

THE SCOPE

“A 501c3 non-profit corporation dedicated to the Gonstead System of Chiropractic”

November 2024

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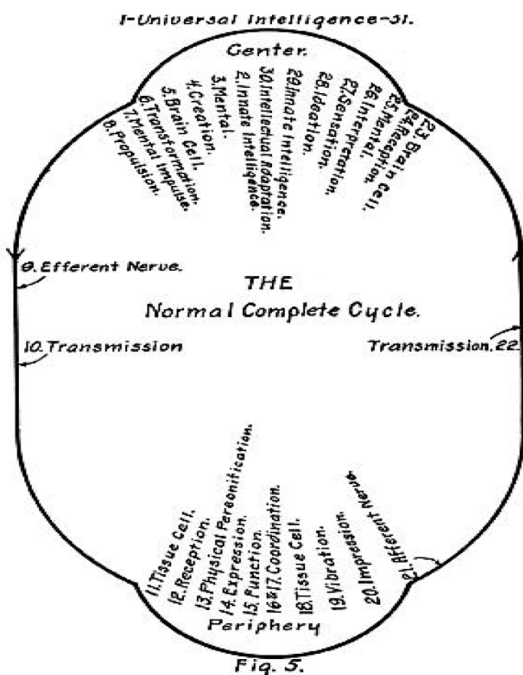
Borrowed Time!

By: Jason Louie, DC, SCP, DPhCS

Gonstead Fellow—Little Canada, MN

"We never know how far reaching something we may think, say or do today will affect the lives of millions tomorrow." — B.J. Palmer

What a profound statement from the developer of chiropractic! Any time I read this quote, it refocuses me on the most important things in life! I am celebrating 20 amazing years with my wife, mentally preparing to send my first child off to college next year, continuing the successes and challenges with homeschooling my other four children, and taking on important roles in the chiropractic profession while being in practice for twenty-two years. I have had many "Aha" moments where I have had time to reflect on how fast time flies by. Life passes with the blink of an eye. What are we doing to leave a legacy on our world like Drs. D.D. Palmer, B.J. Palmer, and Clarence Gonstead? In my younger years, with my perfectionist mentality, it was all about learning to be the best at anything and everything possible. Whether it was about being the best chiropractic office, the most financially profitable chiropractic business, the healthiest and most physically fit person, the best husband, the best father, the list goes on and on. I put the pressure on myself to achieve greatness! It rarely was a competition with other people, but it was more of a competition internally to push myself to become the best version of myself. Shortly into practice, I concluded that my individual practice success impacts our profession's success creating a domino effect on the rest of the health of the world. For me to impact the world effectively, I realized I needed to be focused on communication, strategy, and congruency with putting my plan into action.



The foundation of chiropractic is all about communication. Chiropractic is about promoting and maintaining the communication pathways from brain cells to tissue cells to allow the body to adapt. In R.W. Stephenson's *Chiropractic Textbook*, he discusses the different types of cycles occurring in the body including the normal complete cycle, the abnormal complete cycle and all the intricate cycles of the body. When these cycles are connected and communicating properly, we have health and adaptability. When there is an interference to the communication pathways, we have dis-ease that eventually can lead to disease.

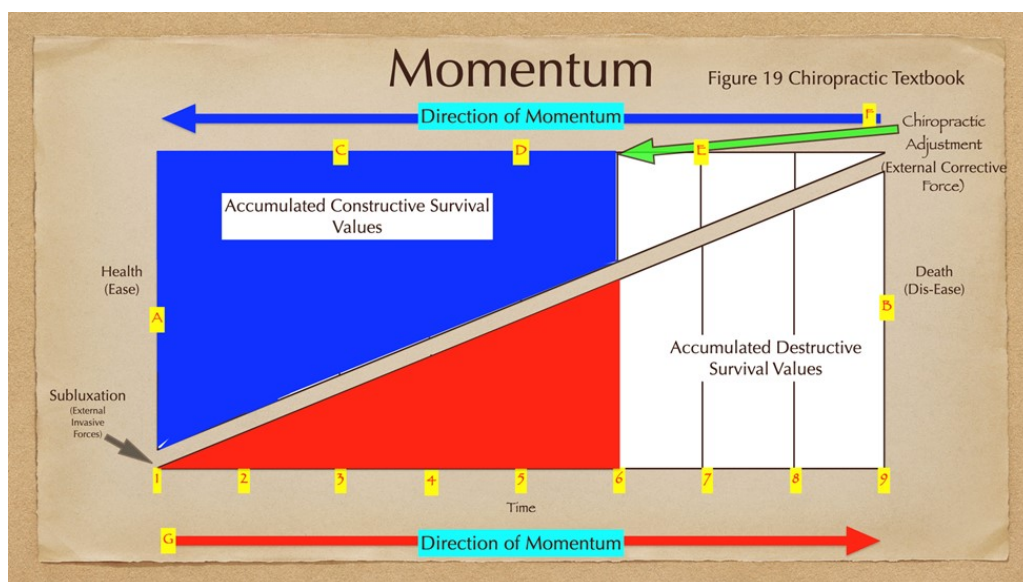
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As Gonstead chiropractors, we follow a systematic approach to detecting and correcting interferences to the neural pathways to allow the body's ability to adapt and be restored. Our job is to not only utilize the foundation of Dr. Gonstead's systematic approach he created, but to improve upon his processes of correcting and detecting vertebral subluxations. Patients may not be interested in all the intricate details on how we track and correct their health issues; however, we need to have the ability to communicate with them, in a mentally digestible way, where they can comprehend what and how we are going to achieve this. It develops an understanding that will lead to confidence in our ability to be able to help restore their body back to health. Our communication skills from a clinical level, with our chiropractic analysis and care that we provide, needs to be equally as effective as our verbal communication skills with educating our patients to have a thorough understanding of why their health is in the state that it is.

