

Strauss Chiropractic Center

...because adjustments are a part of life.



NOVEMBER 2021						
Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	1	2  VOTE	3	4	5	6 Turn clocks back.
7	8	9	10	11 Veteran's Day OFFICE IS OPEN!	12	13
14	15	16	17	18	19	20
21	22	23	24	25  Happy Thanksgiving! CLOSED	26 Office will close at 6pm.	27
28	29 Dr. Gerry out. Dr. Judy will cover.	30				

Strauss Chiropractic Center
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 (215) 946-6815

www.strausschiropracticcenter.com
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

We are grateful for you! Happy Thanksgiving!

It's the Little Things in Life...

It only takes one...

One tree can start a forest.
One smile can begin a friendship.
One touch can show compassion.
One hope can give strength.
One laugh can conquer gloom.
One day can make a difference.
One thought can change your world.

thebestbrainpossible.com

*grateful for
small things, big things
and everything
in between.*

Wake up every
morning with a
thankful attitude.
Expect something
good to happen in
your life today.

A friend recently told me about a billboard that he saw in the Newark airport. It read, "Satisfaction guaranteed, or your monkey back!" Funny thing was it was an ad for a company that ensures that everything in your advertising is accurate before you print it. It's a good illustration of how just one little thing being wrong can vastly affect the desired outcome. In this case, just one extra "k" changed the entire meaning of the ad.

Many people understand the devastating effects of subluxation on their health and lives and they make sure that they and their entire families see their chiropractor every week. For just as one extra letter changed the entire meaning of the ad, one little subluxation affects the body's ability to function in some or several ways and consequently inhibits the fullest expression of our health and life.

Others get checked less often because they think that one or two little obstructions won't be that bad and so they wait two to four weeks or even longer before getting themselves and their loved ones checked. What these people don't understand is that the body and mind work together in a delicate balance. Whenever there is any disruption in the communication system of the body (the nerve system,) this crucial balance is thrown out of equilibrium.

We all have a purpose for being here and our bodies are the "vehicles" we have been given to express our purpose and our potential in life. In order for our purpose to be completely realized, the balance between the body and the mind and spirit must be maintained.

This means we must keep our nerve systems as free from interference as possible, so that our bodies can function as well as possible. Without this free flow of intelligent force from above down, inside out, we cannot possibly demonstrate our full potential.

You see, some people are satisfied with a "preventative" approach rather than taking a proactive stance toward health and life. But as Dr. Bernie Siegel has said, "prevention means living to not die!" Is that your purpose in life...to not die? Or is your intention to grow better physically, mentally, and spiritually until you die?

It may not take much to restore the free flow of intelligent communication in your body. In fact, sometimes all that is necessary is a light touch in the right place, at the right time, in the right direction, and with the proper intent. But just as changing one digit in a telephone number will take you to a whole different place, making one little adjustment the right way will also take you to a whole new place.

The chiropractic adjustment reconnects you with the intelligence within you that is constantly organizing and reorganizing you and allows you the opportunity to be and enjoy your best life.

Let us take the BEST care of you. Have your spine checked weekly and bring your family with you!