

Happy September From Casey Family Chiropractic!

The office will be closed Monday, September 5th in observance of Labor Day

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As we look around, we see the signs of summer winding down. The days are growing shorter, the nights cooler (thankfully!). 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 neighborhoods 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 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 have a spinal checkup for scoliosis every year to detect any early changes in posture. At Casey Family 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 complex 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 can 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!

What is Labor Day?

(from www.history.com/topics/holidays/labor-day-1)

(As we honor all of those who's labor has made this country great, remember also that all that hard work takes its toll on our health! Make sure to have your spine checked regularly after your labors!)



Labor Day 2022 will occur on Monday, September 5. Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans, and is celebrated with parties, street parades and athletic events.

Why Do We Celebrate Labor Day?

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters.

In the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts' wages.

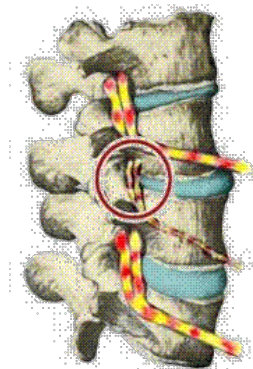
People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.

As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several Chicago policemen and workers were killed. Others gave rise to longstanding traditions: On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history.

Who Created Labor Day?

In the wake of this massive unrest and in an attempt to repair ties with American workers, Congress passed an act making Labor Day a legal holiday in the District of Columbia and the territories. On June 28, 1894, President Grover Cleveland signed it into law.



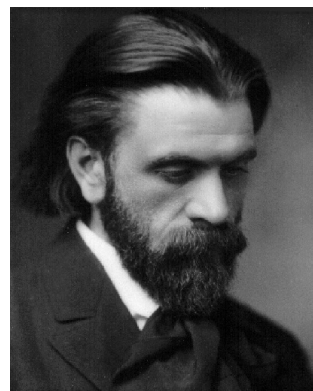
What is a Subluxation?

Many of you will hear the term "subluxation" while in the office. Here is an excellent explanation of not only what it is but how much it affects every aspect of our health. Click on the link below to learn more!

Subluxation explained!

Words of the Founders

"The master maker of the human body did not create you and then run off and leave you masterless. He stayed on the job as innate, as the fellow within, as nerve transmission controlling every function of life, as spirit from above-down, inside-out, expressing, creating, exploring, directing you in every field and phase of experience so that your home is truly the world and the world is your home."



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

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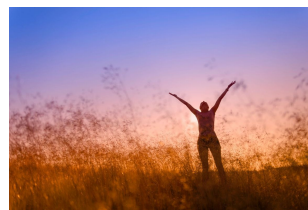
Opening Day Sept, 8th, 2010

One Last Thing...

This week marks our 12th year at our "new" location at 68 East Main St. in the 'ville! After 19 years in our Salisbury Mills office, this past 12 years has flown faster than I could've imagined. Thank you to all of our patients and practice members who have helped make this a thriving and vibrant office. We look forward to serving you for many more years to come!!

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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