



## You are Constantly Stressing out Your Spine

- Staring at a computer
- Giving piggy back rides
- Going to the gym
- Not going to the gym
- Squishing into a plane seat
- Working that second job
- Sled riding
- Slipping and falling
- Arguing with your kids
- Arguing with your parents
- Bending your head to look at your phone
- Cleaning out the attic, garage, closets
- Gardening
- Tripping over the dog (or cat)
- Carrying your children
- Getting stuck in traffic
- Playing sports
- Watching sports
- Road rage (yours or someone else's)
- A bad night's sleep
- Unexpected hospital stay (yours or a loved ones)
- Gaming
- Falling asleep on the couch
- Studying
- Paying your taxes

**It just makes sense to have your spine checked regularly... after all it is protecting your central nerve system which is running the rest of your body.**

That's why we run Strauss Chiropractic the way we do... quick visits, no appointments, long hours, and a set your own fee system... so you and your family can get regular ongoing chiropractic care so you can all be your best.

## Who in the world is D.D. Palmer and why would the Strauss Chiropractic Center be celebrating his birthday?

- D.D. is the Discover of Chiropractic (1895).
- D.D. delivered the first adjustment to a deaf janitor, Harvey Lillard, and restored his hearing.
- D.D. started the first chiropractic school in Davenport, IA in 1897 which still exists today.
- D.D.'s son, B.J. Palmer, went on to dedicate his own life to developing chiropractic (until his death in 1961).
- D.D. wrote two text books on chiropractic.
- D.D. served 105 days in jail for practicing chiropractic. He was actually falsely accused of practicing medicine without a license.

