

Strauss Chiropractic Center



May 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 April.

Ashish Patel
Vishal P Patel
Crystal Johannes
Tatyana Chubok
Leai Salagbi
Brajbala Mehta
Dipika Prajapati
Cynthia Weed
Victor Lopez-Morales
Jessica Lenegan
Ryan Stoneberg
Unica Mojica
Carl Fleurencois
Nancy Tait
Marina Shuliak
Sean Taylor
Makenzie Hoover
Manuel Cerna
Rony Patel
Mait Gamboa

Vipin Rishi
Shrutesh Parikh
Pranav Patel
Theresa Rawlings
Amber Reilly
Beverly Gurion
Smitha & Shriyan Thota
Tarak Patel
Annabel Wiles
Jose Sanchez
Liubomyr Leichenko
Joshua Steere
Brittany Vause
Aneta Woloch
Ayesha Ilyas
Thomas Loiseau
Jade Phoenix-Manso
John Rozier
Pat Farley
Magdalena Rodas

Seema Jolly
Catherine Bernhard
Kimberly Rutledge
Karenlynn Casey
Autumn Phipps
Pauline Lakawitz
Aminah Davis- Wiles
Lou Bausch
Dehuti Patel
Loretta Henry
Rebecca Cruz
Janeth Astudillo
Balwinder Kaur
Jessica Sabol
Jen Leiggi
Leonard Roopchand, Jr.
Patricia Powers
Doris Apoldite
Amy Campanara
Vijya Patel
Peggy Offenback
Michael Welborn
Lisa Ford
Tracey Krause

Thank you...

*****A BIG thank you to the Waldron family for the love, the plant, and the cake.***
*****Audrey Stenaka for the hummingbird cake.***
*****Donna Bartle for the travel cups and coffee.***
*****Hansa Patel for the pretty necklace.***
*****Lisa Ford for the chocolate pretzels and lemon cookies.***
*****Annabel Wiles for buying the office lunch.***
*****Krystyna Szczepankowska for the donation of food.***
*****Iwona Ziemkowska for the delicious chocolates.***

Congratulations...

Edgar and Alex Chipeta on the birth of their daughter Joy, born December 12th 7.5 lbs; 20.5 inches



“Thanks Mom!”

May is the month we celebrate Moms. We try to show them how thankful we are for all they do and all they are. Moms ARE truly extraordinary and their story is among the most incredible examples of how amazing our bodies really are!

First, babies weigh anywhere from 5 to 10 pounds at birth. Imagine yourself walking around with a gallon of milk (about 8 pounds) everywhere you go for even a single day let alone weeks on end. And most moms gain additional weight to support the baby growing inside them which makes getting around all the harder.

Beyond the sheer physical feat of lugging around a belly with a growing baby inside, think about the fact that each of our moms were growing us inside them for about 9 months- some a little more some a little less. That’s almost an entire school year! It’s fascinating though, that at the present, none of us could live where we spent our first 9 months, and not just because we are too big to fit, but because we need air and light, and in our Moms’ bellies we were basically under water in the dark. So that means you would have to hold your breath for 9 months!! The average person can’t hold their breath for more than maybe a minute or so.

Finally and maybe most amazing of all is how one person can become two people! Actually, you started as two separate cells, one from your mom and one from your dad. Those two cells got together and grew into the incredible, **AMAZING** organism that is you. An organism that is so complex and so sophisticated that even the most brilliant minds on the planet don’t have it figured out! But your mom’s body knew and that is truly **AMAZING!**

When those two cells first came together, they divided and grew. And as they began to

become you, the first system to develop was your nerve system. From that very early time, your nerve system directed your growth and development, including ten other different systems, dozens of different organs, 206 bones, 640 muscles and 37.2 trillion cells!! **AMAZING!**



It’s important to know that even after you are born, your nerve system continues to direct and organize your whole body’s function and performance. By connecting your brain to your body, your nerve system is not only able to communicate about what is going on in your body but it is also able to provide the information required for your body to adapt and perform at its best.

That’s why it is so important to see your family’s chiropractor regularly. He or she will make sure that there is nothing interfering with your nerve system so you can continue to grow into the **AMAZING** person you were meant to be. Maybe your mom already takes you to the chiropractor. Well then that’s just another reason to thank her and show her some love on Mother’s Day and every day. Thanks Mom!

-Judy Campanale, DC, ACP