

# Strauss Chiropractic Center

*...because adjustments are a part of life.*



## APRIL 2021

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
Easter 						Dr. Judy will be out. Dr. Gerry will cover 9-1
11	12	13	14	15	16	17
18	19	20	21	22 Earth Day 	23	24
25	26	27	28	29	30	
					<b>Dr. Judy will be out.</b>	
					Dr. Gerry will cover 9-8	Dr. Gerry will cover 9-1

**Strauss Chiropractic Center**  
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[www.strausschiropracticcenter.com](http://www.strausschiropracticcenter.com)  
[StraussChiropractic@gmail.com](mailto: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



# Happy Spring!

Spring is a time of renewal. A time when the smell of warm, wet dirt energizes us. A time when the sound of the squirrels playing chase and the birds singing makes us smile. A time when the warmth of the sun makes us breathe deeply and think anything is possible. We should follow nature's lead this month and as the crocuses, daffodils and tulips reach up to the sky in their unending cyclic dance, we should take the opportunity to better express our own lives. Are you all you could and should be?

Sometimes, we get so accustomed to the habits we've formed that we don't realize we could or should be any different (see quiz in side box). We think we should be cranky in the morning until we've had our second cup of coffee or that it is completely acceptable to blow a gasket when someone steps in front of us in line (whether accidentally or not). I understand that we lead very busy lives but that is no excuse for being mean or for not taking care of yourself or more accurately, that's all it is--an excuse.

If you want to be the best teacher, father, student, athlete, friend (or whatever you are) that you can be then you simply must do certain things. One bad night's sleep illustrates this concept beautifully. You might be able to make it through the next day after only a few hours of sleep, but can you really concentrate the way you'd like, drive the way you'd like, relate to others the way you'd like? Of course not. And what if you only got a few hours of sleep the next night as well? I think you get the point. That's because getting a good night's sleep is one of those things you simply must do on a regular, ongoing basis if you want to be the best expression of you possible.

Because the nerve system directs and controls every bodily function, its optimal function is also one of those things you simply must concern yourself with to be your best. That's why seeing your chiropractor regularly is an absolute necessity whether you want to be at the top of your sport, the top of your company, or the top of the world. Chiropractors check your spine for misalignments that create interference in your nerve system and keep it (and consequently you) from being its best.

Spring seems like a perfect time for renewal. Commit yourself (or recommit yourself) to having your spine and the spines of your entire family checked regularly.

And have a happy Spring!



## "Are You in Need of Renewal?" Quiz

1. Do you slam on your horn and yell at the top of your lungs when someone drives inappropriately? Yes No
2. Do you feel cheerful and energized upon rising each morning? Yes No
3. When asked, "How are you?" is your response more often negative than positive? Yes No
4. Do you do something that you truly enjoy and that is good for you every week? Yes No
5. Do you find you drag yourself through the week and live only for weekends? Yes No

*If you answered "yes" to 1, 3 or 5 or "no" to 2 or 4, you could use some renewal.*