

Happy Summer From Casey Family Chiropractic!

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Happy Birthday, Casey Family Chiropractic!

July 15th will mark the 32th year for Casey Family Chiropractic!! Beginning back in 1991 in our Salisbury Mills office, we have had the honor of serving over 7,000 people here in our community. It has been a joy and privilege to help restore the health and well-being of our patients!!!

Office Happenings and Doings

Office Closed

The office will be closed July 15th thru July 23rd. We will resume regular hours on Monday, July 24th at 8:30 AM.



Looking ahead

The office will be closed Aug 9th thru Aug 13th. The office will also be closed on Monday, Aug 21st.

What is your Superpower?

Over the last decade, one of the most successful genres of movies is the superhero series. Marvel (and to a lesser extent, DC comics) have filled the theaters with thrilling adventures of

various characters facing daunting odds and calling upon each of their own unique abilities to prevail. It has certainly been a very successful venture for the movie studios (The MCU or Marvel Cinematic Universe has earned over \$28 billion worldwide to date). What is it about these movies that captivates audiences? Many of these superheroes



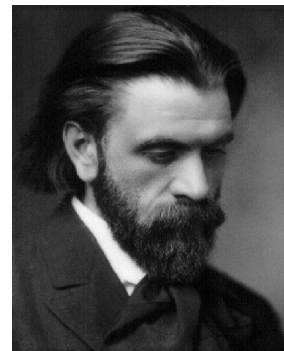
come by their powers in various ways. Some are gods born to it like Thor, some use brilliant technology to become nearly invincible like Iron Man or Captain America. Others are victims of accidents that led to their undiscovered "other self" (Hulk and Spiderman). However they got there, once there it was their abilities that helped them to victory. So what's your superpower? Sure, you may never wield Thor's hammer or be able to defeat Hydra singlehandedly (well, almost...) but if we think about what it takes to get through a day in the world we live in, you might say all of us are superheroes. But what is really our superpower is something we rarely think about. It is the amazing ability of our bodies to repair, regrow and regenerate throughout our entire lives that makes each of us special. With the exception of cells in our central nervous system, every cell in the human body is completely replaced every 7 years! It is a truly a miraculous ability of each of our bodies to self-regulate and coordinate the nearly infinite processes that go into to "being alive". In chiropractic philosophy, we refer to this as "Innate Intelligence". It was that intelligence that was able to combine two cells together, each having exactly one-half of the necessary information and materials to create a new and wholly unique individual life. This intelligence is present every moment with us until our final breath on this earthly plane. Within each of us resides the blueprint of the ideal being. Notice, I didn't say "perfect" but rather, "ideal". We are, as living beings, an expression of Intelligence through Matter which gives us our existence. Chiropractic is unique in that it accepts this concept as a fundamental cornerstone of all of its' principles. Adjustments given from this perspective are meant not for the treatment of any pain, symptoms or diseases. But rather, it is meant to allow the individual to release the immense healing power already residing within each of us. Does this mean that you only need to see a chiropractor and never worry about your health? Not at all. There are what we refer to as "limitations of matter" when it comes to health. At such times, intervention through medicine and surgery may be indicated, but certainly not before. Sadly, that is not the view of the world presently. I don't watch a lot of broadcast television but when I do, I am astounded at the number of ads for pharmaceuticals. All of them follow the same format: In a 30 second commercial there will be roughly 10 seconds spent on the "benefits" and the remaining 20 seconds on "side-effects" and

other warnings. Note also that the ad is targeted at the patient, not the physician ("...ask your doctor if it's right for you.."). So you, as the patient, without the benefit of a pharmacological education are expected to advocate to your doctor to give you a drug that may cause more problems then solutions. Our medical system is broken. You cannot have a "health care system" based on a "disease treatment model", it is simply illogical. However, people are beginning to awake from this drug-induced slumber and re-evaluate present "medical wisdom". (For an eye-opening and truly shocking portrayal of the horrific dangers of evermore powerful pain pills, watch "Dopesick" on Hulu.) We must realize that each of us are our own superhero. That within each of us is the spark the created the Universe and that spark knows in a moment more than we can know in a lifetime on how we get sick, how we get well and how we stay healthy.

Chiropractic has 33 guiding principles that are unique from any other healthcare profession. The first principle is, which is referred to as The Major Premise states: "A Universal Intelligence is in all matter and continually gives to it all its properties and actions, thus maintaining it in existence." When we recognize that this intelligence is what is "running the show" and that we can have constant access to this intelligence, then we will truly realize our full potential and our true superpower!!

Words of the Founders

"Innate knows more in one second than you ever know, no matter how much you think you study or think you know. Innate, remember, has been building and running millions of bodies for millions of years. Educated man, remember, has been building millions of theories, rejecting them one by one, for five thousand year, trying to run millions of bodies his educated way for a few years, comparatively. Which would you think better to follow; educated of a few years, or Innate of millions; educated man who has consistently failed to accomplish little, or Innate who has been consistently succeeding on every undertaking? The Chiropractic principle is based on a set of definite rules which are so exacting, accurate, that any who know, understand, and apply them correctly may do so."



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

B.J. Palmer, Developer of Chiropractic "Chiropractic Philosophy, Science and Art" Vol. XXXII 1955 pgs.28-29



Kind regards,
Dr. Brian Casey and
the team at Casey
Family Chiropractic.



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