

# *Strauss Chiropractic Center*



October 2021 Newsletter



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

Thank you for referring your friends and family to our office for the month of September.

Natalya Melnyk

Liudmyla Andriievskya

Kim Losey

Dung Pham

Bernard Mazzocchi

Waqar Qureshi

Adrianna Colon-Ortiz

Jack George

Ralph Andujar

Braylan Farmer

Alejandra Calderon

Nitin Patel

Carol Menke

Libby Grbec

Amy McClain

Debbie Cronk

Kenia Cruz

Atul Shah

Clave Frattone

Hemant Panchal

Allison Kikendall

Dipika Prajapati

Abhijit Deshmuks

Paul Derkotch

Chris Morgan

Juan Tinajero

Terry Schiellere

Jack Benedetti II

Juan Chanez

Hemant Panchal

Kim Wagner

Dawn Emenhizer

Yue Yun Feng

Rakha Kaur

Ivan Wagner

Renee Locke

Todd Stoop

Ron Paluba

Zhong Ni

Rebecca Uragano

Kathryn Slotterbeck

Frank Arroyo

Bill Habermehl

Sara Miller

Jorge Colon

Susan McManus

Janet Fitzgerald

Steven Song

Bryan Mendenhall

Sheetal Patel

Madison Steiner

Jennifer Hammond

Scott Russell

Natalia Snak

Lee Williams

Kuldeep Patel

Jenny McMullen

Pamela Saunders

Denise Lederer

Ryan Feehan

Dakota Applegate

Harjeet Kaur

Stacy Wieland

Sandra Orellana

Kenneth Crawford

Jose Luis Ruiz

Brandi Schmitz

Dana Thompson

Jose Luis Hernandez

Ubertino Albarado

Karrie Souvanlasy

Ken Lynn

Christine Pasqualone

Mindy Mason & Torin Winn

Aditza Morales

## Thank you...

- Natalie Jenner for faithfully bringing us disinfectant wipes.
- Jack & Eleanor Ems for the birdhouse and it's installation.



## Congratulations...

To parents, Megan and Bryan, and big sister, Everleigh Ferreira, and grandmom, Barbara Klish, on the birth of Sophia, on 9/14/2021, 8 lbs 15 oz and 21 1/2 inches.

To EmmaLee Schumaker on the birth of her daughter, Harper, on 9/7/2021, 7 lbs 10 oz and 20 inches.



# “What Do You Want to be When You Grow Up?”

Kids get asked this question a lot. People may have already asked you this question and you may have some great answers. Lots of kids want to somebody who helps others, for example a firefighter or a police officer or a teacher. Others want to be athletes maybe a football player or a basketball player or a tennis or golf star. And then there are always a few who want to be a butterfly or an elephant. Well, have you ever thought of being an orchestra conductor!?! You may think you couldn't do that, but in a way, you already are!!!

In fact, you are so AMAZING that you are organizing and “orchestrating” hundreds of thousands of things right now, even as you read this article. That's WAY more than the 100 musicians that make up the average, modern, full-scale symphony orchestra!! Your body has what's called an autonomic nerve system that self organizes and performs tons of functions automatically for you.

The intelligence behind this portion of your nerve system keeps your heart beating more than 101,000 times a day to pump more than two gallons of blood a minute travelling 60,000 miles in each 24 hours period!!! AMAZING!! And that's just ONE of the MANY AMAZING things it's doing. As you finish reading this sentence your body will have made 25 trillion NEW cells and each of the 70 trillion cells that make up your body will execute somewhere between 100,000 to 600 trillion functions per second. That's hard to even imagine, but that's how your body works.

At the same time, you will inhale two million liters of oxygen today and each time you breathe in that oxygen will be distributed to every cell in your body within seconds. Do you consciously keep track of all that??? Or does something that has a mind so much greater than your mind and a will so much greater than your will do it for you???

Your nerve system is in constant communication with your brain. Your body uses your nerves to send messages from your brain to your body parts to perform all the above functions and so much more without your even thinking about it. This communication system is so important that most of it is protected by bone: the brain by the skull and the spinal cord by the bones of the spine.

This is why it is so important that your spine be in good alignment. Misalignments of the bones of the spine can distort the communication within the nerve system and keep your body from functioning as it should. Your family chiropractor checks for these misalignments, called vertebral subluxations, and will adjust you when necessary to help you orchestrate the AMAZING symphony you call your body.

Maybe you won't want to be a conductor of an orchestra when you grow up. Maybe you'll be an astronaut or a race car driver or a chiropractor. Just know that no matter what you decide to be, you will always have an amazing conductor inside orchestrating all the parts of your AMAZING body!!

—By Judy Nutz Campanale, DC, ACP

