

Strauss Chiropractic Center



October 2025 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 September

George Peggs
Gena Rogers
Brianne Leitz
Jessica Ferry
Vaughn Repoley
David Sabalusky, Sr.
Kelly Sinkiewicz
Alonzo Gordon
Lauren Savoy
Robert J. Kovalik
Bud Ciotti
Gary Caton
Melissa Martell
Natalie Havel
Nicole Henry
Tony Khamphoumy
Kendra Duttry
Rachel Griffin-Snipes

Erica Guthrie
Megan Nagle
Socorro Jimenez
Hinaben Patel
Muhammad Usman
John Rizzo
Matt Rispo
Mandy Rivella
Reshma Patel
Lisa Knapp
Mateus Oliveira
Kate Tiano
Cindy Woodward
Rachel Feather
Carl Schultz
Sean Gilmore
Parulben Patel
Rachel Barbieri
Nelson Green

Justin Warner
Philip Formela
Lisa Starr
Margie Wolfgang
Jennie Quattrocchi
Brittany Cramer
Charla Krupa
Nick Brunoni
Victor Millan
Tyler Ross
Elia Melecio
Mike & Mimi Nuskey
Mark Haddow
Janice Dalton
Vigo Prime
Helen Gentile
Marko Mihajlovic
Dhara Patel

Thank you...

- *Iwona and Halina for the coffee, chocolates, and apple pie.*
- *Jeniffer Leiggi for the Wendy's frosty coupons.*
- *Jack and Eleanor Ems for the cherry tomatoes.*
- *The Cicconis for the figs.*
- *Jess Morrin for the Positivity-Boosting Duck.*
- *Chris, Judy, and Casey Welborn for the awesome Casey Welborn Show T-shirts.*
- *The Bickels for the tomatoes.*
- *Krystyna Szczepankowska for the dates and chocolate.*
- *Mike Parlak for the apples and peaches.*

Congratulations...

to the Greenewald family—parents,
Lauren and Dan; big sister, Lila;
grandparents, John and Kim; and the best
aunt ever, Melanie--on the birth of:



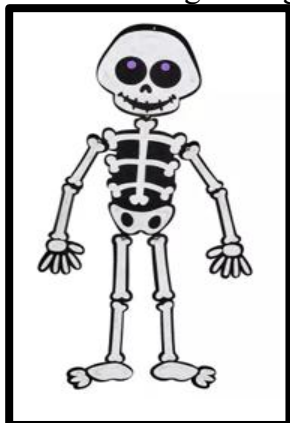
Daniel John "DJ"
born
July 27, 2025
6 lbs., 5 oz.; 19 in.

Dem Bones, Dem Bones, Dem... Kids' Bones

Halloween is almost here so it's pretty likely that you will be seeing some skeletons walking around soon! Outside of Halloween though, we don't really give much thought to our bones, do we?!? And that's a shame because they are so **AMAZING**! Bones give structure to our body, allow us to move about, protect the most delicate parts of our bodies, and without them, we would all just be blobs!

Your body is made up of 206 bones! That's a lot of bones!! Of those, there are 26 in each foot (52 total) and another 27 in each hand/wrist (another 54.) Your bones come in different shapes and sizes. The longest and strongest bone in your body is in your upper leg, and it's called the femur. The smallest and lightest bone is in your inner ear; it's called the stirrup.

Generally speaking, your bones are very strong. It has been said that they are four times stronger than concrete! They can withstand an enormous amount of weight. Athletes have been known to lift over 1,000 pounds (over 450 kg)! Fortunately, your bones don't weigh anywhere near as much as concrete, so you can run and jump and hop and dance and play all kinds of sports without having to drag heavy bones around.



Sometimes though, if a force is great enough and hits you in just the right way, you can break a bone. The good news is your bones heal themselves. You literally make new bone that mends the two broken edges together! Your body is **AMAZING!!!**

Some of your bones serve to protect other parts of your body. For example, your rib cage protects your organs, your skull protects your brain, and your spine protects your spinal cord. Your spine is particularly interesting



because it is made up of a set of 26 moveable bones. So while it's protecting your spinal cord, it is also providing structure and allowing for motion! That's a lot of **AMAZING** stuff going on at one time!

With all that going on, sometimes the bones of the spine can become misaligned, and instead of protecting the nerve tissue, they can distort the proper function and communication within the nerve system. This is called vertebral subluxation, and it can be a big problem because your nerve system is responsible for running all the other systems of your body. If your nerve system isn't working at its best, then the rest of your body can't work at its best either.

Chiropractors check to make sure the bones of your spine are properly aligned so there is no disruption to your nerve system and your whole body can work at its best. Your bones are **AMAZING**, and none are more important than your spinal bones. Be sure to see your chiropractor regularly to take the best care of **DEM BONES** and your whole **AMAZING** body!!

-Judy Campanale, DC, ACP