

Strauss Chiropractic Center



September 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 August.

Rebecca Cruz
Maria Sydorenko
Heather Kovach
Jennifer Campbell
Manvir Gill
Dehuti Patel
Susan Hallquist
Joanne DeLuca
Dan & Michelle Mandolesi
Ahsan Haseeb
Brittany Yahner
Summer Klemp
Debbie Doherty
Mariya Shevchuk
Sunil Kapoor
Himanshu Desai
Brajbala Mehta

Jada Moran
Sergio Perez
Wilson Tello
Bonnie Thiboutot
Kristin & Jim Shalinsky
Ed Collins
Figen Kartal
Walter Diamond
Natalie Petersen
Elsa Gonzalez
Eric Capar
Donna Pickenheim
Mahmut Akbulut
David Ortiz
Kevin Horan
Rosa Pelaez
Iwona Ziemkowska

William Schum
Kalpesh Tailor
Benjamin Faehl
Cody Henderson
Erick Garcia-Ortiz
Sanjay Shah
Troy Slaffey
Hannah Hegedus
Parmjit Kaur
Navkarn Singh
Alexandra Faehl
Jessica Khamphoumy
Laura Saloiye
Chris McAstocker
Darlene Meekins
Beth Nelson
Jigar Patel

Thank you...

- Ed Mondelli for the coffee.
- Manisha Patel veggies.
- Troy Slaffey for the necklace.
- Bob McCarney for the peaches.
- Judy Mann for the very cool Chiropractic travel mug.
- Iwona Ziemkowska and Krystyna Szczepankowska for the lovely rosaries and the coffee and cinnamon rolls.
- The Galiotos for the Steelers wall hangings.
- James Worthington for the garden veggies.
- Lucille Sobczak for the t-shirts and hand sanitizer.

- The Bickels for the pre-washed tomatoes (over and over again.)
- Carolyn Davis for the vitamin water.
- Halina Wisniewska for the blueberry danish.
- Dharti and Gaurang Patel for the Dunkin coffee and mug.



Back to School Time!

When I was a kid, my family had a very definite routine leading up to September and back to school time. Of course, there was shopping for new clothes and new shoes and new school supplies including notebooks, pens, pencils, and other necessities. There were also doctors' visits because my brother, my sister, and I all wore glasses, so we had our eyes checked every single August since I can remember. In fact, I still routinely have my eyes examined every August many, many years later.

Another routine that parents usually make their kids start, often in August, is going to bed a little earlier to adjust their sleeping patterns prior to the first day of school. Sleep is one of the most critical things we can do for ourselves to be our smartest, healthiest, most **AMAZING** fabulous selves.

If you're like some kids, you probably argue with your parents when they tell you it's time to go to sleep. But you should know that most kids also can't get up in the morning and if they are honest, they would admit that they wish they got more sleep. So parents might be on to something.

So much happens when you sleep that is beneficial to your **AMAZING** body and your brain. Most kids between the ages of 5 and 12 need between 10 and 11 hours of sleep every night. Adults need a little less, but even they still need between 7 and 9 hours of sleep. Of course, we are all different so some may need more, others less. During those hours your body repairs and rests and your brain sorts, files, and reorganizes information. This allows you to get up and go with your strongest body and your clearest thinking mind the next day.

Miss even one night's sleep and you will

probably feel clumsy and cranky the next day. Miss two night's sleep and it will be difficult to think and do things. Miss five night's sleep and you will begin to hallucinate and see things.

A good night's sleep is critical for almost every bodily function including those of your immune system, your digestive system and so much more.



As important as a good night's sleep is, you can't get the maximum benefits from your sleep if your nerve system isn't functioning at its optimum. Your nerve system directs the filing, healing, and restoration that occur when you sleep so it's critical to keep it at its healthiest and clearest.

Chiropractors check to make sure that the bones of your spine aren't disrupting the function of your nerve system. The clearer your nerve system, the better the communication and the better you can benefit from all the great things that happen when you sleep. So, see your chiropractor regularly, get to bed at a reasonable time and have your most **AMAZING** school year yet!

-Judy Campanale, DC, ACP