GSCS Monthly e-newsletter

"The official voice of straight chiropractic in NJ"

SEPTEMBER 2026

CLICK HERE
for GSCS website

CLICK HERE
for GSCS Facebook page

CLICK HERE
to e-mail the GSCS

From the Prez

Living it

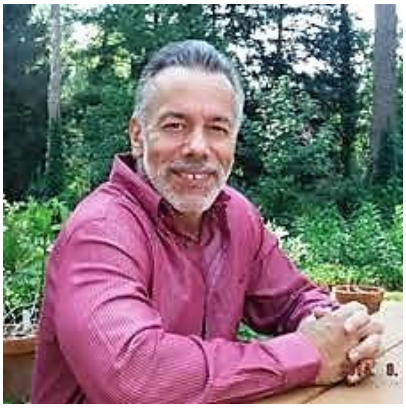
I was talking to quite a few people recently about taking up chiropractic as their profession. In my conversation, it came up that it is not a career where you show up to a job. It is something that you have to live it. You literally

have to decide that this is your way of life. The most similar example I could give to them is of it being a calling more than a profession.

I tell people that although chiropractic is the way I make my living, most of the rewards of practicing this way do not always come in the form of tangible goods. Is it always easy? No. Is it rewarding? Yes. Some days, it is hard to wipe the smile off my face BUT you got to live it!

Jay Yuhas, D.C.
GSCS President

Its Not About Me or You... It's About Them



A fellow came in to the office one morning, a while back, someone I had seen before. I remembered him and his story, though I needed him to remind me of his name so I could pull out his card from the files. I saw that Sam (not his real name) had been in twice in the first week I had seen him more than a year ago, but not since then. I, Jim (my real name), used to have a policy where that kind of non-compliance meant you could not return, but I've come to realize that, if I keep to that, people like Sam have virtually no chance of discovering non-therapeutic chiropractic by randomly picking another DC from the phone book. So, I give those like Sam a second chance, at least, and usually more. It's not because it's easier – it's not; in fact, it's much more work for me that way but it's the kind of work I also enjoyed because, hopefully, I could use those occasions as opportunities to get better at trying to spread a non-therapeutic message throughout the world.

Sam's initial story was not unlike others who come in without being referred by someone who already was part of my *"office family"* – he had back pain and his friends told him he should see a chiropractor for it. I'd love to tell you that every person I've ever checked came in from a top-notch referral, fully educated and initially expecting me to start them on a lifetime schedule of being checked weekly just because living subluxation-free was better than trying to live subluxated. That actually does happen with some small frequency and I have learned to celebrate those times. Otherwise, it's too easy at the end of the day only to remember the Sams of the world who miss

the message entirely on the first visit and have me questioning how I could have done something better or differently to get through to them.

Obviously, Sam had not *"gotten it"* that first week and now was back for the same reason. He went into a lengthy explanation of how he had back pain again, had been everywhere else, where he was told to do many things he was unwilling to do, including go to a physical therapist. Sam ended his story by announcing proudly he would, instead, use me as his physical therapist. He told me he trusted me and chose me over the PT. He thought that would flatter me, it seemed.

Now, when I said I allow people to come back, I meant on *my* office terms, not theirs. If I had simply told Sam, *"Welcome back! Lie down and let's get started,"* he would have had his incorrect notion reinforced that what I do is a substitute form of physical therapy for his back pain.

So, rather than invite him to get on the table, I asked him the obvious question: *"Sam, since I saw you last, have you eaten any food?"* He looked a bit flummoxed, to say the least.

Eventually, he came back with, *"Have I eaten any food, is that what you just asked?"*

"*Yes, food,*" I said quickly. "*Meals. Snacks. Whatever. Have you eaten since last year?"*

Sam, now somewhat dumfounded, answered, *"Uh … yes … I have … eaten food, that is. But -"*

"*Ah, you have!"* I interrupted, enthusiastically, like we were on to something big. *"And what ache or pain were you treating?"*

"What? No, I wasn't treating an ache or pain, I was just eating," Sam said, still unsure about where this was going.

"So," I said, "you weren't treating an ache or pain." And with my best look of puzzled wonder, I continued, *"But why were you eating food, then?"*

Sam looked at me and said, matter-of-factly, *"To live. To stay alive."*

"You're saying, then, you weren't treating anything at all with food or by eating?"

