

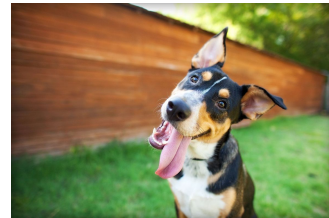
Happy Summer From Casey Family Chiropractic!

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Welcome to the Dog Days of Summer!

As summer begins to wind down, we at Casey Family Chiropractic want to thank everyone who has made the time to come in to have their spines checked during the busy summer days before and after vacations. The term "dog days of summer" refers to the hot and humid days of summer that occur around July 3 to August 11. The phrase comes from the Romans, who called this period *dies caniculares*, or "days of the dog star". The Romans associated this time with the heliacal rising of Sirius, the brightest star in the constellation Canis Major (Large Dog), which appears in the sky just before sunrise near the end of July. Hellenistic astrology linked Sirius with heat, drought, thunderstorms, lethargy, fever, mad dogs, and bad luck. Dogs also seemed to suffer more from the heat than humans and were more likely to become mad, which contributed to the star's connection with dogs. As August winds down, we see our families getting in that final vacation trip and we are starting to see all of our college students making sure they are well adjusted as they head off to their bright futures. As we head into the fall (and less heat!) we want to remind everyone to make and keep their appointments. We have been blessed to be very busy this past year and we strive to make your visit to the office quick and easy so that you can get on with your days in better health!! Enjoy those last days by the pool and at the beach and we will be here to keep you well adjusted!!



Office Happenings and Doings

Office Closings

The office will be closed from Mon. Aug 12th to Thurs. Aug 15th. We will have regular office hours on Fri. Aug 16th 8:30 AM - 12:00 PM and 3:00 PM - 6:00 PM. Make sure to call for your appointments as we will be very busy on that day, thanks!



Looking forward, the office will be closed on Mon. Sept. 2nd in honor of Labor Day.



Are you Breathing?

If you were to come along a person who's face was blue and they seem to be fading from consciousness, the first thing you'd want to know is, "Are you breathing??" Of course, if they couldn't answer you, that would be a good clue that they are not. At

that point you would immediately get medical help for this person. But what about yourself and others? "What do you mean, 'Am I breathing?'" What kind of question is that??" Perhaps the question should be then, "Are you breathing **correctly**?" Improper breathing, breathing too shallow to allow for the proper exchange of gases in the lungs, has a devastating effect on your overall health. Very often caused by stress and fatigue, not breathing deeply can cause dramatic changes in body chemistry that will cause your body to further weaken and fatigue in a vicious cycle. The lungs work to bring life-giving oxygen into the body and expel carbon dioxide out of the body. Without enough oxygen being carried through the body by red blood cells, we don't create the necessary energy to carry on life's many activities. When we don't remove carbon dioxide, our bodies become more acidic which then creates corrosive biochemistry that breaks down organ systems and leads to many types of illnesses and disease. Perhaps the most significant effect of improper breathing is the imbalance that is created which leads to vertebral subluxations adversely affecting every part of our being.

There are many different techniques for proper breathing. The most common elements are to be seated in a comfortable chair, sitting upright but not stiff. Begin by taking in a slow deep breath through your nose, and let your stomach expand to allow room for the diaphragm to draw the lungs down, thus bringing in a larger volume of air. This is critical since most people tend to draw their stomach in while breathing. This greatly affects the ability to breath in deeply. Hold for a beat and then expel the breath out of the mouth steadily, until no more air can be pushed out. Repeat this as many times as is comfortable. At

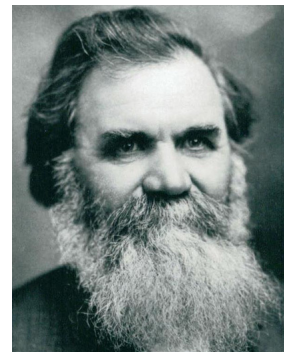
first you won't feel like much air is moving in or out. Your lungs, like everything else in the body are moved by muscles. In most people, these muscles are weak and inflexible. With practice time, you will be able to take very deep and cleansing breaths. Try this for 7 days, 3 sets of 3 breaths in the morning and at night. You will be stunned at the difference in your energy level after a week. Eventually work up to a daily regimen of 49 breaths (7,14,14,14) 3 times a day and you will be astounded at the differences not only in you, but in your entire life. Combine this with a good regular program of spinal adjustments to remove nerve interference and you will be on a whole new plane of wellness! ☺ Happy Breathing!!!!

Words of the Founders

CHIROPRACTIC DEFINED

“The Philosophy of Chiropractic is founded upon the knowledge of the manner in which vital functions are performed by Innate in health and disease. When this controlling intelligence is able to transmit mental impulses to all parts of the body, free and unobstructed, we have normal action which is health. Innate directs its vital energy thru the nervous system to specialize the co-ordination of sensation and volition thru the cumulative and vegetative functions. Knowing that our physical health and the intellectual progress of Innate (the personified portion of Universal Intelligence) depend upon the proper alignment of the skeletal frame we feel it our bounden duty to replace any displaced bones so that physical and spiritual health, happiness and the full fruition of earthly life may be fully enjoyed.”

D.D. Palmer

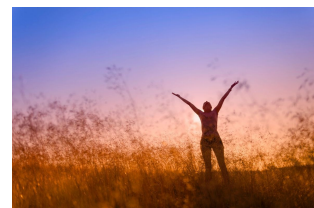


*D.D. Palmer, D.C. The
Founder of Chiropractic*

pg. 399 The Chiropractor's Adjuster 1910

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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