

# *Strauss Chiropractic Center*



## **July 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 June.**

Patricia Fisher  
Blanca Cecilia  
Chris Gebhard  
Christopher Warner  
Rosalba Rocha  
Francisco Estrada  
Nicole Ruppenthal  
Craig Hackett  
Michael Suder  
Darshana Patel  
Iryna Tsinyk  
Deahuti Patel  
Praknaben Patel  
Leandro Ramos  
Bernard Mazzocchi  
Dean Roskos  
Raghavendra Hegade  
Pamela Bethea  
Virginia Kemp  
Julia Guzdziol  
Alexis Yesner  
Peter & Maria Fadejew

Burhan Bektas  
Dean Cataldi  
Mike Euzy  
Kathleen Underdown  
Manjinder Pandhar  
Justin Wisser  
Gui Zhi Zhang  
Kiersten Brooks  
Richard Deley  
Christine Sullivan  
Brian Wurtz  
Paul Batcho  
Jennifer Miller  
Karen Capella  
Jay Patel  
Michael McCarty  
Eduardo Carrera  
Amea Schneider  
Felipe Cortez  
Shanen Randall  
Hue Son

Meriel Arrego  
Amit Patel  
Hina Patel  
Maria Dos Santos-Oliveira  
Alyssa Ludlow  
Lindsay Widmann  
Flavia Soares  
Sundeep Kang  
Irina Strizhova  
Inita Kessler  
Josh Leffew  
Rosamarie Fenrare  
Antonio Ferrara  
Kaushik Patel  
Tami Strauss  
Emily Henay  
Astrid Medina  
Haashad Patel  
Gillian Tritschler  
Thomas Taylor  
Melissa Hardill  
Joseph Chick

### ***Thank you...***

- The Bickels for the sausage sandwiches.
- The Powells for the pea pods.
- Audrey Stenka for the doughnuts and the strawberry shortcake.
- John Mendoza for the Mango smoothies.
- Bonnie Bell for the Sea Salt Caramels.
- Beatrice Bardu for the cool summer dress.
- Kathy Weber for the essential oils.
- Doris Apoldite for the blanket.

### ***Special Thank you to***



**6935 Bristol Emilie Rd  
Levittown, PA 19057**

***for the free ice cream  
coupons for  
our Kids Club!***

# I Scream, You Scream, We All Scream for Ice Cream

Is there anything better than ice cream on a hot summer day!?! Whether your favorite is chocolate, vanilla, mint chocolate chip, or any of the dozens of other flavors, ice cream is a favorite for kids of all ages!!!

And while ice cream is good no matter how you get it, probably the best way is in a cone where you get to lick it and then spin it and then lick again. And when it's hot you have to keep up with the melting, so sometimes you have to lick and spin faster than others, right!?!

The reason that ice cream is best when licked from a cone is because your tongue is specifically designed for it. No kidding! Your **AMAZING** tongue is equipped with about 10,000 taste buds that allow you to enjoy an endless variety of different flavors and a number of specific qualities including sweet, salty, sour, and bitter. Your taste buds are sensory organs like your ears, eyes, and nose. They pick up the sense of taste and then transmit messages to your brain which processes the messages, and you think "Yummy"!!! Ice cream!!! (Or "Yuk, what was that"!?!)

The **AMAZING** thing is that they use to think that your taste buds were organized on your tongue in a specific pattern. Bitter was supposedly in the back, sour and salty on the sides, and sweet at the tip. Now we know that's wrong because you can taste anything anywhere on your tongue.

The reason that it's best to lick ice cream is because when you spoon ice cream into your mouth you can overstimulate the nerves in the roof of your mouth and get a headache sometimes called brain freeze. Here's something cool to try the next time you get brain freeze, immediately place your tongue up against the roof of your

mouth and press firmly. The temperature of your tongue will warm up the roof of your mouth and rid you of the headache within seconds. How **AMAZING** is that!?!

You never get brain freeze from your tongue. Your tongue solves the brain freeze problem. That would suggest that licking is the best way to enjoy ice cream, don't you think? Your tongue was designed for it! Your body is so **AMAZING** and SO smart too!!! It is perfectly designed. It was from the very beginning, and it continues to grow and reorganize itself with every passing day.

That wisdom that you were born with uses your nerve system to communicate and coordinate. 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 your whole body works. So the next time you enjoy an ice cream cone, remind yourself how **AMAZING** you are!! And enjoy every last lick!!!!

Judy Campanale, DC, ACP