"No," he said, still a bit disoriented.

"So," I asked, "would you say the reason you were eating was because being nourished is better than starving if you expect to live at your best?"

"Yes, of course. You'll die without eating food," he added, certain of his answer but still unsure about where this was going.

At this, I paused. I wanted the words he said in this exchange to have a chance to register for him. I then invited him to think of being subluxation-free in a similar way – that being nourished with brain messages, the information of *life,* was better than being starved of brain messages. He agreed. I told him that to think of my office (non-therapeutic chiropractic) any other way was like stepping up to the soup bowl of life with a fork! All he was getting was a sampling of the full value that way.

I thought we were getting somewhere but, then, from Sam, there was a *"But …"*

You can always tell when you're making headway or not by this one word. It signals that there's an objection or point of disagreement and you've still not made that critical impact in someone's mind. The good news is it's a chance to deal with it.

Sam continued, *"Understand that, where I come from and how I was raised, I was told that chiropractic is for back pain. That is how we use chiropractic. We do not use physical therapy. I don't think I can change that."*

You need to know that Sam was raised in a country where they drive on the left side of the road. So, I asked, *"Sam do you crash your car head-on into other drivers each morning since living in this country?"* Again, there was a stunned and puzzled look.

"No."

"*But driving on the left side of the road and avoiding all the oncoming drivers must be quite difficult,"* I said. *"How do you avoid them?"*

Sam was laughing now. *"I drive on the right, just like you do!"*

"*But, Sam,*" I said, *"you told me that you can't do or think differently from where you were raised."*

"Well, yes, I can. I don't drive dangerously," he said. *"But there are people I've met here who advise me about things and they also say that I should see a chiropractor for my back."*

"*Sam,"* I said, *"you now know more than the people who are advising you! You should be telling them about this! When they try to tell you that old message, you should say, 'Oh, I used to think that, too. But chiropractic is not like that at all!'"*

Sam smiled. I told him how he now had another chance to do this and do it right. He had his spine checked and he is scheduled to return each week, hopefully, for the rest of his life.

Before he left, though, I told him why it was so important for him to understand what this was all about and not to think of this as physical

therapy. I said, *“Sam, this is not about me and my office rules, or about you and whether you get checked regularly. You could do that just because one of your trusted advisors ordered you to do so. Sam, I know you have grandkids. This is about them. But it’s even moreso about their grandkids, the generations of loved ones to come, people we don’t even know yet, who, if you think this is about back pain and never help them know otherwise, they’ll have to try to eek out whatever they can of a subluxated existence, trying to live with some of their cells already in the process of dying, trying to be their best with the equivalent of a deadly ball and chain. And, Sam, I’m not going to be with you forever to tell you each week to return and I’m not going to be able to talk to your kids or grandkids who live thousands of miles away. That’s why I want you to know about this. You can change their lives by knowing this.”*

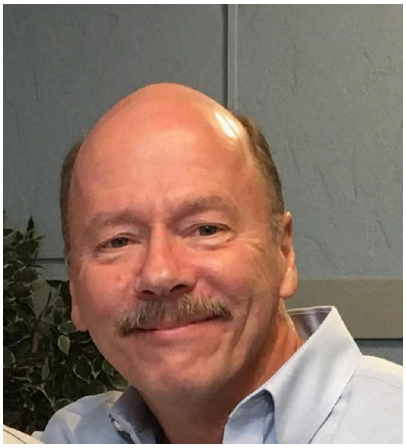
This visit took a while and it was more work for me – I could have just not let him back in the office and not taken the time or the effort - and it was also challenging to Sam – he thought he was going to come in, get a crack and be on his way. But I still believe that there is something far bigger than what happened this morning. There is an indescribable enormity to the vision it takes to see a future of unsubluxated people – all people, everywhere. This thing we have, this modern and misunderstood non-therapeutic chiropractic, is far more important than any one of us.

I have since had to retire from practicing and, I’m very sorry to say, Sam’s moment of enlightenment didn’t last – he only kept to my scheduling expectations for a couple more months and I never saw him again. That was a relatively rare occurrence, which is why I think I remember it so clearly.

