

Happy November From Casey Family Chiropractic!

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All of us at Casey Family Chiropractic want to wish you and your families and friends a blessed and Happy Thanksgiving!

Some Thanksgiving Facts:

The first Thanksgiving was held in December of 1621 as a three-day feast to give thanks for the harvest they received.

In 1863, President Abraham Lincoln proclaimed the last Thursday of every November to be Thanksgiving. It was later changed by Franklin D. Roosevelt in 1939 to be the third Thursday of the month (in order to lengthen the holiday shopping season)

In 1941, Thanksgiving finally became a National holiday, although it had been celebrated since 1621.

At the first Thanksgiving, according to writings by the pilgrims, consisted of "corn" (which was actually wheat), Indian corn, fish, five deer, fowl, and of course, wild turkey.

"I awoke this morning with devout thanksgiving for my friends, the old and the new."

Ralph Waldo Emerson (1803 - 1882)

Office Happenings and Doings

Office will be closed Thursday, November 28th through Sunday, Dec. 1st in observance of Thanksgiving.



November

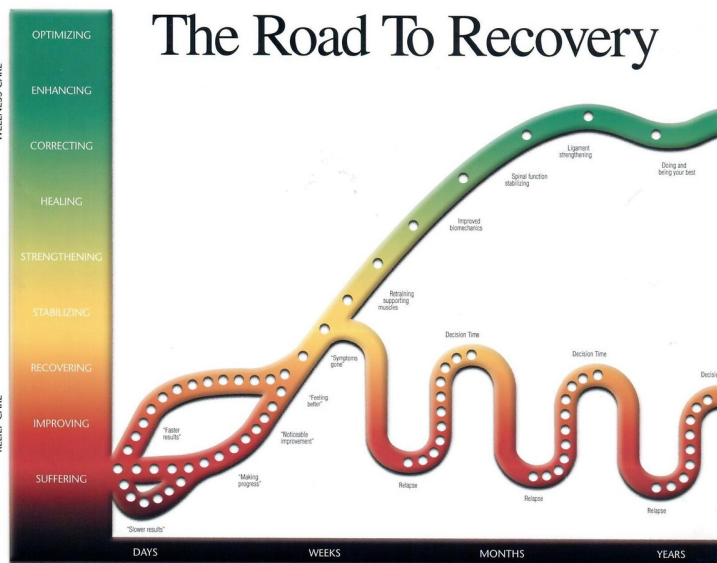
We will be continuing our food drive this week as we prepare for Thanksgiving. We would like to thank those who have generously donated in the past. At this time of year, we are especially grateful to serve so many wonderful people in our community. The food drive will continue through November 22nd. All food donations will go to Country Kids Food Pantry in Washingtonville to help those closest to us in our community. In addition, Casey Family Chiropractic will be donating 10% of proceeds during this time.

December

In December, we will once again partner with Country Kids Food Pantry to collect new, unwrapped toys. These toys will be given to those children who might otherwise not receive anything for the holidays. We will be accepting the toys here at the office the week of Monday, Dec. 2nd to Friday, Dec. 6th. In addition, Casey Family Chiropractic will once again be making a donation of gift cards to be used to "fill out the stockings" of children in our community. Thanks again for your wonderful generosity!!



**The Road to
Recovery**



For many people just starting out with chiropractic care, there are many questions such as, "Will I feel better soon?" or "How long will it take?" For some, there is an instant sense of relief, for others, there may be a period of feeling worse before seeing improvement. This

chart gives a nice visual representation of the different responses to care here in our office. As you can see, initially, many people are "in the red" or the "Suffering" phase. As they begin care, they may experience one of three paths; immediate relief, slow improvement or initial worsening before improvement. From here, moving from yellow (recovering, stabilizing and strengthening) into the green (healing, correcting, enhancing, optimizing). Notice also that the number of "dots" (indicating visits in our office) is frequent at first and then decreasing as the patient improves. Also note that for those who discontinue care after some improvement, they will then be on an up and down course, but over time, they will get progressively worse. Chiropractic, like exercise and diet, work best as a lifestyle, not a quick fix. The chart points out three distinctive phases of care:

Relief Care:

Many patients consult our office because they have an ache or a pain. Their goal? Relief. That's our first objective. A thorough examination reveals areas of spinal dysfunction (subluxations). Then we offer a care plan designed to give you the best results in the shortest amount of time. Visits are frequent during this period of initial intensive care. Each visit builds on the ones before, so it is important to keep your appointments to get the best results.

Decision Time:

When you're feeling better, you'll have a decision to make. Will you continue with the care necessary to fully heal soft tissues? Or abandon the investment that you've made so far? When you continue your care, visits are less frequent and progress will be less dramatic. If you end your care before fully correcting spinal misalignments (subluxations) thus allowing time for healing muscles and soft tissues, you can invite a relapse. Whatever your choice, we're here to serve

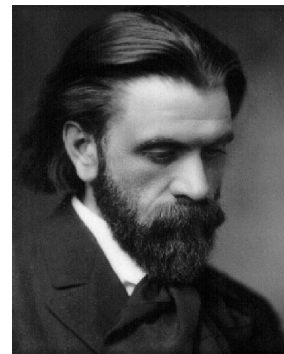
and help support you in your decision.

Wellness Care:

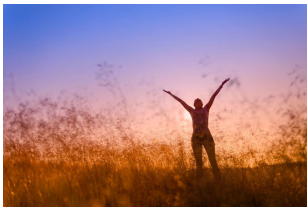
Your health affects everything you do and everyone you know. With so many people depending on you, it makes sense to invest in your health. A program of chiropractic checkups can help you be the caring parent, the loving spouse, the understanding friend or the dependable employee. Invest in your health. You're worth it!

Words of the Founders

"Healing is a process afforded you by your Creator and is above and beyond the control of man. Your Chiropractor does everything possible to help Innate heal-but he cannot heal nor can anyone else produce healing for you. When the right adjustment is made, Innate goes to work. You feel the results when dis-ease turns to ease." ~ B. J. Palmer



B.J. Palmer, D.C., Ph.C.



Our Mission Statement

"We at CASEY FAMILY CHIROPRACTIC are committed to serving the health care needs of our community by providing the highest quality chiropractic care possible. By educating our patients and practice members to their own inborn healing ability, we seek to make the world a better place one person at time."



Kind regards,
Dr. Brian Casey and the team at Casey Family
Chiropractic.



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