Strauss Chiropractic Center



November 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 October.

Dalbir Singh
Bikramjit Singh
Sarah Nem
Charles Childers
Jennifer Holzer
Mayte Lopez
Ricardo Bertrand
Nasir Mahmood
Aaron Joyce
Mackenzie Kenderdine
Roman Miazga
Lisa Watto
Robert Lehman
Sherita Connors
Patricia Alvarez
Pablo Antezana
Raga Rayala
Zino Kmet
Mallory Garrison
Angela Targonski
Brian Saintz
Troy Slaffey
Robert Liebel

Dan Rogers
Didier Ramirez
Rafal Glinka
Lisa Shade
Qui Fang Yang
Teresa Guerra
Paresh Patel
Kimberly Mellus
Jason Gibson
Andrew Schaeffer
Matt Bria
Guillermo Avila
Alfredo Aranda
Drew Creely
Arvind Patel
Kimberly Lopez
Kelly McBride
Melissa Hardill
Lisa Starr
Chirag Patel
Ronald Ducko
Jeremy Giliberti Sr.
Christine Hanusey

Thank you…

- *Joe A Torres for the Cinnabuns.*
- *Iwona Ziemkowska and Krystyna Szczepankowska for the coffee.*
- *Doris Apoldite for the spectacular Autumn Basket for the whole office.*
- *Audrey Stenaka for the Eyeball Brownies.*
- *Ed Mondelli for the co[illegible]*
- *Lucille Sabczak for the plants.*



Congratulations to Melanie Redding and big sister, Elysia, on the birth of

Addison Lee
born on October 22nd
7 lbs, 13 oz
19.5 inches



Congratulations to Hannah and Tim Hegedus and big sister, Haven, on the birth of

Lilah Joy
born September 26th
9 lbs, 1 oz
22 inches

Congratulations to Alexander and Ashley Johnson on the birth of

Eloise
born October 4th
7 lbs, 10 oz
17 inches



Your Body is Smart, Your Body is Strong!

With Thanksgiving just around the corner, many people take time to focus on gratitude and count their blessings. Maybe your parents or teachers have encouraged you to think of something each day that you're thankful for. Well, here's something to add to the list: your **AMAZING** body! In fact, there are about 100 billion reasons to be thankful for the incredible way your body works every single day!

One of the most incredible jobs your body performs is protecting you from infection. People often talk about how frequently someone catches a cold, the flu, or another virus. But what's even more **AMAZING** is how many times you *don't* get sick! Think about it. Germs, bacteria, and viruses are everywhere. We touch them, breathe around them, and come into contact with them every day. So why aren't we constantly sick? The answer is that your body is working nonstop behind the scenes, using an incredible defense system to fight off tons of germs mostly without you even knowing it!!

It's called your **immune system**, and it is truly **AMAZING**! Your immune system is a complex network of cells, tissues, and organs that work together around the clock to keep you healthy. One important part of this system is your white blood cells. These tiny defenders travel throughout your bloodstream, constantly searching for bacteria, viruses, and other germs that could make you sick if left unchecked.

Think of white blood cells as your body's own built-in security team. They identify potential threats, respond quickly to danger, and help restore balance when harmful invaders try to take hold. Thanks to their nonstop efforts, your body can fight off countless infections every day, often without you realizing you've been exposed.

There are five different types of white blood cells, and each plays a unique role in protecting your body. The most common are **neutrophils**, which act as the first responders to infection. They quickly attack, destroy, and consume harmful bacteria. **Lymphocytes** help your body remember past infections, allowing it to recognize and respond more effectively to familiar invaders. **Monocytes** help fight infection by responding to inflammation and breaking down bacteria and damaged cells. **Eosinophils** are involved in allergic reactions and can also help destroy certain cancer cells. Finally, **basophils** are the least numerous white blood cells, but they serve an important purpose. They release chemical signals that alert and direct other parts of the immune system, helping coordinate the body's defense against threats.

Your body produces around **100 billion new white blood cells every day**, which is **AMAZING** in and of itself! But when your body detects an infection, such as viruses multiplying or bacteria spreading, it quickly responds by making even MORE white blood cells, sometimes increasing production to as much as four times the normal amount!!! These extra defenders rush into action to help eliminate the threat and restore balance. Thanks to this remarkable ability to adapt and respond, your immune system protects you from countless infections, which is why most of us spend far more time healthy than sick.



Your immune system and nerve system are closely connected, working together to help keep your body healthy and functioning at its best. Like every system in the body, the immune system relies on clear communication, much of which is coordinated through the nerve system. That's one reason many people choose to include regular chiropractic in their wellness routine. Your chiropractor supports the body's overall health and well-being. When your body is functioning optimally, it is better equipped to adapt, heal, and thrive. Yet another **AMAZING** reason to be thankful!

-Judy Campanale, DC, ACP