The thing is, during that one encounter, I discovered a new non-therapeutic analogy to use and, more importantly, other people in my open-area office setup also heard this exchange and how it ended, when I said, *“It’s not about me or you, Sam, it’s about them. Keep that in mind.”*

Thank you to Jim Healey, DC for this article.

It's All About Where You Put the Period



One of the simplest ways I've found to explain the difference between therapeutic chiropractic and non-therapeutic chiropractic has nothing to do with anatomy, physiology, neurology, or even the 33 Principles. It comes down to something much simpler. It comes down to where you put the period. That little dot at the end of a sentence tells you exactly where the chiropractor's objective ends.

Most chiropractors agree that vertebral subluxation should be corrected. Up to that point we're on the same page. The disagreement isn't over whether to correct vertebral subluxation. The disagreement is over why we correct it. That's where the sentence changes. One chiropractor says, *"We correct vertebral subluxation to improve health."* Another says, *"We correct vertebral subluxation to restore function."* Another says, *"We correct vertebral subluxation to relieve symptoms."* Another says, *"We correct vertebral subluxation to enhance healing."* The sentence keeps going because correcting vertebral subluxation is seen as the way to accomplish something beyond the adjustment itself.

The non-therapeutic model puts the period in a different place. We correct vertebral subluxation because vertebral subluxation is an interference to the expression of life through the body. Period. That's where our objective ends. Does that mean nothing else happens after an adjustment? Of course not. People may notice changes in comfort, function, sleep, energy, or any number of other things. Those changes may be real, and we're certainly happy for them. But they are not the reason the adjustment was introduced in the first place.

That one little period changes everything. It changes how we explain chiropractic. It changes what we look for when we examine someone. It changes what we consider success. It changes why someone should continue having their spine checked. If health is the objective, then health becomes the measure of success. If function is the objective, then function becomes the measure of success. But if the objective is simply the correction of vertebral subluxation because it is an interference to the expression of life through the body, then the measure of success is much simpler. Was vertebral subluxation present? If it was, was it corrected?

Two chiropractors may both say they correct vertebral subluxation. They may even use the very same technique. But one sees the adjustment as the means to reach a health objective, while the other sees the correction of vertebral subluxation as the objective itself. That isn't a minor difference. It's two completely different ways of defining chiropractic.

Sometimes the biggest philosophical differences aren't found in complicated discussions. Sometimes they're found in something as simple as a period at the end of a sentence.

In chiropractic, it's all about where you put the period.

Thanks to Tom Gregory, DC for this article

Since 1977, the Sherman College Regents Program has provided vital support for the advancement of the college. Regents are dedicated leaders and advocates for the chiropractic profession, contributing through annual gifts of $1,000 or more. Their generosity, combined with their influence through speaking engagements, legislative efforts, and community connections, gives visibility and strength to Sherman College and its mission.

Recognition and Pledge Information
Regent-level donors are honored for their ongoing support with a plaque and a date plate for each year of participation in the program.

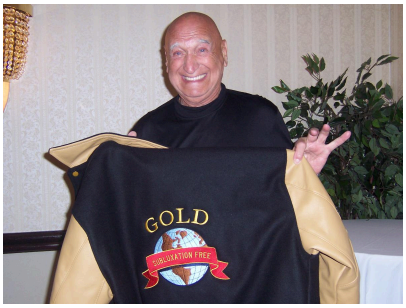
All pledges to Sherman College automatically renew each January, and donors receive a renewal letter from the Development Office to confirm their continued commitment.

Your contributions help sustain the college and empower the next generation of chiropractors—year after year.

Become a Regent today and help shape the future of chiropractic.

CLICK HERE TO JOIN NOW

REGGIE Q & A #21



Is it true that getting adjusted too often can cause loose joints?

No, that's an old wives' tale. Boy, I have heard that so many times, in so many different ways. *"My great-grandmother said that getting adjusted causes arthritis." "My Aunt Sally says that getting adjusted causes loose joints,"* whatever they are.

That's absolute nonsense. As a matter of fact, the body adjusts itself thousands of times every day. If getting adjusted too often caused arthritis, then everybody would have arthritis. If getting adjusted very often caused loose joints, then everybody would have loose joints. Frankly, I don't believe there's such a thing as loose joints.

So it's just another one of those old wives' tales that has no meaning at all. You get adjusted as often as your body needs to adjust. The chiropractor is trained to determine when the body needs help in bringing about that adjustment and when the body is able to do it by itself.

