

Strauss Chiropractic Center

April 2026 Newsletter



1405 Frosty Hollow Road, Levittown, PA 19056 * 215-946-6815 * www.strausschiropracticcenter.com

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

Racheal Poorman
Kelly Schneider
Justin Warner
Paul Storms
Josue Angulo
Mary Ellen Norpel
Colleen Hofmann
Reiner Fernandez
Alexis Kay
Alicia Good
Hailey Brosovich
Nicole McLean
Manjit Singh
Erin Harcar
Barbara Kania
Oksana Protas

Matthew Genco
Hemantkumar Patel
Caroline Tkhir
Virginia Clifford
Thomas Loiseau
Sukhinder Dhaliwal
Jennifer Salomon
Tony Paredes
Chris Hoffer
Felipe Cortez
Amarjit M Kaur
Dino Karakaya
Harishkumar Shah
Mohammed Siddiqui
Parmjit Kaur
Carole Ng

Crystal Digiorgio
John Trickel
Steven Stein
Dipika Prajapati
John Deegan
Viorica Grigore
Victoria White
John Muller
JD O'Brien
Chan Patel
Victor Lopez
Samuel Davis, Jr
Dawn Pelley
Rick & Joanna Pan
Mohammed Zare
Nafiseh Johari
Julisa Boyer
Robin Unger
Charlie Ernest
Christopher Locantore

Thank you...

- ***Manisha Patel for the veggies.***
- ***Falguni Patel for the hand sanitizer.***
- ***The Cicconis for the mandarins.***
- ***Audrey Stenaka for the butter cake.***
- ***Maryia Britton for the cardigan.***
- ***Qui Fang Yang & Sau Bo Chan for the eggs.***
- ***Joe A Torres for the pretzels.***
- ***Halil Kocyigit and Henda Shiri for the gifts from Turkey.***
- ***Nikol Schwechjte and Bill Mitchell for the beautiful earrings and bracelet.***

Congratulations...

***Brian and Mackenzie Ingham
on the birth of their son, CJ,
born March 20th at 9:39am
8 lbs, 6 oz; 22 inches***



Aa Aa ACHOO!!!

The title of this article probably had you thinking “Gesundheit!” or “Bless You!!” Whatever you say, common sneeze etiquette all around the world teaches that we say something when somebody else sneezes. Different people say different things, but the sentiment is always the same and that is a wish for wellness or health to the person who has sneezed.

It’s kind of funny that we wish each other well when we sneeze because the act of sneezing itself is a clear demonstration of how smart your body is and that, at least in this regard, it is working perfectly! Now you might say, “Hold on a minute! I only sneeze when I’m sick!” But let’s look a little closer at the sneeze and see if I can’t change your mind.

The big word for the act of sneezing is sternutation (pronounced STERN-YA-TATION). If you want to sound smart in front of your friends, the next time someone sneezes you can say, “Was that a sternutation?” or “Did someone sternutate?” (Of course, then you can follow-up with “Gesundheit!”) Whatever you call it though, the reason we sneeze is simply to remove an irritant from the nose.

Sometimes a particle or cluster of particles, such as dust or pepper, can get past your nose hairs which typically serve as an amazing protective barrier. When things do get past the hair barrier, they might make it to the back of your nose where you have special tissue called the nasal mucosa. This tissue is special in several ways, but in this case, it makes the mucus which will become the vehicle by which the particles will exit your body.

The mucosa also triggers the production of a special chemical, called histamine, which triggers the nerve cells in your nose to send signals to your brain where the complicated

act of sneezing gets organized and sent back to your body. Think about it...you use a lot of muscles to sneeze! You use your stomach muscles, your chest muscles, the muscles under your lungs (called your diaphragm), your throat muscles and even your eyelids. (You always close your eyes when you dsneeze!)

Whatever it is that’s up your nose tickling you, it is estimated that it is expelled from the body at over 100 mph when you sneeze which seems like a brilliant way to get it far away from you. This is also why you should be blocking your mouth when you sneeze and preferably with your elbow, NOT your hand.



Your sneeze can spray germs and irritants up to 30 feet away from you!!! Of course, not only does using your elbow block more than your hand, but you won’t be carrying all the stuff you just sneezed out around on your hand.

The amazing thing is that no matter why you are sneezing, your body is so smart that it not only has a system to recognize the problem, it also has a system to fix it and get rid of it. Of course, it’s using your nerve system to communicate between your brain and your body, so it makes sense to keep your nerve system working in tip top shape. Your family chiropractor can help you with that.

-Judy Campanale, DC, ACP