

Strauss Chiropractic Center



July 2024 Newsletter



1405 Frosty Hollow Rd Levittown, PA 19056 * 215-946-6815 * www.strausschiropracticcenter.com

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

Dmytro Kohut
Matthew Wolf
Nichole Hamilton
Puneet Kumar
Jose Vargas
Nicole Blair
Iqbal Singh
Sukhjinder Singh
Hatice Yilmaz
Mandi Cucchi
Merlin Velasquez
Addison Leppert
Malcolm Samaroo
Chance Williams
Victoria St. Pierre
Tim Schuch
Jeanette Jackson
Mary McDonnell
Roberta Costilla
Luz Aristizabal
Rafal Wynimko
Alphonse Remolde

Angela Kane
Amy Wagner
Fred Perrin
Randy Sampson
Meredith Luther
Dipak Patel
Patricia Ruiz
Daisha Melesio
Elizabeth Mejia
Maritza Ortiz
Srinivas Vidala
Victoria Schantz
Megan Shandley
Terry Armstrong
Ed Findrick
Tricia Shaffer
Juan Ponce
Ryan Meehan
Dana Young
Rajiv Kumar
Jaswinder Saini
Anna Kane

Don Maguylo
Iyad Eiyadeh
Olga Nowak
John Holt
Noe Cervantes
Chirayu Shah
Mukesh Patel
Harley Hager
Jess McColgan
Fred Cope III
Bill Doane
Paula Mannino
Brandi Stewart
Theresa Lopez
Christy Coleman
Shirley Shupe
Lindsay Widmann
Dehuti Patel
Dino Karakaya
RJ Strauss
Ashley Heidengren
Jennifer Alves

Thank you...

- Mike Gerome (Gerome's Sausage) for the delicious sausage and goodies.
- Paul Bartholomai for the Fritz goodies.
- Rich Yurgevich for the dog toy.
- Jaswinder Saini for the doughnuts.
- Joan Iorio for the veggies.
- Susan Farley for the seaweed snack.
- Judy Ivins for the pasta.

THANK YOU!



Fun Facts for the Fourth

The Fourth of July holiday commemorates the U.S. colonies' Declaration of Independence from British rule. And while there are many public events that celebrate the history and government of the United States, the holiday is typically associated with parades, fireworks, barbecues, carnivals, picnics, baseball games, hot dogs, and apple pie!!

Here are six fun facts about your AMAZING body that you can share with others no matter what you do on Independence Day.

1. Your ears can hear fireworks that are several miles away. That's right, MILES away!! Of course your dog can hear them from even further away, but that's still quite a feat for your AMAZING ears!!
2. Your eyes can easily see fireworks from 10 miles away, and if conditions are right from as many as 25 miles away. The elevation has to be substantial, the burst itself has to be significant, and obviously it has to be dark outside, but with all things being right, yes, your AMAZING eyes can see fireworks from 25 miles away!!
3. If you get to see and hear fireworks from miles away, you will quickly notice that you see them BEFORE you hear them. This is because light travels roughly a million times faster than sound. With a little math, you can estimate how far you are from the actual firework display. After you see a firework burst, count the seconds until the boom. Divide that number by three to get the distance in kilometers (0.62 miles.) Your AMAZING brain can do math... how about that!?!
4. Hot dogs aren't the best choice for a healthy lifestyle, but 100% beef is the best hot dog choice because they contain fewer additives than traditional hot dogs. Still no matter what choice you make, your AMAZING body will digest it, use whatever good it can find

in it, and eliminate the rest within 12 to 48 hours of your consuming it.

5. Carnival rides are thrilling and fun for sure, but your AMAZING body is also responsible for the good time you have. The excitement of roller coasters can get your heart pounding no doubt, but when you ride rides your body produces neurochemicals like dopamine and adrenaline that make your heart race and leave you feeling breathless.
6. Of course every body is different, but on average the human body has 360 joints, 206 bones, and 600 muscles that allow you to move in lots of fun and interesting ways. Some of those ways allow you to play baseball. A power pitcher can use his arm to throw the ball over 100 miles per hour!! Batters can use their legs to run to first base in less than five seconds (27 feet/sec.) What an AMAZING body!

However, while July Fourth celebrations are a lot of fun, physical, chemical, and emotional stresses (including those mentioned above) can be a challenge for the body. While your AMAZING body is constantly adapting to all sorts of stresses every day, it can sometimes be overwhelmed by the frequency and/or severity of those stresses. This is precisely what causes vertebral subluxations, small misalignments of your spine that distort your nerve system. Your family chiropractor can help you with that, so make sure to have your spine checked after all the partying is over. Declare your independence from vertebral subluxation and be your best, AMAZING you!!

By Judy Nutz Campanale, DC, ACP

