

# Strauss Chiropractic Center

...because adjustments are a part of life



JANUARY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 New Year's Eve Office closes at 1PM	1 New Year's Day Office Closed	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 M L King Day Office is OPEN!!!	21	22	23	24	25
26	27	28	29	30	31	1
					Dr. Judy will be out.	
					Dr. Gerry 9AM to 8 PM	Dr. Gerry 9AM to 1PM

**Strauss Chiropractic Center**  
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 StraussChiropractic@gmail.com

**Office Hours**  
 Monday to Friday 9 AM - 8 PM  
 Saturday 9 AM - 1 PM

**Chiropractors' Hours**

Dr. Judy M & F: 1-8  
 T & Th: 9-3  
 S: 9-1

Dr. Randy M & W: 9-1  
 T & Th: 3-8

Dr. Gerry M & W: 1-8  
 F: 9-5  
 S: 9-1

**Help Us Warm the Hearts and Lives of Those in Need!**



**\*\*Please see the back for additional detail\*\***



# Happy New Year

Ah, yes! The time to commit again to all those things that we know are good for us but that we just haven't done this past year. So raise your right hand and repeat after me, "I (fill in your name) do solemnly swear to eat better, exercise more and see my chiropractor regularly." I know the majority of you are making this very resolution this year (or at least some part of it) and that's encouraging. Yet, the fact that we are making the same resolutions year after year is not so encouraging.

Taking care of yourself is not something that comes naturally to many of us and being your best really requires significant effort. The payoff however is tremendous. You know that feeling you have when you're having a really good day—imagine more days just like that—lots of them. And then imagine your family having those kinds of days too. How much more productive would you be? How much happier would you be? That's what taking better care of yourself and encouraging your loved ones to do the same would be like.

And what if your friends, your co-workers, the people who care for and teach your children, fellow rush-hour traffic drivers, and everyone you knew and dealt with also had more and more of those kinds of days? Would that not be the most positive difference our world has seen in recent memory? It's important to understand that while exercise and smart nutrition are necessary and important parts of taking better care of yourself, neither of these

things is as important as having a nerve system that is clear of distortion. Because the nerve system directs and controls every bodily function, exercise, proper diet, good mental attitude and even sleep cannot benefit the body as they should if there is distortion in the nerve system.

Consequently, **seeing your chiropractor regularly to have your spine checked and adjusted if necessary is the single most positive thing you can do to take better care of yourself in the New Year.** And encouraging your loved ones and everyone you have contact with to have their spines checked regularly is a significant and positive contribution toward a better world.

It's a new decade!!! Make the commitment right now to make those kinds of differences in 2020. Identify the day of the week that will be convenient for you and your family to come and have your spines checked and mark it in your calendar right now. For example, if Mondays are convenient for you mark every Monday right now. Also, think right now of 5 people who could benefit from chiropractic (that should be easy since everyone benefits from having a clear nerve system). Write their names down and the next time you see them ask them "Have you seen your chiropractor lately?" or "Who is your chiropractor?"

It won't just happen accidentally, but you can make 2020 your best year yet. You can do it!

## Help Us Warm the Hearts and Lives of Those in Need

Throughout the month of January, the Strauss Chiropractic Center will be collecting blankets and coats (of all sizes) for the needy. Items will be donated to the good people who run the Homeless & Those in Need Program in cooperation with St. Thomas Aquinas Parish.

Used items are most welcome. We simply request that they be thoroughly cleaned. Your generosity is most appreciated.

