Strauss Chiropractic Center

…because adjustments are a part of life.

MARCH 2026

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
1	2	3	4	5	6 D.D. Palmer's Birthday	7
8 Daylight Savings Time starts	9	10	11	12	13	14
15	16	17 Happy St. Patrick's Day	18	19	20 	21
22	23	24	25	26	27	28
29	30	31				

Spring forward with Chiropractic!

Strauss Chiropractic Center
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(215) 946-6815

www.strausschiropracticcenter.com
StraussChiropractic@gmail.com

Office Hours

M, Tu, Th & F: 9 AM - 8 PM
Wed: 9 AM – 3 PM
Saturday: 9 AM - 1 PM

Chiropractors' Hours

Dr. Judy:	M & F: 1-8 T & Th: 9-3 S: 9-1
Dr. Gerry:	****To Be Determined**
Dr. Randy:	M & F: 9-1 **W: 9-3** T & Th: 3-8

Spring Ahead, Fall Back: Why YOU and Your Whole Family Should See a Chiropractor Regularly

By Kevin Donka, D.C. (a friend of Dr. Judy and Dr. Gerry)

I was on an airplane on my way home to Chicago when the flight attendant made the following announcement, "Ladies and gentlemen, don't forget to set your clocks back one hour before you go to bed Saturday night. Remember, spring ahead, fall back! And, if you fall back too far, see your chiropractor!" It was great to hear her mention chiropractic, but it also made me think of a few things.

Most people see their chiropractor for one of only two reasons;

1. If they have fallen back in their health and well-being.

2. To make sure they DON'T fall back in their health and well-being.

While both are reasonable reasons, everyone who uses chiropractic in these ways is severely limiting its, and their own, potential! Let me explain what I mean by defining three words. These words are health, wellness, and wholeness.

Health is the ability to not get sick. It is the ability to function normally and ADAPT to most of the physical, chemical, and emotional stresses you encounter in your daily life. This depends upon the ability of your body's innate intelligence to correctly comprehend and respond to everything in both your internal and external environments in a timely manner. This requires you to have a clear and balanced NERVE SYSTEM, and this is where regular chiropractic check-ups are so vital to your family's health. An aligned and fully functioning spine allows normal communication between your brain and body to occur and gives you your internal resistance to all of these stresses.

Wellness means continually expressing HIGHER levels of health. It does NOT, as many people think, mean that you maintain good health. No, wellness means actually INCREASING your internal resistance to stresses, so that you continually get STRONGER! Wellness is about actually GROWING! And wellness is necessary to move toward wholeness.

Wholeness means the total integration of your mind, body, and spirit so that you are lovingly expressing your purpose and potential in every area of your LIFE! It means taking the progressively higher levels of physical, mental, emotional, and spiritual health you are gaining from your wellness lifestyle and using them to more fully demonstrate your purpose and potential in life!

You see, visiting your chiropractor on a regular basis does not just allow you and your family to keep from falling back. It allows you to continually SPRING AHEAD! And, as more and more individuals keep springing ahead, the whole world moves in the direction of health, peace, happiness, and the full expression of life!

Who in the world is D.D. Palmer?

- **D.D. is the Discoverer of Chiropractic (1895).**
- **D.D. delivered the first adjustment to a deaf janitor, Harvey Lillard, and restored his hearing.**
- **D.D. started the first chiropractic school in Davenport, IA in 1897 which still exists today (see pictures in the hallway).**
- **His son, B.J. Palmer, went on to dedicate his life to developing chiropractic (until his death in 1961).**
- **D.D. wrote two textbooks on chiropractic.**
- **D.D. served 105 days in jail for practicing chiropractic. He was actually falsely accused of practicing medicine without a license.**