

# *Strauss Chiropractic Center*



May 2022 Newsletter



1405 Frosty Hollow Rd Levittown, PA 19056 \* 215-946-6815 \* [www.strausschiropracticcenter.com](http://www.strausschiropracticcenter.com)

## **T hanks for referring your friends and family to our office in the month of April.**

Lindsay Widmann  
Juan Chanez  
Diptiben Patel  
Ashley Garbolino  
Jennifer Guzman  
Frances Fu  
Kevin McCarthy  
Michelle Werner  
Brian Piuma  
Anita Freels  
Janeth Cueva  
Jim Bell  
Ryan Fritz  
Frankie Guzman  
Ralfy Do Patrocinio  
Rosemarie Blanda  
Joe Drum  
Chris Levitsky  
Braylan Farmer  
Nikki Brooks  
Vaniya Patel  
Jamie Kollar  
Tom Sottnick  
James Carroll  
Julia & Brad Cohen  
Dianne Dunn  
Hatice Yilmaz  
Rosemary Lynch

Gjergj Vero  
Lauren Holley  
Christina Smith  
Greg Morgan  
Ruth Valdivia  
Tara Jordan  
Jose Ruiz  
Karen Cohen  
Sharon Gibson  
Jess Cooper  
Yolanda Lopez  
Shashikant Patel  
Samantha Natal  
Kim Becker  
Crystal Markham  
D'Angelo Farson  
Manjit Kaur  
Baldev Singh  
Lucille Natal  
Joyce Johnson  
Rajnibhai Darji  
Larisa & Alina Kifyak  
Terry Frey  
Charidi Patel  
Christian Daily  
Kamlesh Patel  
Rebecca Gale  
Jademir Nascimento

Kimberly Rivera  
Mike Madjarcic  
David Salomone  
Raymond Blalock  
Raul Sandoval  
Taylor Crouse  
Preeti Kaklotar  
Taraben Patel  
Johanna Meyer  
Rajen Patel  
Stephanie Hicks  
Melissa Stewart  
Joann Cerula  
Gina Deithorn  
Brian Rubino  
Dawn Banks  
Trish Vandiver  
Perla Perez  
Ryan Feehan  
Matt Mamounis  
Elisabeth Ginder  
Krista Zerkow  
Charles Childers  
Gail DeAngelis  
Inna Kiseleva  
Tim Slack  
Rafael Bohorquez  
Joan Horger

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

- Natalie Jenner for faithfully bringing us disinfectant wipes.
- Audrey Stenaka for the homemade goodies.
- Pamela Fox for the tulips.
- Ann Saddel for the soft pretzels.
- Barbara Schell for the lanterns.
- Mike Gerome for the best sausage and other goodies.



### **A Very Special Thank You from Dr. Judy**

Thank you to everyone who helped to make my birthday so special with gifts, cards, flowers, hugs, and well wishes. People often ask me why I don't take the day off on my birthday, but truly it is my joy to celebrate with all of you. You and this practice have given my life meaning for 30 years now and I can't imagine my life without all of you. My birthday seems the perfect time to tell you, I LOVE being your chiropractor!!

With gratitude and love, Dr. Judy!

## “If You Tell the Truth, You Don’t Have to Remember Anything”

Parents commonly used this famous Mark Twain quote in the upbringing of their children decades ago. The idea is that if you lie, you must work to remember the details of the lie you told. As a rule, lying takes more brainpower than telling the truth does. You may have noticed, that doesn’t really stop some people!

The TRUTH is the human brain is an AMAZING organ and it is capable of many different functions and activities including, memory and learning, speech and language, intellect (including problem solving, judgement, and the ability to recognize appropriate behavior), muscle strength and coordination, maintaining attention, emotions and personality, and visual and spatial ability.

Your mind is especially AMAZING!!! The very fact that we can think a thought is AMAZING! The soft tissue of our brains consists of 86 billion nerve cells!!! (I’m thinking that’s an estimate because who would count that many!?) These cells and the chemicals that go between them allow the cells to communicate. This allows you to use your brain to process and record thoughts. But you also have an immaterial aspect to your brain where thoughts originate. Together your material brain and your immaterial aspect make up what we call your mind. It’s like a computer. It records and processes thoughts but the thoughts themselves come from the writer not the computer.

In addition to being able to think, one of the most AMAZING functions of our minds is that we can remember. Isn’t it incredible that somehow recorded in our brains are experiences we’ve had years or even decades ago? Friends we’ve had, places we’ve been,

smells, tastes and sounds we’ve experienced, all just waiting for us to think about them.

And we can recall them in an instant allowing the experiences of the past to cheer us, comfort us, or impact decisions that we must make in the present.

Of course, changes can and will occur in our brains over time, but what is really AMAZING is not that our brains can fail but that they ever worked in the first place. But even as our brains age, they are still able to learn new things, record new memories, and process vast amounts of information. As we age, we may become frustrated with our ability to remember things, especially nouns and names. But often, it is a simple part of aging not a serious problem and nothing to worry about.

Just like any other organ though, the brain requires the nerve system to function at its best and most efficiently. Misalignment of spinal bones can distort the vital communication within the body and keep it from working the way it was meant to. Your family chiropractor checks your spine for vertebral subluxation and adjusts you when necessary. This ensures that your nerve/communication system, including your brain, works as efficiently as possible. This will Continue reading on page 2 Chiropractic Newsletter Your Amazing Body Provided and published by ICPA. For more information, visit [discoverkidshealth.com](http://discoverkidshealth.com) 2 help you to think great thoughts and to remember as much as possible whether you’re telling the truth (or not.) AMAZING!!

—By Judy Nutz Campanale, DC, ACP