

Sept 2017

68 E. Main St.
Washingtonville, NY 10992

Office: (845) 496-5555

Email: docbri@yahoo.com

Casey Family Chiropractic



"...chiropractic care for the "whole" family!!"

Check out our updated website at:

<http://www.caseyfamilychiro.com>



Dr. Brian T Casey

Our Mission Statement:

"We at CASEY 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 in-born healing ability, we seek to make the world a better place one person at time."

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It's Time for "Back To School"!

As we look around, we see the signs of summer winding down. The days are growing shorter, the nights cooler. Soon the leaves will begin their majestic swan dive of color, thrilling us with nature's beauty. We also know that summer has come to an end as we see, once again, the lumbering yellow school buses as they make their way throughout our community bringing our children to school for another year of academia. Some come willingly, some begrudgingly but all the kids will begin to settle back into the groove of the school year, seeing friends that perhaps they haven't seen all summer. With all of this comes sitting in classes, carrying book bags that seem to be ever-increasing in



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weight and the general rush and hurry of getting to and from classes.

All of these activities, and many more factors can contribute to poor posture with sloping shoulders, tight backs and even bruises on foreheads where their heads hit the desk as they fell asleep ☺. But more seriously, this change in posture can also cause **vertebral subluxations**. These subluxations (misalignments of spinal bones causing interference to the nervous system of the body) can have many negative effects on a child's health. In terms of posture, the most obvious is that subluxations, left unchecked over time, may contribute to **scoliosis** (abnormal lateral curvature of the spine). It is important for all children to

"Life, Time and Gravity"

A question I frequently hear from patients 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?" There are many possibilities for this but the main reason is that if you are an adult who has only just begun to have your subluxations corrected, there may be

years of spinal misalignments that have caused accumulated damage to the spine and nervous system. When asked what caused this, I usually respond, "Life, Time, and Gravity". These are the forces at work that are constantly wearing us down. "Life", as defined in this context, as John Lennon once said, is what happens while you are busy making other

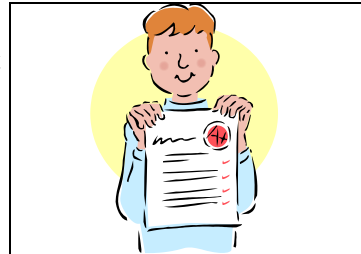
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It's "Back to School" Time!! (cont. from pg. 1)

"Just like an orthodontist who is specially trained in the alignment of teeth, a chiropractor specially trained in the alignment of the spine"

have a spinal checkup for scoliosis every year to detect any early changes in posture. At Casey Chiropractic, we check kids for scoliosis regularly. Just like an orthodontist who is specially trained in the alignment of teeth, the chiropractor is specially trained in the alignment of the spine. A more subtle but potentially more serious effect of subluxations is the effect that it has on such things as concentration, focus, stamina and learning. Your nervous system; the brain, spinal cord, and all of the peripheral nerves, control and coordinate **all** functions in the human body. Subluxations interfere with this delicate and com-



The best way for children to achieve their optimal level is by having a fully functioning nervous system!

plex communication system which can prevent your child from expressing his or her full potential.

It just makes sense: The best way for children to achieve their optimal level is by having a fully functioning nervous system! Chiropractic adjustments which are safe, fun and easy really help children in all areas of their lives. As an added bonus, chiropractic adjustments help boost immunity naturally! Children who are under regular chiropractic care get sick less and therefore miss fewer days of school (but don't tell them that!). Help your children to achieve their potential this school year, have their spines checked regularly to prevent problems before they start! Proper maintenance is the key to good health so call the office today for an appointment!

Life, Time and Gravity (cont. from pg. 1)

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".

plans. It's that period of time between when you open your eyes (usually 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 to etc., etc. Most of us spend our days on the run from the moment we awake until we hit the bed. 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. It's not likely that a car used in that manner would give you years of trouble-free operation and yet we ask this of our bodies 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...) Next is "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 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". There will never be any more time than right now. So use the time you have NOW. There's the story that if we had a bank account into which was deposited \$86,400 every day and that you had to spend that amount that day, with no balance carried over. 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. Along with wind and rain, they are forces that tend to break down matter into smaller bits. As gravity relates to us, it's always present, exerting it's force on us without stopping from the moment we are conceived until we pass from

Life, Time and Gravity (cont.)

