

Strauss Chiropractic Center

March 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 February.

Jeremy Garcia
Amy Cruz
Shaun Buggy
Iwona Ziemkowska
Paul Lindenberger
Malcolm Samaroo
Tammy North
George Melavas
Clara Ramirez
Brandi Stewart
Meet Patel
Sean Schueller
Marie Ruiz
Sean McMahan
Dennis Massott
Paul Storms

John Deegan
Carl Richards
Harold Frederici
McKinney Family
Manisha Patel
Alejandra Calderon
Maria Diaz Hernandez
Josh and Kristin Shalinsky
Ahsan Haseeb
Karen Marshall-Fry
Calvin Lewis
Ashley Schumann
Rashmi Sharma
Maria Delcid
Xueyong Zhang
Christopher Sciarra
Daniel Khokhar

Lilian Juan
Laura Crespo
Sean Gilmore
Kishorbhai N Patel
Olivia Hall
Vanitaben Patel
Keith Dixon
Dehuti Patel
Gwen Grunert
Mike Smith
Theresa Bane
Voytek & Pawel Kaniewski
Yerson Estiven Gomez
Dhaval Lala
Rachel Allen
Leo Roopchand



Thank you...

- ***Sandra Flesch for the amazing tea.***
- ***Nikol Schwechtje & Bill Mitchell for the Yum Yum donuts.***
- ***Cathy Strauss for the fresh blueberries.***
- ***Doris and Neil Apoldite for the delicious and thoughtful Valentine gifts for the entire staff.***

Spring has Sprung!

Have you ever wondered how it is that you put a little seed into the ground and out of it can grow a tomato plant or a sunflower plant, or any other of so many different things? Think about the acorn. It's truly one of nature's many miracles. It's just a little thing. You could probably easily hold several in the palm of your hand. But within the acorn is the potential to be an amazing mighty oak tree.

The little acorn, given the right circumstances, might grow to be up to 100 feet tall and produce hundreds of thousands more acorns. Those circumstances include things from the environment like sun and water but also one other critical thing -- it needs to be free of interference so that the inborn processes that grow an acorn into an oak tree can occur and occur to their maximum.

Of course, all oak trees don't look the same. Some grow very, very tall. Others not so much. Some have many branches. Others, because they grow in close quarters, might not have anywhere near as many. But long before it becomes whatever kind of oak tree it will be, the blueprint for an oak tree already exists in the acorn. Not a maple tree or a sycamore tree, an OAK tree. It already knows how to make oak bark, oak sap, oak roots, oak trunk, oak branches, and of course acorns. All within the acorn...each little acorn.

In fact, that's the only way you can get a mighty oak tree. All oak trees start as little acorns. People are pretty much the same. We start from two little cells, one from your mom and one from your dad that come together and make one cell that divides and grows. And with good nutrition, rest, and proper care, we can grow into absolutely fascinating individuals. But long before we become whoever we are going to be, the blueprint for our best selves already exists within those little cells. All of the potentials we could

possibly hope to reach are already included in the blueprint.

How tall we might be. The color of our eyes, hair, and skin. How creative or athletic or intelligent we can be. How healthy we can be. And all the gifts and talents that will be uniquely ours are already stored in your DNA.

Similarly, people need certain things to reach their fullest potentials in life. Certainly, we need good nutrition, regular exercise, proper



rest, and a positive mental attitude. But that is not enough. We also need to be free of interference so that the inborn processes that grow us into our best selves can occur. Just like the acorn.

Your chiropractor does precisely that. He or she checks your spine to ensure that your spinal bones do not interfere with your nerve system in your body. Chiropractors check to make sure that your inborn wisdom is expressed as fully as possible so you can reach your fullest potentials in every area of your life.

-Judy Campanale, DC, ACP