

Greetings From Casey Family Chiropractic!

Spring Foward

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

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Office Hours

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!!

"Yes, we take cash, checks, credit cards, chickens, whatever!!... "

You may notice as you make a payment in our office that we have a new card reader to process your credit and debit transactions. This became necessary after the company we use to handle these transactions increased the fees by over 100% in the last year alone. We simply could not sustain this exorbitant cost any longer. We are hopeful that this new company will have more reasonable pricing, thus avoiding any unnecessary increase in our office fees. As most of us know, the fees that processing companies are charging small and large businesses have become astronomical. Up to this point, we have avoided using "cash discounts" and "convenience fees" as other

businesses have done over the last few years. We will continue to accept all types of payments, but cash and checks are preferred. As far as chickens? Well, given the sharp rise in egg prices, we will consider any serious offers...just kidding! Thank you for your patience as we "work out the kinks" in the new system!

"Hey Doc, did your driveway get hit by a meteor shower?!"

This winter has been particularly hard on the entryway to the parking lot in our office. The fluctuating temperatures and resulting "heave" of the ground have really made the potholes up front pretty bad. We will do some short term patching and are planning a repaving project this summer to address this but in the meantime, please drive safely while entering and exiting. Also, with the winter behind us, the speed bumps will be going back in to keep everyone safe. (Pop quiz: What's the posted speed limit on the signs coming in and out of the office? ;-)
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Is Chiropractic the "Fountain Of Youth"?

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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!

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Words of the Founders

D.D. Palmer, Founder of Chiropractic

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

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"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."

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**Kind regards,
Dr. Brian Casey**

and the team at Casey Family Chiropractic.



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