



Greetings From Casey Family Chiropractic!

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H.O.P.E. Day is coming!

This year on Wednesday, Feb 13th, 2019 we are pleased to participate in the 26th annual H.O.P.E. (Helping Other People Eat) Day. On this special day, we will be accepting donations of non-perishable foods, which will go to Country Kids Food Pantry to help feed hungry families in our area. All you have to do is make an appointment during this day and bring in your donation of non-perishable food. We also invite you to let your friends, relatives, and associates know about HOPE Day. The donations made by new patients will entitle them to a complete chiropractic exam! We have made the necessary arrangements in our schedule to provide for the increased number of patients we will be seeing on this day. Please schedule your appointments now! As always, thank you for your support!

Office Happenings and Doings

New Year, New Insurance?

With the new year now well upon us, we would like to remind everyone to take a moment to check if there are any changes to your insurance coverage or if you and your family will be subject to deductibles. In response to many requests, this year we will be happy to accept payments now which will help offset a large balance later after all deductibles are



met. We will keep those payments on account and simply deduct the balance once we have received notification from your insurance company. Just another way we are working to help keep you healthy the chiropractic way!

Office Hours

There will be no afternoon hours on Friday, Feb. 8th.

The office is closed Monday, Feb. 18th for President's Day.

With the deep freeze of winter upon us (as this is being written, it is -10 degrees outside!), please note that office hours may be affected by inclement weather. Please make sure to give the office a call or check our Facebook page for any unscheduled closings.

Orientations

Have you ever wondered what's the Big Idea? Chiropractic Orientations on Wednesdays at 6:30 PM help answer that question. These fun and informative sessions are for anyone interested in living a more healthy life. Chiropractic adjustments help restore the natural, innate healing ability of the body, mind and spirit...and that's just the beginning! Please check with the front desk or Dr. Casey to confirm! Orientations are open to all!!

Life, Time and Gravity

One of the comments I frequently hear from patients as they are being adjusted during their initial phase of care is, "Why hasn't my (condition) gotten better yet?", or "How come I was feeling better but now I'm feeling worse again?". Probably the most common one is, "Why do I have to keep coming back?" My usual answer is that if you've made it to this point as an adult and have never been adjusted, you've had years of spinal subluxations that have probably been getting progressively worse. These don't just disappear overnight. When often asked, "Why is it like this?", I usually answer, "Life, Time, and Gravity". Strive as we may to stay healthy, and do the right things, there are forces at work that are constantly trying to tear us down. Here is how these forces affect our lives:



Life, as John Lennon once said, is what happens while you are busy making other plans. It's that period of time between when you open your eyes (usually much earlier than you would prefer) and the time you close them at the end of the

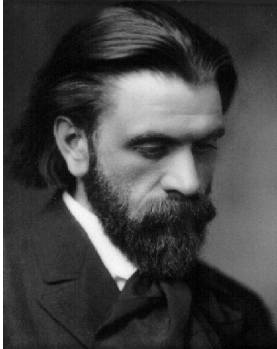
day. It's getting out the door to work, to school, to soccer, to dance, etc. Most of us spend our days on a flat-out run from the moment we awake until we hit the pillow at night. This is like running your car all day long without a break and barely stopping long enough to throw some gas in the tank before continuing on our way. We would never treat our cars this way and expect them to give us years of trouble-free operation and yet we ask this of our bodies every day over a period of 60-70 years. Too often, in the mix of the everyday life, we simply do not stop long enough to catch our breath, smell the roses, or the coffee (unless we're drinking that coffee in our travel mug that ends up invariably staining some part of our clothing...). Eventually, as the song goes, "Something's gotta give.."

Time, the great equalizer. It stops for no man, it is our most precious resource and yet it's the one commodity we squander more than any other. More valuable than all the gold in the world, for what use is all that wealth without the time to use it for good? We constantly make promises to ourselves; "...next year I'll take a vacation, this summer I'll spend more time with the kids, as soon as I retire, I'll have more time". Did you ever notice how as a child, time was endless? Remember that you could actually be BORED during summer vacation. How many of us right now would pay good money to be bored, if even for just for a little while? The truth is that time is not linear, it is constantly accelerating. It is what I refer to as the "Black Hole Theory of Aging". As we get older, we are like matter approaching a black hole in space. Drawn by tremendous forces, we move faster and faster as we approach the hole. As we pass into the black hole, even light is extinguished as we pass on through to whatever lies on the other side. The time we had to spend yesterday, feels shorter today, and will feel even shorter tomorrow. So use the time you have NOW. There is a story, if we had a bank account into which was deposited \$86,400 every day, that you had to spend on that day, with no balance carried over, how would you spend it?. This is the number of seconds in a 24-hour period. How are you spending your wealth today?

Gravity is a little more nebulous of a concept. Gravity is part of a group of forces referred to as Universal Forces. In nature, along with wind and rain, they are forces that tend to break matter down into smaller bits. As gravity relates to us, it's always present; exerting its force on us without stopping, from the moment we are conceived until we pass from this earthly plane. And if we should become somewhat... "gravitationally challenged" as we get older and more sedentary, we are even more subject to this force. It is a force that our bodies must constantly exert itself against. This means our muscles, ligaments and bones must constantly adapt our bodies to remain in balance. Over time, it is this force that can cause physical imbalances that lead inexorably to subluxations.

Taken as a whole, these three forces comprise most of the reasons that our

health is constantly challenged. Life requires ongoing maintenance in order to stay healthy. We must eat healthy, exercise, get enough rest and keep a positive attitude. Along with this, maintaining the nerve system with regular adjustment is crucial to helping us stave off the effects of “Life, Time and Gravity”.



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

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

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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