

Strauss Chiropractic Center



April 2024 Newsletter



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Thanks for referring your friends and family to our office in the month of March.

Jyotiben Patel
Karen Dixon
Abel Plaza
Bipin Patel
Gesu Braga
Joe Epp
Hannah Chabin
Valerie Quinn
Mike Insana
Terry Miller
Amy Streeper
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Ming Smith
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Tuganna Irgat
William Tozzi
Marion Ingram
Kashyap Patel
Steve Blondo
Thomas Deleon
Edwin Joseph
Manisha Patel
Chris Pekala
Anna Maj
Kristopher Shaw

Thank you...

- Mike Gerome (Gerome's Sausage) for the delicious sausage and goodies.
- Dharti and Gaurang Patel for the Dunkin coffee pods.
- Jack and Eleanor Ems and Tom and Linda Cragle for the supply of *Our Daily Bread*.
- The Ems for the French toast.



Lessons from Barbie

Maybe you loved the movie, maybe you hated it, maybe you had no idea there even was a movie. Maybe you played with Barbie 10 years ago, maybe 50 years ago, maybe never. No matter, Barbie has things she can teach us about ourselves and about our world. In the 2023 movie, Barbie has an identity crisis, and the ultimate lesson of the movie may be how important it is to value yourself. Barbie doesn't want to be a doll anymore. She wants to be human and claim her own personal identity; and rightfully so, because there is power in knowing yourself and BEING your own unique self.

The problem is, too often, we focus on what's wrong with us instead of what's right with us. Think about all the different people in the world... 8.1 billion!! That's a LOT of people! And yet, there is only ONE like YOU!! One AMAZING YOU!! And it's not just things like your personality, life experiences, and talents that make you different from everyone else. You are different physically, inside and out.

Most people know that there are things unique to a given person like their fingerprints, tongues, and teeth, but those aren't the only things like that. One of the AMAZING things that is unique to you, and you alone, are the ridges, bumps, and shape of your outer ear. In fact, the pattern of your outer ear is so unique it may soon be among the best ways to identify you. Imagine, your outer ear is not like anyone else's!!!

The same is true about the patterns in your iris (the colored part of your eye.) The little dots and flecks that you see in the colored part of your eye when you look in the mirror are not only unique to you, but they are also different left to right!! How AMAZING is that!

Also, unique to you is the way you walk. In fact, the way a person walks is so unique that both humans and computers can identify a person based solely on their gait! Eventually, no one will be able to rob a bank because cameras will

be able to identify the thief by their eyes, ears, and the way they walk!! AMAZING!!

Other things in our bodies may not be completely unique but vary greatly between people, for example, the heart. You may think, "The heart is pretty important, how different can be from person to person?" Well, for starters the difference between male hearts and female hearts is significant. The male heart has greater mass, volume, and output, while the female heart has greater ejection fractions and heart rate.

More than that, and regardless of gender, the heart comes in, not just one but, a variety of shapes including elliptical, conical, round, valentine, and trapezoidal. All are completely normal. Different but normal. Similarly, the major vessels coming off the heart can vary. For example, the aorta typically is on the left, but in some people it is on the right. Again, different but normal; in fact, unique and AMAZING!

All of this to say that you are one of a kind in many ways. You are unique and YOU are AMAZING just the way you are. That is the lesson Barbie had to learn, and when she did, she found confidence, joy, and contentment. One of the most unique things about you is your nerve system. It too is unique, completely different than anyone else's. That's one of the reasons why it is so important that your spine be in good alignment. Misalignments of the bones of the spine can distort the nerve system and keep you from being your most AMAZING YOU!!! Seeing your family chiropractor regularly will help you with that.

Remember, you will always find what you are looking for. You are designed to be AMAZING and there are SO MANY examples of how AMAZING you truly are. You just need to look for them!

By Judy Nutz Campanale, DC, ACP