

Strauss Chiropractic Center

December 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 November

Roxann Fitzgerald
Cindy Gilbert
Victor Carreno
Gerardo Salgado
Javier Hernandez
Chanchal Saddi
Mandy Rivella
Jennifer Hansen
Vineet Sandhu
Keith Taylor
Bailey Trush
Tim Gilbert
Michele Marone
Paresh Patel
Julia Berehulyak
Shashikant Patel
Rick Heitmann
Margaret Fantini

Matt Sierra
Gina Deithorn
Raymond Adjei
Shreya Patel
Jawaria Saddiqui
Viacheslav Lysiuk
Shawn Brosovich
Jason Santiago
Mait Gamboa
Joel Stein
Annibal Sanchez
Samuel Agyemang
Amanda Kelly
Amanda McEntee
Joanne Flores
Lisa Corbett
Walter Ograd
Janet Schneider

Elena Cortes
India Banks
Flavia Soares
Daphne Webb
RJ Strauss
Jesse Wright
Jennifer Perez
Blaine O'Connell
Evan Bernstein
Danielle Deithorn
Ryan Knottek
Dianna Naylor
Kyong Sharp
Linda Lamberson
Thyme Klyuchnyk
Robert Bates
Cindy Woodward
Michael Kramer

Thank you...

- *Barb Schell for the pastries and frittatas.*
- *Halina Wisniewska for the delicious coffee cake.*
- *Blake and Willa Schafer for the lovely bracelets.*
- *Linda Priebe for the flowers.*
- *Bob McCarney for the apples.*
- *Betts and Ralph Bickel for the cream of broccoli and the butternut soup.*
- *Manisha Patel for the food and veggies.*

Thank you...

- *Helen Groom for the flower pens.*
- *Doris Apoldite for remembering all eight of us with a special Thanksgiving treat.*
- *Eleanor Beach for the Jesus sign.*
- *Eduardo Camero for the flowers.*
- *Paul Knottek for the bag of the Best Darn Popcorn.*

Wishing You a Joyous Holiday Season!

“It’s a Bird. It’s a Plane. It’s Superman!?!”

Faster than a speeding bullet. More complicated than the most sophisticated computer. Busier than a one-toothed man in a corn-on-the-cob eating contest. What is it? It’s your nerve system of course! As cool as your body is, nothing is more **AMAZING** than your nerve system. It controls every function of your body. Everything you do - eating, walking, thinking, breathing - EVERYTHING is controlled by your nerve system.

Your nerve system consists of your **brain**, your spinal cord, and all the nerves of your body. Your brain is located in your head and is completely protected by a bone called your skull. It’s so complex we don’t even know how much we don’t know about it yet! It weighs about 3 pounds and controls absolutely everything you will ever do. Faster and more powerful than a supercomputer, your brain generates enough energy to power a light bulb. **AMAZING!!**

Off of your brain runs your **spinal cord** which is also protected by a stack of bones called your spine. Your spinal cord is actually a bundle of nerves that allows messages to be sent back and forth between your body and your brain. It is extremely accurate and efficient and can simultaneously process an astonishing number of bits of information. Incredibly, that information can travel at more than 150 miles/hr. **AMAZING!!**

Off of your spinal cord are **nerves** that connect every cell, tissue, and organ in your body to your brain. Considering that there are about 100 trillion cells in your body, that’s an **AMAZING** number of connections! It takes about 46 miles of nerves to make all of those connections! This is how your brain can “talk” to every part of your body and the parts of your body can send messages back to your brain.

These three parts, your brain, your spinal cord, and your nerves, control everything you do...some things that you are thinking about and even things you don’t think about. For example, if there’s something on a high shelf that you want, your brain and nerve system coordinate the motion required for you to get on your tippy toes and reach for that thing. You think about it and you do it. However, your brain and nerve system are, right this minute, controlling your breathing and you probably weren’t thinking about it! You can think about it and decide to take a breath (go ahead.. do it, right now). But later when you forget about it again, your brain and nerve system will keep going without you thinking about it. **AMAZING, right?!?!**



Because your nerve system is so important, it is in part covered by the bones that make up your spine. This makes your spine the most important organ you have. Because it’s so important it makes sense to take good care of it. Chiropractors can help you with that. They make sure that the bones of your spine are aligned properly so your nerve system can work as well as possible. The better your nerve system, the better the communication, and the better you can be the **AMAZING** person you were meant to be!

-Judy Campanale, DC, ACP