

Greetings From Casey Family Chiropractic!

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Beware the Ides of March!

The Ides of March, a day in the ancient Roman calendar that falls on March 15 and is associated with misfortune and doom. It became renowned as the date on which Roman dictator Julius Caesar was

assassinated in 44 bce and was further immortalized in the tragedy "Julius Caesar" by English dramatist William Shakespeare. In the more current version, it can sometimes mean watch out for the famously unpredictable weather of March that we are only half way through. So although the weather has begun to show signs of our promised early Spring from our friend the groundhog, beware the winds of March! Stay connected with our office should there be a late season snow storm! (But hopefully the little furry critter actually got it right for a change!) As always, check our office voicemail, website and Facebook pages for any changes.

A fond farewell...

As many of you know, Brenna Berchielli, the massage therapist here at 68 East will be leaving at the end of the month. She has been a truly wonderful addition over the past 4 years and she will be missed. I'm sure you join me in wishing her the best of luck in all her future endeavors. Which brings us to....



... a great opportunity

If you, or someone you know is a NYS Licensed Massage Therapist who is looking for a great opportunity, 68 East could be the place. We are offering a one-room office with very competitive rent, use of the reception area and the

chance to be part of a holistic wellness center. Brenna is also interested in selling all of her equipment so this could be a fantastic turn-key opportunity. Interested parties may call Dr. Casey at 845-629-9414, or Brenna at 845-220-7110, thank you!

Office Happenings and Doings

Office Hours

Office Closed: Wed. Mar 27th thru Sun. Mar, 31st



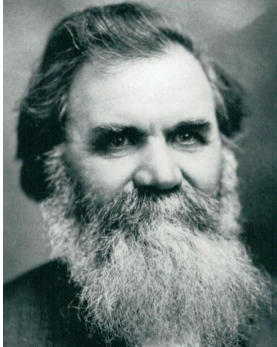
With the winter weather (hopefully) behind us now, we should have regular hours right through the Easter holiday. Chiropractic works best with consistency so make sure to make your appointments in advance so that we can keep everyone healthy and subluxation-free!!

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!



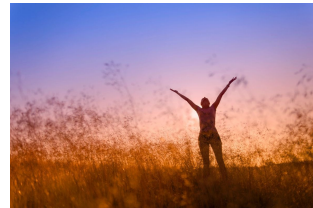
D.D. Palmer, Founder of Chiropractic

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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