Have no fear about it. Let the expert make the decision.

Submitted by Tom Gregory, DC

I Want You to Change My Records

The Risk Management Trap Hidden in a Simple Patient Request

The patient calls the office after reading a copy of her chiropractic records.

She is upset.

Maybe she disagrees with how the chiropractor described her symptoms. Maybe she believes an examination finding is wrong. Maybe she does not like language concerning compliance with care, the circumstances of an injury, a conversation that occurred in the office, or something she told the doctor months earlier.

Then comes the request:

“I want you to change my chart.”

It sounds simple enough.

If the patient is right about an obvious mistake, the doctor may naturally want to fix it. If the doctor believes the original note is accurate, the opposite instinct may be just as strong: *“Those are my clinical notes. I’m not changing them.”*

Both reactions can move too quickly.

ChiroFutures Risk Management saw this issue repeatedly during 2026. In June, an insured contacted the Risk Management Team after a patient requested changes to her clinical notes. The team reviewed the HIPAA amendment framework, including the patient’s ability to request an amendment, the doctor’s ability to accept or deny the request when appropriate, and the importance of responding and documenting the decision properly.

Then it happened again in July.

By that point, the ChiroFutures Risk Management report identified three patient-record amendment inquiries in approximately five months and specifically recommended developing a member resource on the subject.

That recurrence tells us something.

The difficult part is not simply knowing whether a patient can ask for a change.

The difficult part is understanding the difference between correcting information, amending a record, disagreeing with a patient, and altering the historical clinical record after the fact.

Those are not the same thing.

> ***A patient's request to change the chart does not mean the doctor must rewrite history. It does mean the request deserves a deliberate and documented response.***

The Dangerous Instinct to "Just Fix It"

READ MORE

QUARTERLY MEETING

Our next quarterly meeting will be held on Saturday, October 17 at 6pm at the office of Peter Jeremich, DC, 245 Main Street, Matawan, NJ 07747.

More details to follow.

HOLD THE DATE!

GSCS Convention 2027, April 17-18 2027, Sheraton Woodbridge. Get up to 15 hours of CE credits. Details to follow.

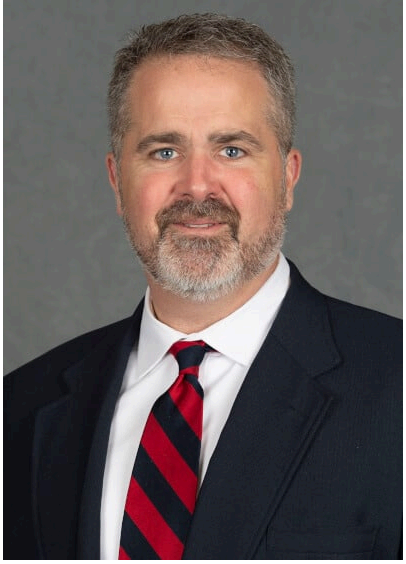
The mandatory nutrition, ethics and record keeping credits will be offered. Attending the GSCS Annual Convention provides you with all of the necessary credit hours for the renewal of your NJ license.

Building Business Leaders at Sherman College

Sherman College of Chiropractic remains committed to developing graduates with the technical knowledge and clinical skills necessary to serve their patients effectively. However, success in practice requires more than clinical competency. Chiropractors must also communicate clearly, conduct themselves professionally, and make strategic decisions that strengthen their practices and the profession.

Sherman College's recently implemented a business program, known as the BUSI curriculum, was developed to address these needs throughout the

student experience. The curriculum focuses on three primary areas: professionalism, communication, and strategic planning. Students learn how to represent themselves and chiropractic, communicate the value of care, and plan for a successful transition into practice.



The BUSI curriculum supports multiple career paths. Some graduates will open their own practices, while others will begin as associates or pursue additional professional opportunities. Regardless of the path selected, students must be prepared to evaluate opportunities, work effectively within a team, understand practice systems, and contribute to the growth of an organization.

Sherman College is also working to expand its Practice Management Observation Elective into a broader Experiential Learning model. This developing framework will provide students with focused pathways in operational management or supervised clinical training. The specific activities available will depend upon the laws, regulations, and professional guidelines of the state in which the experience occurs.

