion of permission**



Few areas of chiropractic practice carry as much hidden risk as treating minors. Not because the care itself is unsafe, but because consent in pediatric cases is often misunderstood, assumed, or unintentionally stretched beyond its legal limits.

Many doctors operate under the belief that once consent has been given, it remains intact unless clearly revoked. In reality, consent involving minors is conditional, situational, and vulnerable to sudden disruption. Changes in custody arrangements, parental conflict, court orders, or even who physically brings the child to the office can immediately alter a doctor's authority to treat.

Situations that feel routine can quickly become precarious. A sibling brings a child to an appointment. A parent who has always scheduled visits suddenly withdraws consent. Another parent insists care must continue and produces paperwork that appears official. None of these scenarios are rare, and none are inherently malicious. The danger lies in ambiguity.

Ambiguity is where liability takes root.

*Chiropractors do not resolve custody disputes. They document authority and stop when it becomes unclear.*

One of the most common pressure points arises from well-intentioned explanations offered by family members. "I take him to all his appointments." "The other parent is fine with it." "Every other doctor allows this." These statements feel reassuring, but they carry no legal authority. Consent does not transfer through habit, convenience, or familiarity. It must come from the individual with legal decision-making authority, and that authority must be documented, not inferred.

Divorced-parent situations add another layer of complexity. When one parent withdraws consent and the other insists on continuing care, chiropractors can feel trapped between competing demands. Court orders are sometimes presented, often without context, and doctors understandably hesitate to interpret legal language they are not trained to evaluate.

The role of the chiropractor in these situations is not to determine which parent is correct. It is to recognize when consent has become contested. Once authority is unclear or disputed, treatment must pause until clarity is restored in writing by appropriate legal channels. Continuing care under contested consent is not neutral, even when motivated by concern for the child.

*When parents disagree, the safest clinical action is often no action at all.*

Non-guardian escorts create similar risks. Grandparents, older siblings, or family friends frequently arrive convinced their role is sufficient because it has been accepted elsewhere. Chiropractors may feel uncomfortable pushing back, particularly when the child is already in the office and the adult appears responsible. Yet legal consent cannot be improvised. Text messages, verbal

assurances, or informal emails do not replace properly executed authorization.

If a parent wishes to allow another adult to accompany a minor to appointments, that permission must be clearly documented in advance and retained in the patient record. Without it, the safest and most professional response is to defer care.

What makes consent issues especially dangerous is how quickly they escalate once boundaries blur. What begins as a scheduling decision can evolve into accusations, demands for records, or threats of board complaints. In nearly every case, the risk does not arise from the care provided, but from uncertainty about who had the right to authorize it.

Chiropractors serve patients best when they remain clinically focused and legally neutral. The moment consent becomes unclear, contested, or withdrawn, the obligation to treat ends. That pause is not abandonment. It is a safeguard for the child, the family, and the doctor.

Clarity protects everyone. When authority is documented, care proceeds with confidence. When authority fractures, stopping is not a failure of compassion. It is an act of professional responsibility.

*Thanks to McCoy Press for this article*

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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.

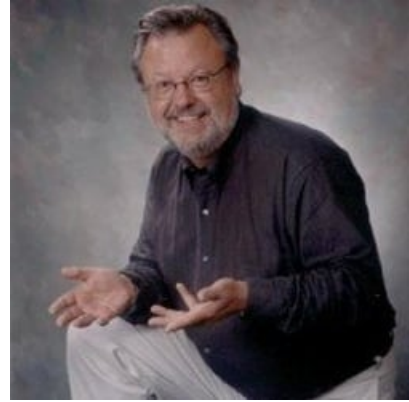
Click [HERE](#) for flyer.

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## **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**

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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