

Strauss Chiropractic Center

March 2018 Newsletter

1405 Frosty Hollow Rd Levittown, PA 19056 215-946-6815 strausschiropracticcenter.com

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

Edward Bacerra
Melissa Kelly
Beverly Deriggi
Riket Patel
Jaclyn Rugg
Donna Knoedler
Jose Ramirez
Guadalupe Renteria
Jimmy McMullen
Sofia Rocha
Tyler Stanhope
Teresa Slater
Debbie Norman
Jaswinder Singh
Ryan Joniec
Tyler Sohmer
Brooke Holdcraft
Brenda Stobbe
Manish Verma

Joseph Morales
Tom Brower
Vince Yodis
Anthony Vittorio
Robert Valentine
Stan Wiser
Jose Paez
Priya Patel
Lynn Graziano
Rich Collins
Sean Dugan
Erin Buhler
Katelyn Mullen
Jimmy Stevens
Riket Patel
Tom Kanski
Hannah Bingaman
Emily Goldberg
Zach Barats
Faith Barna

Tara Delahanty
Vivian McKenna
Rafal Glinka
Joseph Ravenell
Melida Velasquez
Michael Maurizi
Daniel Morales
Cait Frazier
Matt Scaramuzzo
Michelle Werner
Varsha Jadeja
Liz Alfaro
Moises Cardenas
Meaghan Jones
Erica Schilling
Bonnie Kelly
Jennifer Avitabile
Rose San Juan
Michelle Robertson



Thank you...

- Don Martin for the cinnamon candies.
- Ben Jasani for the coffee.
- Kathy Duerr for the delicious homemade cookies.
- Bobby Werner for the jewelry box.
- Jim Ferraro for the chocolates.
- Tess Moore for the brownies and fruit.
- Barb and Neil Devine for the crumb cake.



Congratulations...

- Bill and Becky Linebaugh on their 50th wedding anniversary on January 27, 2018.



“I Do Not Like Green Eggs & Ham!”

*“I would not like them here or there? I would not like them anywhere.
I do not like green eggs and ham. I do not like them, Sam-I-Am.”*

You likely recognize these lines from the bestselling Dr. Seuss book which has sold over 8 million copies around the world. The author of this beloved book was born on March 2nd and since 1998 we have celebrated the day as Read Across America Day.

Reading is a joy that can take you places you may never have the opportunity to otherwise go, teach you things and grow you in ways you never expected, and entertain you for a lifetime.

The basics of reading are that letters stand for sounds. Groups of letters together stand for words that represent things. But the real magic of reading is how our brains transpose those letters and words into thoughts and images in our minds. Isn't it amazing that when you look at the letters g-r-e-e-n e-g-g-s, you see in your mind something that doesn't exist? Although you have never actually seen green eggs, you can see them in your mind because you read the words. This is a critical part of reading called comprehension.

Reading is actually a complex activity that requires specific nerve pathways and centers in your brain as well as lots of practice. That's why one of the best things you can do to become a better reader is practice, practice, practice. Read everything and anything you can. Cereal boxes, greeting cards, billboards, and of course, books.

Even before you could read, your brain was being prepared to read by listening to sounds and building language. Learning to read is really developing the ability to connect the sounds of language to the letters of the alphabet and then building recognition of different collections of letters (words) and their meanings. The reading brain is like an orchestra with different parts doing different things to produce one product.

When you read, part of your brain works to identify and organize the sounds, another part handles speech production, grammar, and fluency, and yet another part is responsible for connecting the letters to make words. This doesn't even include the nerve pathways involved in actually seeing the letters and transmitting them to your brain or those involved in coordinating the motion of your mouth and tongue should you want to read aloud!

Practice is definitely important if you want to become an excellent reader but doesn't it make sense to keep your nerve pathways clear as well? Your chiropractor can help you with that. He or she will 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 will be able to focus, concentrate and really enjoy the magic of reading.

by Judy Nutz Campanale, DC, ACP, FCSC (hon)

