



Strauss Chiropractic Center



♣ 1405 Frosty Hollow Road, Levittown, PA 19056 ♣ 215-946-6815 ♣ www.strausschiropracticcenter.com ♣

Thank you for referring your friends and family to our office for the month of February.

Molly Castillo
 Manual Rivera
 Andrew Rivera
 Mike Tanner
 Rose Hilgar
 Barbara Snyder
 Austin Vitacollana
 Manpreet Kaur
 David Lea
 Megan Keenan
 Kristina Chubok
 Melissa Schick
 Sarah Hernandez
 Joseph Golding
 Melissa Millan
 Faith Barna
 Mandy Noriga
 Michael Verleysen
 Bob Kralle
 Kirnan Patel

Sukanaya Patel
 Paul Labbee
 Patricia Powers
 Patrick Kitchenman
 Casey O'Connell
 Meeta Gandhi
 Jyoti Shah
 Patrick Wales
 Heather Renz
 Megan Logue
 Penny Wilson
 Lisette Tramel
 Saima Amreen
 Dincer Karakaya
 Brooke Haughawout
 Rolando Davila
 Miguel Montoya
 William Manns
 Brian Szajdek
 Linda Worst
 Raj Talati

Robert Amend
 Tom Jennings
 Michael Kraemer
 Kasey McCormick
 Karleen Kelly
 Danielle McKelvie
 Zach Smith
 Kathleen Haydu
 Becky Thomas
 Michael Handlon
 Bob Ferguson
 Chelsea Bellerby
 Trevor Anderson
 Ana Ruiz
 Ruth Valdiva
 Prayesha Amin
 Sherry Rossini
 Ida Johnson
 Abigail Miller
 Sarah Henderson-Worthington
 Eugenia & Marina Slusaranky

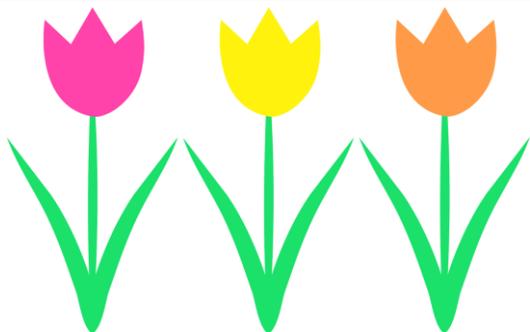


Thank You

- ✚ Hitesh and Aarti Patel for the coffee and iced tea.
- ✚ Ben Jasani for the coffee.
- ✚ Mike Gerome for the delicious sausage.
- ✚ Patty Bainbridge for the flowers.

Congratulations!

- ✚ Suketu and Tulsi Amin on the birth of daughter, Aarya, on January 10th. She was 7 lbs 6 oz.
- ✚ Katheryn Haney on birth of daughter, Madison, on January 22nd. She was 7 lbs 8oz and 20 inches long.
- ✚ The Brehm Family on the birth of Francis George on January 28th. He was 8 lbs 14 oz and 20 inches long.
- ✚ Great Grandfather, Warren Logan Sr., Grandparents, Pam and Warren Logan Jr., and Parents, Josh and Jen Logan on the birth of Eliana Joy on March 18th. She was 5 lbs, 6 oz and 18 inches long.



“What Did We Do Before Waze?”

Have you ever noticed those blue lines on the inside of your arms? Sometimes they're more obvious than others. And when they're really noticeable they kind of look like a road map—wouldn't you say? You may be asking, “What's a road map!?” A road map is what people used for directions before there were such things as Google maps, GPS, and Waze. They were large pieces of paper with lines going every which way that showed the roads of a particular city, state, or region. Each line has a specific destination, a purpose, even though it looks like they're going everywhere.

The blue lines under your arms are your veins. They are part of the blood vessels that make up your circulatory system. Veins, together with your arteries and capillaries, form the system your body uses to transport blood from your heart to all your body parts. Arteries and capillaries are the roads your body uses to take the blood from your heart to every part of your body, and veins are the roads that bring the blood from all your body parts back to the heart.

When blood is in your heart it is sent to your lungs first, to pick up oxygen, then back to your heart to be pumped to the rest of the body. All of your tissue cells need oxygen to live. The blood flows through the arteries, then through tiny blood vessels called capillaries, where it gives up its oxygen to the body's tissues. (Your lips have a lot of these capillaries, which is why they're red.) The system is very effective. Your body is able to pump blood to every part of your body in less than 60 seconds!

While the blood in your arteries is rich with oxygen, the blood in your veins has already delivered the oxygen and is now on its way back toward the heart and lungs where it will be nourished with oxygen again. Instead of being bright red like your lips, the blood in your veins is a darker color, almost blackish red. It is also cooler in temperature. With this sophisticated transportation system, your body is able to keep the two types of blood completely separate, kind of like two lane roads that keep the cars from crashing into one another.

Not only is this system sophisticated, but it is also extremely elaborate. It is estimated that if your blood vessels were all laid out in one line, it would stretch over 60,000 miles! That's around the world, not once, but more than twice!! This system is just another example of how amazing your body is! The unbelievable organization of your body shows how intelligent it is. And that intelligence not only designed your body but it keeps it working in an organized fashion for your whole life by using the nerve system to communicate and coordinate all body functions.

Chiropractors check to make sure that your inborn intelligence is expressed as fully as possible. They do that by making sure that the bones of your spine aren't disrupting your nerve system. The clearer your nerve system, the better the communication and the more you can be the amazing person you are meant to be!

—by Judy Nutz Campanale, DC, ACP