

Strauss Chiropractic Center

August 2019 Newsletter

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

Daphne Wisler
Rhiann Burgess
Donna Burgess
Lovepreet Sumal
Shannon DeFelice
Elsa Gonzalez
Marie Ruiz
Ronaldo Contreras
Teresa Slater
Erin Knight
Eileen Chen
Lisa Lawton
Michelle Liberty
Jordan Wood
Keith Piuma
Paul Phillips
Janice Robinson
Scott Sutherland
Phillip Young
Cathy Lauren
Sasha Ford
Linda & Tom Wilson
Allie Morgan
Rich Mason

Aaron Bach
Martha Holland
Tammie Childers
Josh Sass
Faith Barna
Jenson Samuel
Quinn Carter
Nita Patel
Harbens Navarro
Deborah Fitzpatrick
Jayne Davis
Heather Davis
Steven Coder
Nick Morgan
Edmund Johnson
Nita Patel
Ankit Patel
Madison Wilcox
Tom & Linda Cragle
Matt Lepchuk
William Heftner
Marisol Davis
Tim Marshall
Edward Martin

Ashley Foley
Nidhi Patel
Luis Luciano
Jason Guthridge
Brittany Kanuck
Justin Culberton
Teresa Cupuano
Sean Ellis
Jay Patel
Diane Forrest
Candice Devos
David Cooke
Marie Latimer
Chris Chapman
Tracy Thomas
Devon Torma
Britney Somaine
Susan Miletto
Scott Glover
Judy Matlack
Jennine Babau
Chris Smith
Robert McEwen
Joyce Macaluso

Jigor Patel
Judy Matlack
Donna Allen
Jennifer Dannels
Kristen Boltersdorf
Andrew & Justin Kanetsky
Cody Weaverling
Christopher Neuman
Harshita Lohia
Tom Skotarczak
Joe Lebanoski
Pam Saunders
Kathy Sheehan
Jaacquelin Schmidt
Gina Vitulli
Maria Marshall
Victoria Heslin
Ronald Laub
Manisha Patel
Aryn Ivie
Yesenia Aguliar
Keavin Lavery
Luan Teixeira



Thank you...

- Phil Neuhard for the cake.
- Audrey Straka for the barbecue sauce.
- Jim Ferrero for the pretzels.
- Ben Jasani for the coolattas.
- The Bickels for the tomatoes and cucumbers.
- Mike Gerome for the delicious sausage.
- Tess Moore for the oranges.
- Don Martin for the cinnamon candies.
- Hope Sauppe for the new plants.
- Anita Worthington for the soft pretzels.



Turn That Frown Upside Down!

Maybe you've heard that it's easier to smile than it is to frown. That's because it is commonly believed that it takes 43 muscles to frown and only 17 muscles to smile. Or maybe you heard that it takes 62 muscles to frown and only 26 muscles to smile. Wait... what!?!

The truth is this is a bit of an old wives tale because it is very hard to measure the exact number of muscles it takes to smile OR to frown. We are all so different and so are our smiles and our frowns.

What we know is that no matter how many of the 43 muscles in your face it takes to smile, the very act of smiling has amazing positive impact on your whole body!

First, your facial expressions tell the world how you are feeling. And people typically respond in kind to the facial expressions they encounter.

That means if you are smiling, people that you meet will likely smile back. And that makes everyone feel happier. Of course, the opposite is also true so be careful!

However, our facial expressions are more than just a sign of how we are feeling, they also contribute to that feeling. If we smile even when we don't feel like it, our mood will improve despite ourselves.

Studies have actually been done where they force subjects to smile and results of the study show that even though they were pretending to be happy, the subjects' bodies didn't know the difference between acting and the actual emotion.

That's right... your body is so amazing that when you smile the effects of happiness can be measured in other parts of your body, including your brain, your circulatory system and your nerve system! How amazing is that!?!

Every emotion you have is affected by your brain but your brain is also affected by every emotion you have.

When you perceive something that makes you happy, your brain gets signals to release certain chemicals called neurotransmitters, specifically dopamine and serotonin.

The interesting thing is when you make these chemicals you feel happy, but you also feel happy when these chemicals are made.

These chemicals, in turn affect other parts of your body. For example, serotonin not only regulates your mood, it also affects your behavior, your appetite and digestion, your sleep and your memory, among other things. Serotonin and neurotransmitters in general are used to transmit messages between nerve cells.

Neurotransmitters are very important because if messages aren't transmitted correctly then your body can't work the way it was meant to. So you would smile but you wouldn't feel happy.

A similar thing happens when your spine is not well aligned. The bones of the spine can distort the function of the nerve system and then your body can't work the way it was meant to. Your chiropractor can help you with that by checking your spine and adjusting any segments that are subluxated and that should turn that frown upside down for sure!

—By Judy Nutz Campanale, DC, ACP, FCSC (hon)

