

# Strauss Chiropractic Center

*...because adjustments are a part of life.*

March 2023							
Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
Daylight Savings Time Starts					 Happy St. Patrick's Day!	Dr. Judy will be out.	
						Dr. Gerry will cover 9-1.	
19	 20 1 <sup>st</sup> Day of Spring	21	22	23	24	25	
26	 27	<div style="background-color: #d4edda; padding: 10px; border: 1px solid #c3e6cb;"> <h2 style="color: #6f42c1; margin: 0;">Jelly Bean Contest</h2> </div>			30	31	



**Strauss Chiropractic Center**  
 1405 Frosty Hollow Rd  
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 (215) 946-6815

[www.strausschiropracticcenter.com](http://www.strausschiropracticcenter.com)  
[StraussChiropractic@gmail.com](mailto:StraussChiropractic@gmail.com)

### Office Hours

Monday to Friday 9 AM - 8 PM  
 Saturday 9 AM - 1 PM

### Chiropractors' Hours

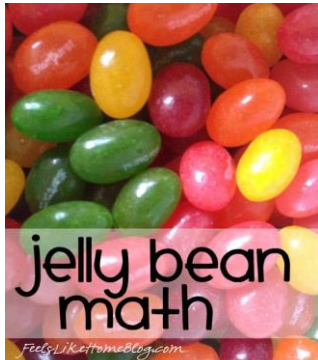
Dr. Judy      M: 1-8  
                   T & Th: 9-3  
                   F: 1-5  
                   S: 9-1

Dr. Randy     M, W & F: 9-1  
                   T & Th: 3-8

Dr. Gerry      M, W & F: 1-8  
                   S: 9-1

## Jelly Bean Contest

It's that time again!!! Every time you have your spine checked at Strauss Chiropractic from March 27th to April 8th, you will have a chance to guess the number of jelly beans in the container! The person who guesses the closest without going over will win a prize!



Luck is what happens when preparation meets opportunity.



## How Lucky Are You!?!?

The month of March, for many people, means the beginning of Spring!!! It is also, undoubtedly, the best month for basketball!!! However, more than anything, the month of March is known for St. Patrick's Day, that time of year when everything is green and you don't have to be Irish to enjoy a bit of luck. But you and your **AMAZING** body don't have to wait until St. Patty's Day, because you're lucky all day, EVERY day!!

How lucky are you? Well think about it, most of us can see in a magnificent array of colors, in fact, every color in the rainbow and every variation of every color. It is estimated that the human eye can distinguish between about a million different colors!! That's not just lucky, that's **AMAZING!!**

Most of us can hear a wide range of sounds at various volumes and pitches that allows us to enjoy whatever music we like, the sounds of birds tweeting, and the voices of our loved ones. It is estimated that the human ear can distinguish between hundreds of thousands of different sounds!! That's not just lucky either, that's **AMAZING!!**

We can smell so many lovely things from flowers, to our favorite foods, to the smell of the ocean. It is estimated that the human nose can detect about one trillion different scents!! You got it, that's **AMAZING!!** We can also taste loads of delicious foods even if all you like is chicken nuggets and chocolate milk. Lastly, when we touch something, the signal travels through our nerves to our brain at the speed of 124 mph!!! Lucky maybe, but **AMAZING** either way!!

You may have already known how "lucky" you were to have those five senses: sight, hearing, smell, taste, and touch. But did you also know that you have other senses?? One of those is called proprioception, that is your sense of space. You can test your proprioception by doing the following: hold your arms out to the side like you are making a letter 'T' with your body. Then close your eyes. Now try to touch your nose with your index finger. Your ability to do this shows that you are aware of where your body is in space without being able to see it. That is proprioception and you are lucky to have it. It keeps you from bumping into lots of things. That's not just lucky, that's **AMAZING!!!**

Proprioception, like almost everything in the body, is controlled by the nerve system. The better your nerve system is working, the better your body will work. And that's not up to luck either. Your family chiropractor will check your spine to make sure that misalignments, called vertebral subluxations, are not disrupting your nerve system, keeping it from functioning at its best. Vertebral subluxations can be caused by many of the simple things we do every day. See your chiropractor regularly to keep your nerve system working at its best and that will increase your luck and good fortune immensely.