An additional goal is to create more opportunities for students to apply their communication skills before graduation. In the future, partnerships with organizations such as the Garden State Chiropractic Society could provide an outlet for students to submit educational articles for professional review and possible publication. Rather than writing solely for a classroom assignment, students could revise and refine their work into a finished product intended for a real audience. This would strengthen their writing, help them communicate chiropractic more effectively, and allow them to contribute to the profession while still in school.

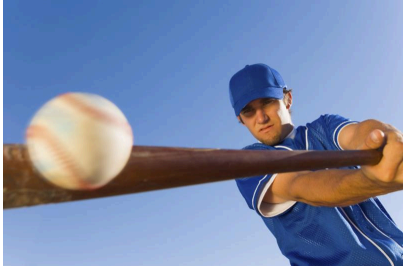
These types of professional partnerships can make learning more relevant by moving student work from theory into action. By combining technical preparation with professionalism, communication, strategic thinking, and meaningful field experiences, Sherman College seeks to graduate chiropractors who are prepared not only to enter the profession, but also to lead and strengthen it.

Submitted by Heath Treharne, DC, Associate Professor of Clinical Sciences, Chair of Business Department

---

GSCS Annual Summer Picnic with the Somerset Patriots

Take me out to the ballgame!



The GSCS is teaming up with the Somerset Patriots for our annual picnic and Chiropractic Founders Day celebration on Sunday, September 13 at 1:05pm! The Somerset Patriots are a AA affiliate of the New York Yankees organization and will play the Hartford Yard Goats, a Colorado Rockies AA affiliate.

We have secured a private suite that holds **up to 40 guests** and offers a panoramic view of the ballgame. Don't delay if you want to attend as space is extremely limited.

Ticket prices include: a 90 minute all-you-can-eat buffet. Soft drinks, water, coffee and dessert are included.

Adults $25. Children ages 5 -12 $15. Children under 5 years old FREE. Gates open at noon. Game starts at 1:05pm.

Kids run the bases!

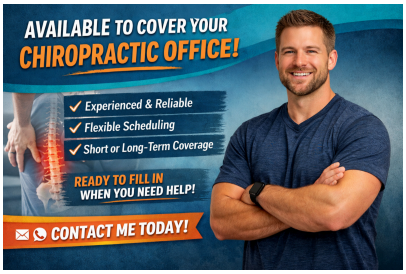
A back-to-school cooler lunch bag to the first 1,500 kids

TD Ballpark, 1 Patriots Park, Bridgewater Township, NJ.

Click **HERE** for your registration flyer. Or call Dr. Bob Berkowitz (GSCS Treasurer) directly (908-420-5275) to register and pay for your tickets.

See you there!

Office coverage available



I'm a Sherman Chiropractic College graduate and recently retired from my practice. 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.

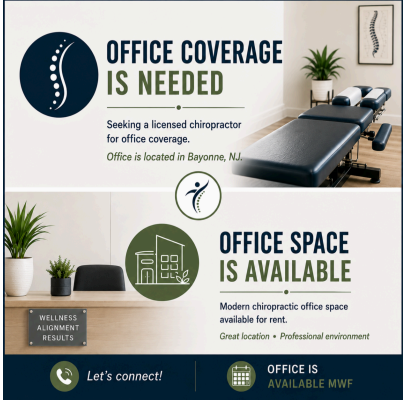
Contact Sam Sbarra, DC *at (973) 393-2609*
cubajoedoc@aol.com

Office space available and office coverage needed

Looking for a chiropractor to share office space M-W-F. Office is located in Bayonne, NJ

Need office coverage

Chiropractor will have knee surgery and needs office coverage. Contact Dr. Immaculate Orlando at 516-388-8960.



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.

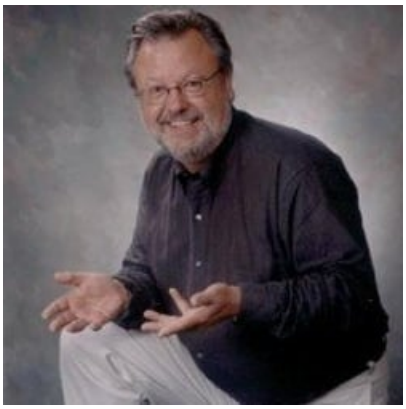
Please contact your local TD bank for further information.

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/

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