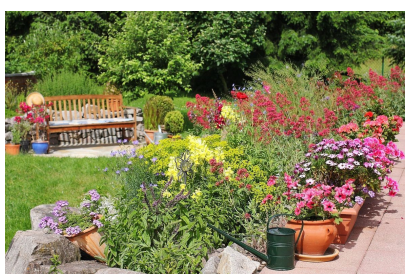




Happy Spring From Casey Family Chiropractic!

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How Does Your Garden Grow?

Spring has sprung and summer is just around the corner! Look at the calendar, see the leaves on the trees and you know that nature is on the move again. Many people take to their yards and gardens in the yearly endeavor of growing grass, plants, flowers and vegetables. One thing is for sure...gardens take a lot of work! Planting the seeds, watering the soil, making sure enough sunlight gets in. All of this preparation work that is so important for beautiful things to grow in our yards as spring develops into summer. One of the things that is important to the maintenance of our gardens is the constant weeding that must be done to keep from choking off the desired plants. We know that if we don't tend to those weeds as they grow, we are surely going to have problems come the autumn. Once having weeded the garden, wouldn't it be nice if we never had to weed again? Anyone who has spent any time gardening knows that this is not a reality. Gardens and lawns require constant maintenance to keep the weeds from taking over. However, over time as we maintain our gardens and our lawns, there are less weeds and more desirable foliage. Over time it will take less work to maintain the beauty of our yards. It's also true that the sooner we start, the easier it will be.

So it is with our health and our nerve systems. To be "healthy" (meaning wholeness of body, mind and spirit, not simply the absence of symptoms), we must care for the "garden" that is each of us. Proper food, proper rest, proper exercise, and a positive mental attitude are all very important in tending the soil. The other very important thing to do? Tend those weeds that would choke off the life force in our bodies. Those weeds in our bodies are vertebral subluxations. A subluxation causes interference to the flow of life in the body by irritating the nerves going to all of the vital organs. Subluxations left unchecked can take over

the garden of our bodies and ruin our beautiful health. Receiving adjustments helps correct subluxations and thus allows the body the chance to thrive and grow.

So once we've been adjusted and those "weeds" are removed, wouldn't it be nice if we didn't have to weed the garden again? Unfortunately, just like the gardens in our back yard, subluxations in our spines tend to re-occur. So life requires ongoing maintenance to remain "weed-free" with our health. But just as early removal of weeds leads to more beautiful gardens over time, children who get adjusted when they are young will express that inborn potential to a greater degree when they grow older. So as we take to the great outdoors this spring, make sure not to neglect that garden of your own health and enjoy the weather!!

Office Happenings and Doings



Office Hours

Friday, April 12th - There will be no afternoon hours.

Thursday, April 18th - Monday, April, 22nd - The office is closed for the Easter Weekend.

Office Newsletters

Curious to check out our previous office newsletters? Click on www.caseyfamilychiro.com/newsletter on our office website to check out past issues!

Check us out on Facebook!

Recently, we have begun to use the office Facebook more to stay in touch with all of our great patients and practice members. Have you seen our Facebook page? If not, head to **our page** to Like and Follow! Please help us reach more folks by interacting and sharing the page to carry the great message of chiropractic care!! Thank you!!

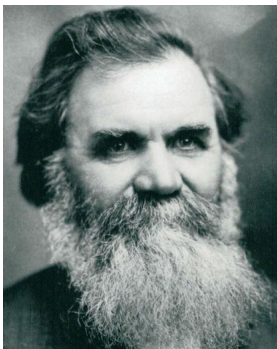
Traffic and parking

We at Casey Family Chiropractic are proud to serve many members of our community and surrounding areas. There are times when the office can become a bit crowded. We strive to see everyone in a very timely manner while still maintaining the personal approach that you have come to expect. We have noticed that during our peak times, parking can be a challenge. Many of our

patients have taken advantage of parking around the corner on Arrow Point Lane (on the side of the street closest to the office). This is especially true for those with larger vehicles. It is much easier to park along the sidewalk, than trying to navigate into a tight parking spot (Helpful tip: when parking, try to back in to the spot. This makes leaving much easier, with less strain on your freshly adjusted neck!) We appreciate everyone's patience and understanding during those busy times. We also remind everyone to call for all appointments so that we may better serve you! Thank you for helping us to help others!!

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!!



D.D. Palmer, Founder of Chiropractic

Words of the Founders

CHIROPRACTIC DEFINED

“The Philosophy of Chiropractic is founded upon the knowledge of the manner in which vital functions are performed by Innate in health and disease. When this controlling intelligence is able to transmit mental impulses to all parts of the body, free and unobstructed, we have normal action which is health.

Innate directs its vital energy thru the nervous system to specialize the co-ordination of sensation and volition thru the cumulative and vegetative functions.

Knowing that our physical health and the intellectual progress of Innate (the personified portion of Universal Intelligence) depend upon the proper alignment of the skeletal frame we feel it our bounden duty to replace any displaced bones so that physical and spiritual health, happiness and the full fruition of earthly life may be fully enjoyed.”

D.D. 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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