

Greetings From Casey Family Chiropractic!

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REMEMBER TO "SPRING FORWARD" THIS WEEKEND!

Clocks go forward one hour on Sunday morning at 2:00 AM

Also remember to "hop" over to our office for an appointment! Especially for all our younger patients as spring sports begin, it is vitally important to make sure their spines are free of interference which helps them enhance their

performance and skills, naturally!! As the weather starts to warm up, let Chiropractic put some "Spring" in your step!!!

Office Happenings and Doings

Office Hours

Office Closed: Friday, Mar. 31th.



With the winter weather (hopefully) behind us now, we should have regular hours right through April until the Easter holiday. Chiropractic works best with consistency so make sure to make your appointments in advance so that we can keep everyone healthy and subluxation-free!!

Is Chiropractic the "Fountain Of Youth"?

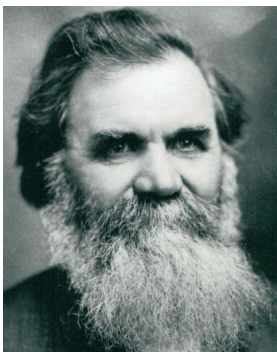
Since the beginning of time, mankind has been searching for the secret to long life

and good health. Many people have sought the magic elixir or the "Fountain Of Youth" that will keep them young and spry for all of time. Chiropractic has never offered itself up as a "miracle cure" for all that ails mankind. But the principles that Chiropractic is based on understands that the body has an innate or inborn



intelligence that always is striving to maintain optimal health at all times.

Consider this: Studies of people who have been under regular Chiropractic care for many years show some strikingly similar characteristics. They rarely get sick, they have less complaints and more energy than others their age. But the most telling sign is on an X-ray film that shows far less degeneration in the spine of the person under regular Chiropractic care. Degeneration is the abnormal and premature wearing away (or aging) of the spinal bones (called "vertebrae"). This wearing away leads to arthritis, reduced mobility and increased pain and stiffness. Eventually this can lead to other negative health consequences such as interference to the delicate spinal nerve system of the body (called "subluxations"). By correcting these subluxations early in life and maintaining this correction throughout your life, you will likely have far less health problems as you grow older. Combined with proper diet, rest and exercise throughout our lives, this gives us the best chance to express our full health potential. So although Chiropractic is not an elixir or magic potion, it can rightly be said that those who get adjusted regularly find that the "Fountain of Youth" springs from deep inside. Spinal adjustments help this spring of life to flow from Above-Down, Inside-Out, giving us abundant health as we were meant to be!



D.D. Palmer, Founder of Chiropractic

Words of the Founders

After the case of Harvey Lillard, (in which Mr. Lillard's case of deafness was resolved following a spinal adjustment) Palmer stated: "I had a case of heart trouble which was not improving. I examined the spine and found a displaced vertebra pressing against the nerves which innervate the heart. I adjusted the vertebra and gave immediate relief – nothing "accidental" or "crude" about this. Then I began to reason if two diseases, so dissimilar as deafness and heart trouble, came from impingement, a pressure on nerves, were not other disease due to a similar cause? Thus the science (knowledge) and art (adjusting) of Chiropractic were formed at that time."

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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