

Strauss Chiropractic Center

July 2026 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 June.

Shannon Walker
Lilian Cardenas
Boguslaw Glinka
Rebecca Rowlands
Lindsay Brewster
Juan Gonzalez
Valeria Lalkoricova
Richard Toner
Camille Vittu
Robert Rink
Deborah & John Pyra
Chris Hoffer
Susan Czumbil-Smith
Thomas Taylor
Pankaj Patel
Adriana Tirado
Regina Marchiondo
Rose Marchiondo
Rosa Montoya
Noella Sarin
D'Angelo Ordonez
Melanie Bayani
John Pellegrino
Preet Patel
Stephen Stanton
Daniel Halpin

Bryonna Senzick
Daniel Sabree
Pozir Sabree
Halyna Mykhaylyshyn
Geovanny Andrade
Jennie Worthington
Amarjit Kaur
Avtar Singh
Christine Cagnetti
James Toner
Cilene Schureman
Megan Wilson
William Marshall
Kait Inverso
Jessica Szamboti
Laura Cash
Nehemias Gudiel
Sarin Kuruvilla
Christian Gonlek
Henda Shiri
Robert Jez
Kate Whalen
Jinal Jain
Ambily Pailo
Pradeep Pailo
Nathan Barrett

Flavia Soares
Blanca Orellana
Loriel Colon
Allan Ovrutsky
Edina Pellicone
Darya Preobrajenskaya
Travis Hall
Jessica Ovrutsky
Joyce Mongillo
Joseph Iavarone
Harpreet Kaur
Vishal Patel
Manuel Cerna
Jim Alexander
Sean Allen
Amie McCallister
Jessica Wansley

**Congratulations to Russ Oxley for celebrating
50 Years with Strauss Chiropractic!!**

Thank you...

- ***Brittany Cupido for the flowers.***
- ***The Konopkas for the delicious homemade scones.***
- ***Jaspal Bath for the candy donation.***

CONGRATS

To Amie McCallister and Byron
Juarez on the birth of their son,
Noah,
born 5-21-2026
8 lbs, 4 oz
19 in



To John and Lisa Griffin III on
celebrating 50 years of marriage
on May 22nd!



Cannonball!!!

As a kid, I spent most of my summers, along with every other kid in town, at the public pool. It was only a block away from my house and it was awesome! There was a good size baby pool, but from as long as I can remember I spent my time in “the big pool,” which seemed enormous to me as a kid! It had a shallow end (3 feet deep) with a big fountain in the middle and then gradually got deeper and deeper before being roped off to separate it from the “deep end” which was 10 feet deep!

When I was 8 or so, I was able to play on my own with my friends at the shallow end. We used to love to swim out to the fountain, stand underneath it, hold our breath, and pretend to take a shower. By the time I was 10 or 12, we would have races across the pool where it was 4 or 5 feet deep. Sometimes we would swim on top, but we’d also race under water too. By the time I was a teenager, we would jump off the side in the deep end and see who could touch their toe to the bottom and get back to the top first.

The deep end also had diving boards, two smaller boards, and a high dive between them. It was fun to race off of them or to see who could make the biggest splash. Of course, the perennial favorite splash maker was the cannonball!!! In fact, no matter how old I was or what end of the pool I was playing in everyone always loved the cannonball!! You could do it off a diving board or just jump off the edge into the pool at any depth.

All that fun, including the cannonball, requires that you be able to hold your breath and that is a fascinating ability that we all have. Breathing is very important for life, of course, and despite the fact that you rarely think about it, you do it again and again, around 20 times per minute and nearly 30,000 times per day. **AMAZING!!**

When you breathe, you take oxygen from the environment into your lungs. Once in your



lungs, your body takes that oxygen and infuses it into your blood. Then your heart pushes the oxygenated blood throughout your entire body to every cell, tissue, and organ. In this way, your **AMAZING** body is constantly nourishing every part with the oxygen it needs to be healthy.

One of the best ways to keep this whole process working at its peak is regular exercise. It strengthens your lungs and keeps oxygen-rich blood moving efficiently through your entire body. Holding your breath—like you do while swimming—is another simple way to give your lungs a workout.

Because breathing happens automatically, we rarely think about it. It’s an involuntary function, managed by a specific part of your nerve system. That system handles the job, so you don’t have to consciously remind yourself to inhale and exhale.

For this reason, it makes perfect sense that another great way to help your lungs work at their best is to make sure your nerve system is functioning at its best too. That’s where your chiropractor comes in. Regular spinal check-ups can help keep that system running smoothly—possibly even leading to the biggest, boldest cannonball splashes of your life. Who would’ve guessed?! Have an **AMAZING** summer everybody!

-Judy Campanale, DC, ACP