

Strauss Chiropractic Center

...because adjustments are a part of life



MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Dr. Gerry will be out. Dr. Judy will cover 9-1.
8 Daylight Savings time begins	9 Dr. Gerry will be out. Dr. Randy 9-1. Dr. Judy 1-8.	10	11	12	13	14
15	16	17 St. Patrick's Day 	18	19	20 First day of Spring 	21
22	23	24	25	26	27	28
29	30 	31 	1 	2 	3 	4 
Jelly Bean Contest						

Strauss Chiropractic Center
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Levittown, PA 19056
(215) 946-6815

www.strausschiropracticcenter.com
StraussChiropractic@gmail.com

Office Hours
Monday to Friday 9 AM - 8 PM
Saturday 9 AM - 1 PM

Chiropractors' Hours

Dr. Judy M & F: 1-8
T & Th: 9-3
S: 9-1

Dr. Randy M & W: 9-1
T & Th: 3-8

Dr. Gerry M & W: 1-8
F: 9-5
S: 9-1

Jelly Bean Contest

It's that time again!!! Every time you come in from March 30th to April 11th, you will have a chance to guess the number of jelly beans in the container! The person who guesses the closest without going over will win a prize!



Thank You to...

everyone for your patience and understanding as we continue to onboard our new notetaking system. It's going to be great!

Spring Ahead, Fall Back: Why YOU and Your Whole Family Should See a Chiropractor

By Kevin Donka, D.C. (a friend of Dr. Judy and Dr. Gerry)

I was on an airplane on my way home to Chicago when the flight attendant made the following announcement, "Ladies and gentlemen, don't forget to set your clocks back one hour before you go to bed Saturday night. Remember, spring ahead, fall back! And, if you fall back too far, see your chiropractor!" It was great to hear her mention chiropractic, but it also made me think of a few things.

Most people see their chiropractor for one of only two reasons;

1. If they have fallen back in their health and well being.
2. To make sure they DON'T fall back in their health and well being.

While it is good to make sure both of these things happen, everyone who uses chiropractic in this way is severely limiting its, and their own, potential! Let me explain what I mean by defining three words. These words are health, wellness and wholeness.

Health is the ability to not get sick. It is the ability to function normally and ADAPT to most of the physical, chemical and emotional stresses you encounter in your daily life. This depends upon the ability of your body's Innate Intelligence to correctly comprehend and respond to everything in both your internal and external environments in a timely manner. This requires you to have a clear and balanced NERVE SYSTEM, and this is where regular chiropractic check-ups are so vital to your family's health. An aligned and fully functioning spine allows normal communication between your brain and body to occur and gives you your internal resistance to all of these stresses.

Wellness means continually expressing HIGHER levels of health. It does NOT, as many people think, mean that you maintain good health. No, wellness means actually INCREASING your internal resistance to stresses, so that you continually get STRONGER! Wellness is about actually GROWING! And, wellness is necessary to move toward wholeness.

Wholeness means the total integration of your mind, body and spirit so that you are lovingly expressing your purpose and potential in every area of your LIFE! It means taking the progressively higher levels of physical, mental, emotional and spiritual health you are gaining from your wellness lifestyle and using them to more fully demonstrate your purpose and potential in life!

You see, visiting your chiropractor on a regular basis does not just allow you and your family to keep from falling back. It allows you to continually SPRING AHEAD! And, as more and more individuals keep springing ahead, the whole world moves in the direction of health, peace, happiness and the full expression of life!

Who in the world is DD Palmer???

- ❖ **D.D. is the Discoverer 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 (see pictures in the hallway).**
- ❖ **His son, B.J. Palmer, went on to dedicate his 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.**

