



GSCS Monthly e-newsletter

"The official voice of straight chiropractic in NJ"

MAY 2026

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From the Prez
Fortitude

Fortitude is the mental and emotional strength that allows a person to courageously endure pain, adversity, or danger. It is a form of patient, steadfast courage, often described as moral backbone, grit, or resilience in facing long-term hardship.

Staying up in a down world!
Staying power! Staying alive!

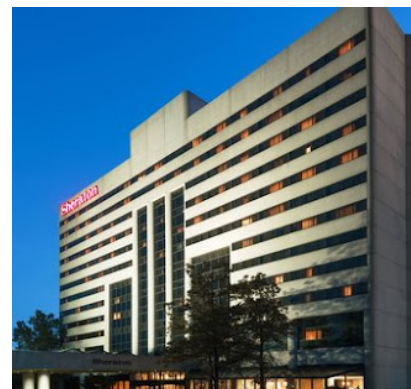
There are times of plenty and there are times of endurance but it is all working for our good if we stick it out! Life's battles are won in our daily tasks. Our mindset is almost as important as what we do. If we believe we can, we will do.

Take the time to recognize the value of endurance. Endurance builds character. Character build people!

Jay Yuhas, D.C.
GSCS President

Convention 2026 recap

The Garden State Chiropractic Society held their annual convention April 11 and 12 at the Sheraton in Raritan Center. The speakers were outstanding and left a lasting impression on the audience. There was laughter and there were tears and there were moments that made you pause and encouraged you to give grace.



The GSCS thanks all that contributed to make the weekend a resounding success.

Click [HERE](#) for Convention photo gallery

The Bridge on the River Kwai – Revisited

This article was originally written by Dr. Joe Strauss in 1984. I'm grateful for the opportunity to revisit his work and restate its message using today's language and a clearer understanding of the non-therapeutic model grounded in the 33 Principles.



I recently rewatched the classic film *The Bridge on the River Kwai*. This time I didn't just see a war story, I saw a message for chiropractic. The film follows a group of prisoners of war forced to build a bridge for the enemy. At first their leader, Colonel Nicholson, stands firm in principle. He resists and refuses to comply beyond what is required. But over time something shifts. He becomes consumed with the project. What began as resistance turns into pride. What was once the enemy's bridge becomes his bridge. His focus changes from purpose to performance, from objective to appearance. By the end he is no longer resisting the enemy, he is helping them, and he doesn't even realize it until it's too late.

There is a lesson here, not about war but about chiropractic. Our objective has always been clear, to locate and correct vertebral subluxation because it represents a situation of interference to the expression of life through the body. That is it. Not to treat disease, not to chase symptoms, not to prove anything to another profession. Yet over time much of chiropractic has drifted, not because the principle was taken away but because it was given up.

Thanks to Tom Gregory, DC for this article

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.

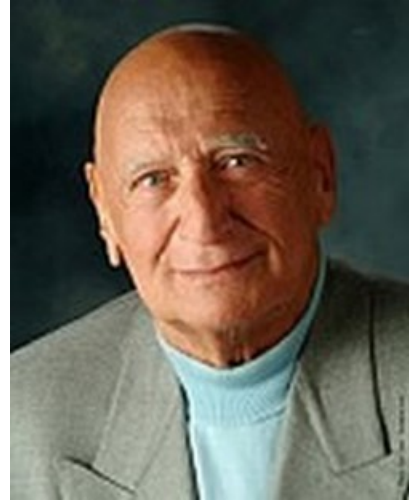
Contact Sam Sbarra, DC at (973) 393-2609
cubajoedoc@aol.com



REGGIE Q & A #17

At what age can a child get his or hers first adjustment?

I have actually adjusted a child that's been 3 hours old. The father of this child was a medical doctor. He was present at his child's birth, noticed that something was radically wrong, and rather than going through the standard medical procedure....and I should point out that this was a medical doctor who was raised and trained in Europe. He did not have the built in prejudice of most American med schools, so he had no hesitation in calling me. He was himself a practice member of mine, had known a great deal about chiropractic, and he knew how gentle it was, and he had no problem in calling me. So the baby received its first chiropractic at 3 hours and he responded amazingly. It was like turning off a light switch, the problem ended almost instantly as we stood and watched. So that there is great danger in raising children without getting their spine checked. If you look at a day in the life of a 2 year old, How many times they batter and hurt their spine, you'll realize the importance of getting their spine checked over and over again by a chiropractor. When they leave the chiropractor's office they go back and lead a normal kid's life, they bounce off the bed, they bounce off the trampoline, they dive into the sofa head first. Please get their spine checked regularly. Every chiropractor is fully trained in taking care of young spines as well as aged ones. In fact if I had any hesitation in selecting people that were safe candidates for receiving chiropractic, I would have much more concern for the elderly and the brittle, rather than the young and flexible. So as soon as a child is born, his or her spine could and should be checked for vertebral subluxation.



