

Strauss Chiropractic Center

September 2020 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 May.

Jennifer Miller
Maria Santiago
Asiye Semiz
Lyndsey Anderson
Ella Wiser
Rena Schimmel
Griselda Ortega
Lisa Lee
Chuck Temple
Ryan Shuster
Susan Manise
Rupinder Kauri
Vasion Luorosi
Kevin Higgins
Vitali Rakuts
Gairo Family
Harlee Logue
Jeffrey Smith
Vince Reed
Virginia Clarke
Manpreet Kaur
Edgar Rodriguez
Carol Smith
Quentin Davis
Holly Warsheski
Jamie Ruiz
Miguel Montero

Sue D'Aversa
Stan Wiser
Geeta Patel
Robert Hannon
Brenda Ruiz
Jennifer Serafino
Eduardo Carrera
Dr. Malamud
Joe Sarappo
Michael Shumski
Mari Moran
Luz Olayo
Mike McBride
Prabhjot Singh
Pasha Semiz
Geoff Kleid
Christine Carty
Alisa Behari
Kubra Karagoza
Anchal Bartra
Juan Posada
Yvette Patino
Anita Kulan
Mark Bachman
Gurwinder Singh
Ivonne Romero
Nikhil Raval

Pam Bethea
Angela Minor
Nikhil Raval
Dylan Burke
Louis Martin
Curt Fredricks
Jamie Sheets
Kayla Hernandez
Joan Bastedo
Trupti Patel
Donzella Godbolt
Karen Miller
Chris Miliano
Dr. Damien Ciasullo
Victor Hultquist
Ramona Gaines
Dawn Weierbach
Maggie Perkins
Holly Grose
Eric Keys
Israel Cuellar
Victoria Butle
Linda Velasquez
Diane O'Brien
Rena Lock
Tom & Amie Schneider

Thank you...

- Ralph and Betts Bickel for the produce.
- Michael Gerome for the pizzelles.
- Vasion Luarasi for the tomatoes.
- Kim Rush for the hand sanitizer.
- Jack and Eleanor Ems for the homemade applesauce.
- Natalie Jenner, Audrey Stenaka and Linda and Tom Cragle for the disinfecting wipes.



“I Couldn’t Drink Another Thing!”

While health experts do not all agree on the exact amount, many recommend that people drink half their weight in ounces (oz.) of water every day!!! That’s a lot of water!! For the average 200 pound man that’s 100 ounces of water!! If you do the math (hint: there are 8 oz. in a cup), that’s 12.5 cups of water a day!! If you’re thinking, “Yeah, but I’m a kid,” you should know that the recommendations for kids are also pretty high. In general, it is suggested that toddlers drink 2 to 4 cups of water per day (16-32 oz.); 4-8 years old, 5 cups (40 oz.); 9-13 years old, 7-8 cups (56-64 oz.); and 14 and up 8- 11 cups (64-88 oz.) PER DAY, every day!! That’s why your folks are always pushing you to drink water. But why do we need so much water? Where does all that water go!?! Well the quick answer to that might be found in your bathroom. Lol. But before you go there that water is put to AMAZING use by your body!! About 60% of your body is made up of water. That’s right, more than HALF of you IS water!!! And not only are you mostly water but your body requires water for many body functions. In fact to function properly, ALL of your organs as well as your 27 trillion cells NEED water! What follows is a list of some of the many things your AMAZING body can and will do with all that water if you drink it!

- Your body uses water to dissolve many minerals and nutrients to make them available for your body to use.
- Your kidneys use water to regulate fluid in your body and without sufficient water they cannot work as they should. • Your body uses water for your joint tissue, called cartilage, for lubrication which allows for flexibility and shock absorption.
- Drinking water keeps your mouth clean and helps form saliva and mucus. Saliva is important for the digestion of food. Water also keeps our mouth, nose, and eyes moist.

- Your blood is about 90% water and to flow smoothly and carry vital oxygen to all parts of the body it needs plenty of water.

- Your body uses water to keep your skin plump and healthy

- Your body uses water to regulate body temperature. Water that is stored in the layers of your skin comes to the surface to cool you off when your body heats up. You know this as sweat.

- Your body uses water to help maintain proper blood pressure. Less water in your blood makes it thicker which makes it more challenging to move through your body increasing the pressure.

- Your airways need water to stay open and pliable.

That’s a LOT and that’s not even everything!! Your AMAZING body also uses water to cushion the brain, spinal cord, and other sensitive tissues. And we all know how important your nerve system is!!! Your nerve system controls every other system in your body. That’s also why it’s so important to ensure that Continue reading on page 2 Chiropractic Newsletter Your Amazing Body Provided and published by ICPA. For more information, visit discoverkidshealth.com 2 there is no distortion to your nerve system caused by vertebral subluxation. Your family chiropractor can help you with that. He or she will check your spine to make sure none of the individual spinal bones are altering the function of your nerve system. Then your AMAZING body can keep doing all the incredible things it does with water and with everything else!

—By Judy Nutz Campanale, DC, ACP