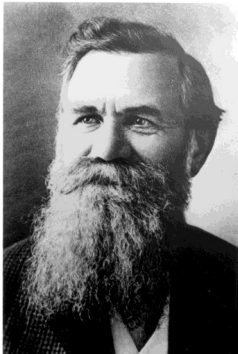
this earthly plane. It is a force that our bodies must constantly exert itself against a constant force. It is this force that can cause physical imbalances that lead inexorably to subluxations.

Taken as a whole, these three forces comprise most of the reasons that our health is constantly challenged. What can we do to offset these health robbers? Life, as the song says, is what we make it. It's important not to sacrifice life while trying to make a living. To live a full and complete life we must take the responsibility to maintain our health. Otherwise, as the saying goes,



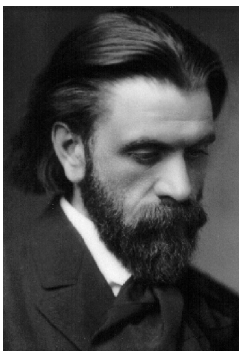
“Ignore your health long enough and it will go away.” Chiropractic deals with removing interference to the free flow of Intelligence in our bodies that control and coordinate all function. Along with proper rest, diet, exercise and positive mental attitude, this will help to get healthy and stay healthy throughout our lives. One of my favorite questions I ask is, “When is the best time to plant a tree?” The answer is, “40 years ago.” Take care of your health today, be mindful of Life, Time and Gravity so that you may look back years from now and know that you took the steps for a happy and healthy future.

Words of the Founders



**Dr. D. D. Palmer,
Founder of
Chiropractic**

“Life is the expression of tone. In that sentence is the basic principle of Chiropractic. Tone is the normal degree of nerve tension. Tone is expressed in functions by the normal elasticity, activity, strength and excitability of the various organs, as observed in a state of health. Consequently, the cause of disease is any variation of tone — nerves too tense or too slack.” *excerpt from “Textbook of the Science, Art and Philosophy of Chiropractic for Students and Practitioners” 1910 by D.D. Palmer*



**Dr. B. J. Palmer,
Developer of
Chiropractic**

“So what Chiropractic does, is that it simply ‘takes the handcuffs off Nature’, as it were. By finding the particular vertebra that had shifted and restoring it to its natural position, the *adjustment* thus releases the natural flow of nerve impulse. When the maze of nerves, or Nature’s communication system, supplies the body with the energy it needs for well being, you have health.” *excerpt from “Up From Below The Bottom” 1950 by B.J. Palmer*



Who have you told about chiropractic lately?...

We at Casey Chiropractic take very seriously your commitment to health for you and your family. We deeply appreciate the opportunity to serve chiropractic to our community for over 23 years now. We have grown and helped so many because of referrals to our office. Please give the gift certificate below to someone who you think might benefit from chiropractic. You never know when you may help change someone's life forever through the gift of good health. Thanks again for your support to our mission to help all that are in need.

Casey Family Chiropractic

Gift Certificate

This certificate entitles the bearer to a complete chiropractic exam

to detect spinal problems (a \$105 value)

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Authorized by *BTC*

Expires: **10/31/2017**

Casey Chiropractic Office

Brian T. Casey, DC
68 E. Main St.
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Office Hours

M: 8:30 AM - 12:30 PM

2:30 PM - 6:30 PM

T: 8:30 AM - 12:30 PM

W: 8:30 AM - 12:30 PM

2:30 PM - 6:30 PM

Th: 5:00 PM - 8:00 PM

F: 8:00 AM - 12:00 PM

2:00 PM - 5:30 PM

Sat: By appointment

Please call 496-5555

for all appointments, thanks!