

Strauss Chiropractic Center



August 2025 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 July.

Kelsey Stahl
John J. Schlotter
Mary Dwyer
Robert Warrell
Michael & Sharon McCarthy
Howard & Kim Schlereth
Marcela Molina
Sundee Kang
Christopher Gubicza
Krystyl Hilliard
Tammi Strauss
Jenny Mazzaferro
Andrew Choinski
Noe Cervantes
Wajeelha Rehman
Ruth White
Kim Nevling
Vallentina Santos
Jeremy Farson

Joseph Soliman
Alfred Hicks
Kendra Duttry
Kathleen Feckovic
Abid Maqsood
Keila Martinez
Nurettin Sari
Tetiana Turyk
Marina Slusaransky
Andria Downey
Maria Orantes
Alletia Kang
Tejinder Kang
Patricia Powers
Timothy Rice
Ghanshyam Patel
Joanna Kaniewska
Julie Price
Jyotiben & Vinubhai Patel
Jay Patel

Naomi Collipp
Juan Duarte-Batista
Meet Patel
William O'Donnell
Jordan Neyazi
Chanda Rani
Maryna Kalytko
Maria Sydorenko
Jigar Patel
Emily Logue
Michael Phelan
Dana Burroughs
John Heib
Christine Doneker
Allen Frazer
Dan Myers
Pratim Patel
Trokon Charlie
Krish Patel

Thank you...

- Ed Mondelli for the coffee.
- Norma Markwood for the peaches.
- The Bickels for the tomatoes and veggies.
- Jaswinder Saini and Jaswinder Singh for the Dunkin donuts.
- The Devines for the crumb cake.
- Rohit Patel for the beautiful necklace.
- Grazyna Czaplak for the chicken cutlet.
- Nicholas Meyers for the flowers.
- The Cragles for the pickles.
- Manisha Patel for the zucchini and veggies.



Congratulations to the Maris family--
Mom, Megan; big sister, Sophia; and big
brother, Theodore--on the birth of

Emma Rose born July 11, 2025,
7 lbs., 15 oz., 20 inches.

First adjustment:
July 29, 2025.



And Get Your Finger Out of Your Nose!!

Who knows how long it has been since Mom's have been telling their children to stop picking their nose?! It has probably been since the dawn of time!! Right?! And why not, everyone knows boogers are gross, don't they?!

What makes boogers disgusting is mostly what they are made of. Boogers are formed in large part by mucus, that's the sticky, slimy stuff that's made inside your nose and lungs. (You probably just call it snot...YUK!!) Get this, your nose and sinuses make about a quart (liter) of snot every day!! Disgusting! Why?! Why?! Why would our **AMAZING** bodies, that are so very smart, make so much really disgusting stuff?!

Well, it may be slimy, but mucus is also really important!!! First of all, it keeps the lining of your nose moist which makes it difficult for bacteria to set up shop and grow and make you sick. It also warms up the air you breathe which is nice for your lungs. The other important thing it does is traps pesky bacteria, dust, dirt, pollen and other nasty things in the air you breathe and keeps them from ever getting to your lungs where they could cause big trouble. Particles like these get trapped in the mucus and then get wrapped up in the tiny hairs in your nose where they dry out and form a booger.

Boogers can be squishy and slimy or dry and crusty depending on how long they have been hanging around in your nose drying out. Either way, of course they are really gross! However, everyone gets them, and they are a sure sign that your body is working the way it should, keeping all of that pesky bacteria and dirt from getting into your lungs.

How does your **AMAZING** body know to do that? Well, you have an intelligence within you that you are born with. We all do.

And that wisdom not only creates our **AMAZING** bodies but it keeps them working in organized fashion for our whole lives. It uses your nerve system to communicate and coordinate all of the many parts.

Chiropractors check to make sure that your inborn wisdom is expressed as fully as possible. They do that by making sure that the bones of your spine aren't disrupting the



function of your nerve system. The clearer your nerve system, the better the communication and the better you can be the **AMAZING** person you were meant to be!!

So even though they are super gross, you can probably consider boogers the guardians of your lungs! And for the record your mom is right. Because they can be loaded with pesky bacteria, the best way to get rid of them is by blowing your nose, not picking!! So, get your finger out of your nose!! That's just gross!!

Judy Campanale, DC, ACP