

# Strauss Chiropractic Center

...because adjustments are a part of life.



JULY 2021						
Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<b>**PLEASE NOTE!!!**</b> <b>Our Individual Hours Are Changing!</b>				1 Happy Birthday Katie! (Tomorrow July 2nd)	2 New Hours: Dr. Randy 9-1 Dr. Judy 1-5 Dr. Gerry 1-8	3
4 	5	6	7	8	9 New Hours: Dr. Randy 9-1 Dr. Judy 1-5 Dr. Gerry 1-8	10
Independence Day Office Closed						
11	12	13	14	15	16 New Hours: Dr. Randy 9-1 Dr. Gerry 1-8	17
					Dr. Judy will be out. Dr. Gerry will cover	
18	19	20	21	22	23 New Hours: Dr. Randy 9-1 Dr. Judy 1-5 Dr. Gerry 1-8	24
25	26	27	28	29	30 New Hours: Dr. Randy 9-1 Dr. Judy 1-5 Dr. Gerry 1-8	31

**Strauss Chiropractic Center**  
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 (215) 946-6815

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 StraussChiropractic@gmail.com

### Office Hours

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

### New Chiropractors' Hours

Dr. Judy M: 1-8  
 T & Th: 9-3  
**F: 1-5 only**  
 S: 9-1

(Shortened Friday hours)

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

(Added Friday morning)

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

(Changed Friday hours from  
 9-5 to 1-8.)



# Declare Your Independence!!!



As Americans, we have always valued and celebrated independence. It's what our country is all about--freedom of speech, freedom of the press, freedom of religion, and so on. As people, we value our individual independence. We like that we can live where we want and do what we want so long as it does not interfere with the freedom of someone else.

As we grow older, we want to remain independent. Who in their 30s, 40s, or 50s plans to be a burden to their children in their 70s, 80s, or 90s? Yet that's what happens to many. And if you are not doing everything you can to be your best right now, that's exactly what you are planning.

A group of researchers in Discover Magazine (Nov. 2003) asked the question, how long can the human body last? The answer they came up with was at least 150 years. This number sounds outrageous, but when you consider the current facts on aging, you realize that there is some truth to their findings.

Consider this: according to the U.S. Census Bureau, in 1980 there were approximately 17,000 people over the age of 100. In 2004, there were 70,000 people over the age of 100. By the middle of this century, they estimate that there will be 4.2 million people over the age of 100.

Centenarians, people who are at least 100 years old, are the world's fastest growing group according to Fast Company Magazine, increasing eight percent per year. These numbers are staggering, especially when you consider that when these people were born, in the early 1900s or earlier, their life expectancy was only 50 years. This is a generation of people who are outliving their life expectancy by 50 years. In his book, *The Greatest Generation*, Tom Brokaw wrote about this heroic group and their families who built this country, fought two world wars, and experienced the global expansion of democracy, the development of air and

and automobile travel, the invention of the television, computer and countless other significant events in our history.

The Greatest Generation has taught us so much over the last 100 years about life in this world, and we can add one more valuable lesson to this list. Life is not a 50-year sprint, it's a 100-plus-year marathon.

Too many people live their lives as a 50-year sprint and wear out their bodies and minds along the way. They wait until they have herniated discs or all types of other diseases before they commit to healthy habits that will enable them to live an active, healthy life for 100 years and beyond. If you ask these centenarians for their advice most would undoubtedly tell you that had they known they were going to live this long they would certainly have taken better care of themselves.

Do you think the choices you make today will affect your independence in the future? Do you think the choices your family makes today will impact their independence and their quality of life in their future? Who are the centenarians of the future? You and I. Are you going to be one of those who wished they had done more when they were still able to make a difference in the quality and quantity of their lives or are you going to remain vital and active in your old age as you enjoy your 100 plus marathon? The time to do something is now. Ensure that your nerve system is free of interference from vertebral subluxation, so your body can function as well as possible. To do that you need to see your chiropractor regularly. Declare your independence today.

(Excerpted from *Greatest Generation to Nursing Home Generation* by Eric Plasker, D.C.)



## Bathing Suits Welcome

We understand that during the summer months, vacation and outdoor activities get squeezed into your already busy day making it even more challenging to get to our office to have your and your family's spines checked every week. Remember, Strauss Chiropractic also has Saturday hours from 9AM to 1PM. Consider fitting us into your schedule for the summer to ensure that you and your family get the care that your nerve systems need and deserve. And we don't mind you coming in your bathing suit!!

