

Happy October From Casey Family Chiropractic!

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Happy Halloween to All!

Just a note to all our little ghosts and ghouls to be safe while trick-or-treating on Halloween! Also remember that all that extra sugar can cause subluxations in those young spines. If that statement doesn't make sense, ask Dr. Casey to explain how things like sugar can create imbalances in the body's biochemistry that can actually lead to spinal misalignments (subluxations) that can have a negative effect on your child's health. Ask us how chiropractic, as part of a wellness program, can lead to better health for the whole family! Enjoy!

Fall Back!

Remember to set your clocks back this weekend. Enjoy the extra hour of sleep!!



Healing takes time

Very often when a patient is under care, they will experience what appears to be a setback. "Something popped in my (neck/back/shoulder/jaw, etc.);" They are often concerned that they've re-injured themselves or worse. While there are times when a setback does



occur, very often an incident like this is simply the body on the path of healing. Now the first thing to know about healing is that it is non-linear. This means that there will be days where you feel great and there will be days when you want the number of that truck that just ran you over. You may feel sore, achy and think "Oh no, I'm back to square one" when actually you are moving forward. The most common example of this is when adhesions and scar tissue begin to break down. Following an acute injury, the body races materials to the injured area like a rescue crew arriving after a hurricane. At first, the body lays down new tissue in a disorganized fashion, like putting up random sheets of plywood and scrap wood to stabilize the house. This is what will become scar tissue over the years. If however, the patient is active in this phase of healing, they will often be assisting their body in tearing down the temporary repairs and allow the body to replace it with a higher quality of tissue (generally meaning a higher percentage of collagen and elastic tissue which leads to greater flexibility and strength). Just like tearing off the plywood and replacing it with new vinyl siding, the body is constantly striving to improve itself. So when a "setback" like this happens, it is very important to be evaluated to determine whether it is an actual injury or just the body moving to the next phase of healing. In all cases, patience is the watchword! So to paraphrase, "Keep calm and heal on"!!



Office Happenings and Doings

Office Closing

The office will have AM hours only on Fri. Nov 8th.

The office will be closed Monday, Nov. 11th in observance of Veterans Day.

Looking Ahead

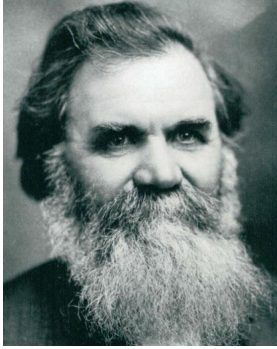
November

We will be having a food drive in the weeks leading up to Thanksgiving. At this time of year, we are especially grateful to serve so many wonderful people in our community. The food drive will be for two weeks, starting on November 12th 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

We want to let everyone know well in advance that we will be having a toy drive in December to benefit those less fortunate in our area. The toy drive will go

from Monday, Dec. 2nd to Friday, Dec. 6th. Casey Family Chiropractic will once again donate 10% of proceeds from that week in our office. Thanks in advance for your wonderful generosity! Look for more details in our November newsletter.



D. D. Palmer, Founder of Chiropractic

Words of the Founders

"The basic principle, and the principles of chiropractic which have been developed from it are not new. They are as old as the vertebrae... I am not the first person to replace subluxated vertebra, for this art has been practiced for thousands of years.

– Reverend Samuel H. Weed, at my request selected two Greek words, 'cheir' and 'praktikos', meaning when combined, "done by hand." From which I coined the word, 'CHIROPRACTIC.' "

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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