

Strauss Chiropractic Center

September 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 August.

Slavomir Arest
Anna Miksiewicz-Zoltek
David Garnier
Elizaveta Zampirri
Nathan Barrett
Mary Ellen Norpel
Katie McGillicuddy
Allen Albinsky
Kristin Boltersdorf
Tarjinder Singh
Rashmi Sharma
Paulo Castrellon
Lisa Dezolt
Alejandra Calderon
Hardeep Kaur
Wesley Johnson
Kerwin Weekes
William Sullivan
Jingshan Jin
Sai Shum
Walter Diamond, Sr.

Robert Wister
Richard Fox
Milvia Ruiz
Marilyn Capobianco
Rajendra Patel
Philip Mariani
Alan Lopez
Harshilbhai Patel
Marcela Canete
Amitkumar Patel
David Ayala
George Peggs
Patricia Teschner
Sergio A. Lopez
Heidy Arias
William Malampy
Mark Haddow
Dalbir Singh
Denise Diamond
Tori Drummond
Blanca Orellana

Do you LOVE the Strauss Chiropractic Center??

Would you please take a
minute to leave us a Google
review?

Simply open your phone's
camera and scan the QR code
below. It will open a webpage
right to Google where you can
leave your review.



Google Reviews help businesses
grow and be seen!

Thanks in advance for your
consideration and support.

Thank you...

- *Iwona Ziemkowska & Krystyna Szczepankowska for the coffee.*
- *Ruthie Washington for the shea butter.*
- *Audrey Stenaka for the cake.*
- *Ekamjot & Tarjinder Kaur for the Taco Bell coupons.*
- *The Powells for the green beans.*
- *Fred & Harriet Cicconi for the figs.*
- *Tom & Linda Cragle for the Daily Bread booklets.*
- *Lucille Sobczak for the kitchen items and the Starbucks coffees.*

All Right Kids, Line up!!!

Kids in school always seem to be lining up for something. Lunch? Line up. Recess? Line up. Going literally anywhere? Yep—line up again. When I was growing up, there were only two ways to do it: alphabetical order or by height. And honestly, height was the go-to method almost every time.

I was always the tallest girl in my class—taller than most of the boys all through elementary school—so I inevitably ended up at the very back of every height-ordered line. Maybe you were like me, or maybe you were the exact opposite, always leading the pack at the front. Either way, it's worth remembering that you're already exactly who you're meant to be, even if it doesn't feel that way right now.

Most kids find themselves wondering things like **“When will I get taller?”** or **“How tall am I going to be?”**—questions that feel huge when you're still growing and trying to figure out where you fit.

You should know a few key things about how growing actually works. Most of the time, you grow slowly and steadily, with just a couple of big “spurts” along the way. The first one happens in your very first year of life, when you can shoot up by nearly ten inches. After that, the next major spurt comes with puberty—when your body starts shifting toward its adult form. For most girls, that growth surge happens somewhere between ages 10 and 14. Boys usually hit theirs a little later and can keep growing until around age 16, with some stretching upward even a few years beyond that.

How tall you'll eventually be is mostly shaped by your genes. In other words, your parents set the upper limit for your height, and you'll usually end up somewhere within that range—not far above it.

There's a simple way to get a rough estimate of your adult height will be: double the height you were at **age two if you're a boy**, or at **18 months if you're a girl**. It's not perfect, but it gives a surprisingly close guess for many kids.

The bottom line is, people come in a wide variety of heights. Some are tall, some are short, and plenty land somewhere in the middle. Every single one of those possibilities is completely, wonderfully **AMAZING!!!**

For the most part, there's not a whole lot you can do about your height except wait and see. What you *can* do is give your body everything it needs to grow as well as it possibly can. That means eating nourishing foods, getting plenty of sleep, moving your body regularly, and of course seeing your chiropractor regularly. If you do all these things, you will likely not only reach your maximum height potential but your maximum potential in every area of life.



Remember, everyone grows at their own pace, and that's part of what makes the world so interesting. There is truly **no one else exactly like you**. You are **AMAZING** just as you are. So, celebrate who you are and enjoy the school year—no matter where you end up in the lineup.

-Judy Campanale, DC, ACP