Strategy has been something that has taken me a while to figure out with my patients and community. Life is all about strategy. I now realize there are three key components to life: momentum, congruency and adaptability. In Art. 135 of The Chiropractic Textbook, RW Stephenson discusses the importance of not necessarily where a person's body is at on the health timeline, but more importantly what direction they are heading! Depending on what direction of momentum the patient's health is heading towards, it can be either beneficial or detrimental.

Chiropractic care is not about putting out fires in a person's health, it's about the congruent patterns towards optimal health. This chart is the reformatted Figure 19 on Momentum from *Chiropractic Textbook*. I have used this chart hundreds of times to educate patients on the importance being proactive with not only their health, but more importantly all aspects of their life. This is where congruency comes



into play. It should be the standard of chiropractic care to create a strategy to help patients not only restore their health, but to develop a systematic plan to consistently promote their health for the rest of their life. By doing so, the proactive approach to their health leads to proactive measures in all aspects of their life.

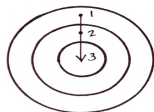
One of the most common analogies I use with my patients is their relationship with their significant other. When they were first dating, the energy and the excitement they created with spending quality time together typically brings back many fond memories. I'll ask them how much effort was put into going out on dates, writing love notes, planning activities, and trips together to impress each other? They typically say they spent a lot of time and energy focused on each other. Then fast forward two, five, ten, twenty and forty years of being in the relationship, are they more madly in love with each other? They will naturally conclude that the more time, energy, and effort they put into their relationship will lead to a much more ideal experience. This of course holds true with a person's health. Then comes the typical excuses of, "well I don't have time to do the things I used to do because I'm so busy with work and we now have kids." This is where adaptability comes into play. We have an Innate Intelligence that knows how to constantly adapt to the unexpected chemical, physical, and emotional stressors daily. Our role as chiropractors is to be skilled enough to be able to track these patterns of adaptation

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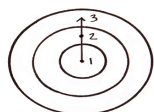
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and to remove the interference so their Innate Intelligence can function at its most optimal levels. When a relationship matures, this is when couples learn to adapt to the day-to-day challenges without taking each other for granted. They learn that love takes on a whole new dimension and many will find that their love for one another is much more fulfilling.

OUTCOME-BASED HABITS



IDENTITY-BASED HABITS



This leads to being congruent in all aspects of our lives. When I graduated chiropractic college, I wanted to focus strictly on chiropractic with detecting and correcting vertebral subluxations. I quickly came to realize I was not getting the results I wanted with my patients because once their symptoms disappeared, they disappeared from my practice as well. Then they would eventually find their way back into my practice when the symptoms reappeared. Therefore, I quickly discovered that I needed to educate my patients on the two phases of care: crisis care and health protection. This is when I started implementing a strategic health protection phase into my practice. Instead of focusing on outcomes, I started focusing on identities. I realized I needed to educate my patients on the importance of truly being

healthy and not just being symptom free. This required a process of an investment of time, energy, and money into becoming the best version of themselves. This led me down the path of teaching my patients the importance of the philosophy of chiropractic and Innate Intelligence. The better I educated my patients about the foundations of chiropractic, the better results I started seeing with them investing into their health and taking responsibility for how their body adapts to the physical, chemical, and emotional stresses they are exposed to. This has empowered them to realize they are designed to be healthy, and they just do not need subluxations interfering with their body's ability to adapt. This has led many of my patients to reevaluate their habits not only from a health perspective, but from a lifestyle perspective with all aspects of their life. When we connect the dots for a patient to understand how their body is wired, we can truly impact their lives forever.

Dr. Clarence Gonstead created an amazing chiropractic system of analysis and adjusting that has provided us with so many tools to provide the best care possible to our communities. If we follow his systematic approach with locating, analyzing, and correcting vertebral subluxations on a consistent basis, the odds will be stacked in our favor to not only provide success with restoring health for our patients, but to provide significance into all aspects of their life. Motion is the key to life and Dr. Gonstead's system of analysis is designed to be constantly improved upon. Whether you are a seasoned doctor or a pre-chiropractic student, we need to always keep in the back of our mind that our goal should be to have a consistent strategy to be constantly improving our impact on the world. The choice is yours; what legacy are you leaving for the future? Time is ticking! ✨

About the author:

Dr. Jason Wing Louie, DC, SCP, DPhCS started True Chiropractic in 2005 in the greater Minneapolis / St. Paul area of Minnesota. Dr. Louie received his doctor of chiropractic degree from Northwestern College of Chiropractic in Bloomington, MN in 2002. He received his undergraduate degree from Moorhead State University, Moorhead, MN where he received a Bachelor's Degree in Biology with a Chemistry Minor. He received his Diplomate in Chiropractic Philosophical Standards through the Center for Chiropractic Progress. In addition, Dr. Louie received his Gonstead Diplomate from the Gonstead Clinical Studies Society in November 2023 and has been accepted into the Gonstead College of Fellows in October 2024. He has been an Adjunct Clinic Faculty Member at Northwestern Health Sciences University. Dr. Louie takes pride in investing time into understanding the complex principles of chiropractic and the foundations of the Gonstead system and being able to educate doctors and patients on how to implement these principles and strategies into their daily life. ✨