

Strauss Chiropractic Center

June 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 May.

Herbert "Jack" Arnold
Keith Custer
Julienne Custer
Nylet Ramos
Alonzo Gordon
Ivina Damasceno
Dipika Prajapati
Kristin Schnee
Jayne Miller
Shaun Buggy
Mittal Patel
Amit P Patel
Travis Hall
Breanna Singlar
Matthew Genco
Jessica Szamboti
Kazandra Barletti
Sukhvir Singh
Bill McGrath

Kyle Collins
Jamie Sidman
Payton Reyes
Alicia Good
Gurdeep Kaur
Ana Amaya
Wallace Nowacki
John E Schlotter
Parul Patel
Donnajean Kline
Allicia Leaper
Michelle Kang
Jenna Dixon
Dana Hunter
Gabriel Ramos
Patricia Powers
Yajaira Robles
Norma Santana

Breanna Ebinger
Maria Wierzbowski
Marissa Hilgar
Ignacio Plaza
Rebecca Richardson
Luz Olaya
Cintia Herrera
John Rittler
Joan Horger
Amie McCallister
Elizaveta Zampirri
Joshua Valle
Stephen Goodman
Tetiana Turyk
Halyna Mykhaylyshyn
Nagendra Konadala
Kaitlin Papandrea
David Knapp
Kevin McCarthy

Thank you...

- *Jade Huang for the flowers.*
- *Nikol Schwechtje and Bill Mitchell for the orchids.*

A special thank you to everyone who celebrated my birthday with gifts, cards, hugs, and prayers! You sure know how to make a girl feel special.

Love you all, Dr. Judy

Congratulations!!!

Fred and Harriet Cicconi on the occasion of their 50th wedding anniversary on May 15th! Fred has been a practice member for almost 50 years and Harriet for over 30!!!



Life Lessons from Beauty and the Beast

If you're like most people, you've probably not only seen the 2017 version of *Beauty and the Beast*, but you've also seen at least a few other versions as well. Disney's *Beauty and the Beast* is a great old story, a tale as old as time, that teaches the valuable lesson that true beauty comes from within and that being kind to others is always better than putting yourself first. But this lesson has many sides to it.

For example, it also teaches that things are not always the way they appear. In the story, the Beast looks scary and mean but it turns out that is just a front he puts on. Beneath the disguise is a guy who is frustrated and sad and, in the end, he turns out to be a really nice guy. Maybe you have similar situations in your life. Sometimes the bullies in our lives are really just sad or frustrated people who are putting up a front of being tough. It's hard to know sometimes because things are not always what they seem.

This is true with how people act but it's also true with how our bodies work. Sometimes you see people who look sick on the outside but are really healthy on the inside. For example, have you ever eaten something bad and then had to throw up? No one likes to throw up, but that's your body's way of getting rid of the bad food you ate, so it's really a healthy response in that case. Remember things are not always what they seem.

On the other hand, sometimes people look really strong and healthy on the outside, but it turns out their bodies aren't working so well on the inside. Maybe you know somebody who was running around in gym class and then suddenly fainted. Or maybe you know someone who was in school one day and in the hospital the next.

Short of serious accidents, our bodies don't go from being super healthy to super sick in a moment's notice. Things usually take time to develop and often develop without our being aware of it. That's why it's important to do the things that encourage health every day on an ongoing basis.



One of the things that helps you be your best is chiropractic. You can visit your family chiropractor regularly so he or she can check your spine for vertebral subluxations, imbalances that prevent your body from working at its best. The thing about subluxations is that you can have them and not even know it. The bones of your spine can misalign, and you won't know it. So, you have to go regularly to your chiropractor and have your spine checked even when you are feeling well. Remember, true beauty comes from within. Keep your body beautiful inside and out with chiropractic.

-Judy Campanale, DC, ACP