

# Strauss Chiropractic Center

## January 2019 Newsletter

\* 1405 Frosty Hollow Rd. Levittown, PA 19056 \* 215-946-6815 \* [www.strausschiropracticcenter.com](http://www.strausschiropracticcenter.com)

Thank You for referring your friends and family to our office for the month of December.

Christine Coyne  
Brian Dickey  
Hilary Vicknair  
Merry Petersen  
Vinnie Donohue  
Winter Pisco  
Ray & Marc Gansworth  
Tim Potts  
Dennis Lord  
Charles Koch  
Nancy Baker  
Robert Affet  
Praribha Bansal  
Edward Vickers  
Barry Cooperman  
Mika Pariak  
Steven Shawanika  
Erica Sveen  
Gurdeep Singh  
Gurpreet Singh

Walter Fuentes  
Samantha Smith  
Devin Schneider  
Keith Clever Jr.  
Kristin Potter  
Jennifer Swope  
Joe Drum  
Alyse Funk  
Donna Cappela  
Vick Kletcheck  
Jordan Loveless  
Richard Hershman  
Jademir Nascimento  
Tina Kendust  
Denise Lynn  
Deidre French  
Robbie Leipzinger  
Bonnie Haeberle  
Rafael Bohorquez  
Natalie Otto

Simone Reyes  
Art Rountree  
Anthony Spadafora  
Christine Ball  
Charla Krupa  
Alfonso Olivera  
Alexis South  
Gabrielle Vega  
Nitin Patel  
Dedi Nguyen  
Amy Dombrowski  
Frany Ramos  
Renay Blair  
Kamzesh Kaur  
Tim Parker  
Brittany Kanuk  
Gurinder Kaur  
Erin Kane  
Anish Kapadia  
Amanda Fink



# Thank you

- Fred Favoroso for the pizzelles.
- Ben Jasani for the coffee.
- Kathy Duerr for the cookies.
- Cheryl Rexrode for the chocolate covered pretzels.
- Bridget Sweeney for the cookies.
- Tess Moore for the loveable stuffed animal.
- Judy McLaughlin for the Ferrero Rocher chocolate.
- JoAnn Ford for the amazing vanilla noel body cream.
- Rich Yurgevich for the transformers for Breyon.



*Thank you. . .*

To all of you, who gave us cookies, candy, flowers, wine, chocolate covered pretzels, gift cards, coffee cakes, calendars, Steelers clock, lottery tickets, breads, socks, fruit, dog and cat toys, cards, hugs and well wishes during the holiday season. We are ever so grateful. Happy New Year!

# “Should Auld Acquaintance Be Forgot...”

Maybe you sang the song that starts with this line recently. Auld Lang Syne is a Scottish poem set to a folk tune that many folks around the world sing to ring in the New Year. It is meant to remember the old and celebrate the new, even though many of us don't know the words exactly. Many of us like to take time at the end of the year to remember old friends or times gone by and to make resolutions or set goals to renew ourselves and start the new year fresh.

Most of the cells in our bodies could join us in this celebration, too. I say that because 90% of the cells in the body are replaced every year at least once. They don't just renew themselves yearly though, they are constantly renewing themselves. You may have heard that you completely replace every cell in your body every seven years. That's because bone cells take a long time to replenish. But most cells are constantly being replaced with new cells, day by day.

There are between 50 and 75 trillion cells in the body. A few of your cells, like the cells in the middle of your eye lenses and certain brain cells are meant to last a lifetime. These are amongst the longest living cells in your body while the shortest living cells include certain cells in your digestive system (gastric epithelial cells) and those in the outer layer of your skin, both of which last only a few days.

There are about 200 different kinds of cells in your body and each type of cell has its own life span depending on the workload it is given. Certain red blood cells live for about four months (120 days), while other kinds of white blood cells live on average more than a year. Other cells, such as heart muscle cells, may last 40 years! All the variation in the life span of different cells is amazing enough, but there is also a wide variation in how cells are replaced.

There are two ways for a body to produce new cells. The first way is for a particular cell, such as a liver cell, to divide and produce two new cells that are copies of the original. This is called mitosis. The other way is for adult stem cells within tissues to make new replacement cells. Stem cells are cells that have the possibility of becoming any other type of cell.

Your body is the manufacturer and distributor of over 200 different kinds of cells, all of which have varying demand and production requirements. Can you imagine how complex the body is in order to keep track of all this, and to keep the process going for an entire lifetime?

Lucky for you, you don't have to keep track of the production and reproduction of all the cells of your amazing body. Your body does it for you. You have an intelligence within you that you are born with. We all do. And that wisdom not only creates the body but recreates it, over and over, allowing it to work and function in an organized fashion for our whole lives. This wisdom uses your nerve system to communicate and coordinate this marvelous process.

Chiropractors check to make sure that your inborn wisdom is expressing itself as much as possible. They do that by making 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 can be for many more years to come!

By Judy Nutz Campanale, DC, ACP