

Strauss Chiropractic Center



October 2021 Newsletter



1405 Frosty Hollow Rd Levittown, PA 19056 * 215-946-6815 * 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 Emehizer
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

