

# Strauss Chiropractic Center

## December 2025 Newsletter



1405 Frosty Hollow Road, Levittown, PA 19056 \* 215-946-6815 \* [www.strausschiropracticcenter.com](http://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 Ogrod  
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