

Strauss Chiropractic Center

January 2026 Newsletter



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

Svetlana Kilimnik
Yahaira Rivera
Maria Lutz
Ashwani Saddi
Nehad Youssef
Jose Luis Hernandez
Melanie Quiros
Ray Webb
Jennifer Santiago
Nazariy Telyuk
Amanda Bjerring
Nicole Stevens
Sara O'Donnell
William Whitehurst
Lauren Greenewald
Rashmi Sharma
Kamaldeep Kaur
Kendell Cottrell

Radhika Vidala
Jeremy Garcia
Brittany Yahner
Charles Koch
Susan Schmunk
Abel Plaza
Jamie Sheets
Voula Kolaris
Jitendra Patel
Rebecca Cella
Mariuxi Garzon
Dr. Claude Lessard
Mike Gersch
Joe Bonaventura
Rajendra Brahmbhatt
Will Kane
Aarti Tandon

Thank you...

- *Greg Morgan for cleaning our sidewalk.*
- *Barbra Bradway for the seeds.*
- *Kim Boyle for the cookies.*
- *Kathy MacMurchy for the butternut squash.*
- *Svetlana Kilimnik for the chocolates.*
- *Audrey Stenaka for the flyers banner.*
- *Cindy Weed for the spider plant.*
- *Casey Welborn for the sharks' teeth.*
- *Ed Mondelli for the coffee.*
- *Donna Hart for the cookies.*
- *Shashikant Am Patel for the cookies.*
- *And to the many others who brought or sent cards, gifts, and well wishes for the holidays.*

A special Thank You to Mandy Rivella for including our business card in her annual community Gratitude Bags. We greatly appreciate you telling so many others about our office!!!



We are SO grateful for you!!!

Wishing You a Happy and Healthy New Year!

Happy New Year!!!

Ten, nine, eight, seven, six, five, four, three, two, one...Happy New Year!! It's that time of year again when we love to count things down. So, for this month's newsletter, I've put together a top ten list called: Fascinating Facts About Your Body. I hope it will help you appreciate how **AMAZING** your body is and encourage you to take good care of it no matter how many New Years you have already celebrated.

10. We take about 9 million breaths per year!! **NINE MILLION!!!** In fact, if you could count without stopping, one number per second, without breaks for sleeping, eating, or anything else, it would take you 104 days to count that high! That's a **LOT!!!** AND almost every one we take without even thinking about it. **AMAZING!!**

9. If stretched out, the arteries and veins in your body would cover 12,000 miles!! That's nearly halfway around the world! **AMAZING!!**

8. There are more than 600 muscles in your body, all with a specific job to do. For example, pressing a barbell over your head takes 200 of those muscles, 31 of which are in your face. **AMAZING!!**

7. Over the course of a 70-year life span, you will digest about 40 tons of food. Most cars weight about $\frac{1}{2}$ ton so if you think of it like that, the average person will eat the equivalent of about 80 cars over their lifetime!! And your body will process all of it for you, taking the good and getting rid of the waste. **AMAZING!!**

6. The heart weighs less than one pound but beats about 40 million times per year and pumps 2.5 gallons per minute or 1,314,000 gallons per year. Wow!! That's one hard working muscle! **AMAZING!!**

5. Red blood cells live about 120 days and make 300,000 trips through your bloodstream in that lifetime. That's almost 2 trips per minute. Your blood is busy, Busy, **BUSY!! AMAZING!!**

4. Your kidneys each have about a million little cells inside (called nephrons) that filter all of the stuff going through your blood. They catch any waste products that might be floating around and eliminate them from your body when you go pee. Thank you kidneys. **AMAZING!!**

3. Nerves transmit their signals at 300 mph. That means all of the communication required for #4 through #10 to happen occurs at lightning-fast speed. **AMAZING!!**



2. Your body is a little chemical factory manufacturing countless specific chemicals in specific amounts to help your body do all the **AMAZING** things it does including digest food, sleep, keep you focused, fight off infection, cry, laugh, play sports, and absolutely everything else. **AMAZING!!**

1. All of these functions (and every other function of your body) are controlled by the wisdom within your body. This intelligence uses the nerve system to transmit messages back and forth between your brain and your body (at lightning speed) to maintain your body in an organized state. Be sure that you are as organized and **AMAZING** / as you can be by seeing your chiropractor regularly. Make 2026 your best year yet!! Happy New Year!!

-Judy Campanale, DC, ACP