Submitted by Tom Gregory, DC



Ten Ways To Honor

YOUR PRACTICE MEMBERS

THIS MONTH



10.

Be fully present.

(Leave 'stuff' at home.)



9.

Work on yourself.

(improve attitude, technique, habits, etc)



8.

Let there be JOY and Peace in your presence.

(See number 9 😊)



7.

Set an atmosphere of healing.

(music, smells, vibe, etc)



6.

Have a fee system that allows them to come in weekly with their families for the rest of their lives.



5.

Educate, Educate, Educate.

"Lifetime practice members receive Lifetime education"



4.

Listen more, judge less

(Love and acceptance = healing)



3.

Remove barriers to care

(limited hours, long wait times, negative mindset)



2.

Practice Thankfulness

(Gratitude determines Altitude)



1.

Be precise

(Ensure post check demonstrates criteria used to determine vertebral subluxation have cleared)

Honor their trust.  *Change* their lives.

Submitted by Danielle Argenio, D.C.

The Essence of Chiropractic

Thomas A. Gelardi founded Sherman College of Chiropractic in Spartanburg, South Carolina, in 1973 and served as its president until 1997. His central contribution was a simple but radical claim: a profession is defined by its practice objective, and chiropractic's practice objective is the correction of

vertebral subluxation. That idea reframed how the straight chiropractic movement understood itself and gave it a philosophical foundation that could withstand decades of institutional opposition.

The Essence of Chiropractic gathers sixty-four articles, addresses, and presidential messages spanning 1974 to 2010, the most complete collection of Gelardi's writing ever published. Arranged thematically across eight parts, the collection covers foundational chiropractic philosophy, professional identity, the practice objective, the straight-mixer divide, the accreditation battles, and the building of a movement. Gelardi writes as philosopher, educator, and embattled college president, making the case for subluxation-centered chiropractic in classrooms, courtrooms, legislative halls, and the profession's own journals. The arguments are as alive today as when he first made them.

The Essence of Chiropractic



The Subluxation-Centered
Philosophy and Practice

Thomas A. Gelardi



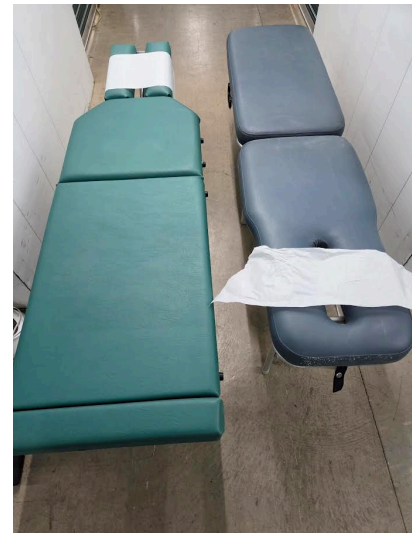
Edited by Simon Senzon

For chiropractors seeking a deeper grounding in chiropractic philosophy and subluxation-centered practice, for students asking why the profession's mission matters, and for anyone who wants to understand what chiropractic is and what it could be, this is the essential text.

Available from Amazon

Two portable adjusting tables available

I have two portable adjusting tables available at no cost to a good home. Please contact Joe Carnelli at 201-468-3204.



Office Coverage available

I have been serving the chiropractic community for over 50 years and still want to adjust. I am available to cover your office and would appreciate



Are you all in?

Are you completely sold on chiropractic and the damaging affects of vertebral subluxations?

Do you have your spine checked with the same consistency that you recommend for your practice members?

Here is the truth. The first person you must sell on chiropractic, if you are going to be successful, is YOU.

If you are not sold and you are not seeing your chiropractor in the same way you recommend, then you will be sold on people's excuses of why they are not investing in themselves through your service. They will leave your office without the habit of chiropractic in their lives. They will live with vertebral subluxations that will be driving their lives further from their fullest potential and this will be more costly to them than the fees you charge.

The quality of their life and their family's lives will suffer. And, it is because you did not sell them on a better life. I hope this makes you very uncomfortable!

I hope these words help you realize how important you and your service are. Now, go out in your communities today and create attention of the life changing powerful service of chiropractic.

Realize your gift and contribution to your community. Work like crazy improving people's lives through your service and make a ton of money doing it. Now is your time!! Seize the moment and create your future dear friends. More soon.

Submitted by Mark Romano, D.C.



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

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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