



# HEALTHY LIVING NEWSLETTER

It is the mission of Stucky Chiropractic Center to educate as many men, women, and children to the life and health enhancing benefits of chiropractic care and improve our world by having a positive influence on each individual we serve.

## 4 Weapons Against The Flu

By: Chris Edwards, D.C. on Behalf of Stucky Chiropractic

As our weather turns into full-scale Fall, with all the color, beauty, and mild temps that we enjoy, it also ushers in an increased susceptibility to colds and flu! With symptoms ranging from mildly annoying to downright debilitating, the common cold and flu are anything but common these days. With more resilient bacteria and viruses coming forth each year, mainstream medicine struggles to keep people healthy with vaccinations and antibiotics with little success. The good news is, you already have the ability to keep those pesky microorganisms at bay inside you!

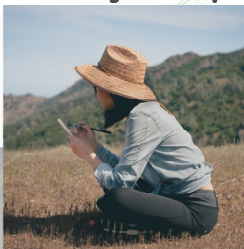
The immune system in **your** body is **your best defense** in battling these baddies off. A healthy immune system can handle most cold and flu outbreaks if given the proper tools. Now, this does not mean you will be invincible, but with a little time your body will do the job! Let's take a look at a few key weapons you can use to keep yourself from becoming a victim.

(See "Flu" Pg. 3)

### Join Dr. Brian K. Becker of Stucky Chiropractic for:

**THINK WELL WORKSHOP**  
**NOVEMBER 17**  
**6:30 PM**

- ◆ Attitude of Gratitude
- ◆ 4 Steps To Master Success
- ◆ Discover Your Authentic Self
- ◆ 7 Rules of Staying Positive
- ◆ Success Principles & Actions



**SEE YOU THERE!**

"Education is not the learning of facts, but training the mind to think."  
*Albert Einstein*

**Time To Think Well!**

REGISTER: 715-835-9514

Held @ Stucky Chiropractic - Sign Up @ Front Desk

## Does Thinking Matter?

By: Stucky Chiropractic with excerpts from Dr. Mercola

Does your outlook on life and circumstances have anything to do with handling stress? Sometimes stress comes from the inside, sometimes it comes from the outside. You can stress yourself out just by worrying about things. All of these factors can lead to stress:

**Fear and uncertainty.** When you regularly hear about the threat of terrorist attacks, global warming, and toxic chemicals on the news, it can cause you to be stressed, especially because you feel like you have no control over those events. Fears can also hit closer to home, such as being worried that you won't finish a project at work or won't have enough money to pay your bills this month.

**Attitudes and perceptions.** How you view the world or a particular situation can determine whether it causes stress. For example, if your television set is stolen and you take the attitude, "It's OK, my insurance company will pay for a new one," you'll be far less stressed than if you think, "My TV is gone and I'll never get it back!" What if the thieves come back to my house to steal again?" Similarly, people who feel like they're doing a good job at work will be less stressed out by a big upcoming project than those who worry that they are incompetent.

**Unrealistic expectations.** No one is perfect. If you expect to  
(See "Thinking Matters" Pg. 3)

## Veteran's Day - Help Us Thank A Vet Today!



A debt of gratitude is due to every man and woman who has served this great nation in a united effort to keep this country safe & Free! Did you know there

(See "Thank A Vet" Pg. 3)

# Protect Your Immune System

By: Stucky Chiropractic with Excerpts from Dr. Mercola

We have an immune system, that, when healthy, enables us to accomplish hundreds of tasks on a daily basis. We need to guard it from continuous pressures from things like:

- ◆ Seasonal Stress
- ◆ Chronic Stress
- ◆ Environmental Pollution
- ◆ Poor Eating Habits
- ◆ Lack of Sleep and Exercise

Taking whole food supplements can help support your immune system against the stresses of modern life and the changing seasons. We recommend taking Congaplex and Vitamin D3, both on sale this month!

Congaplex supports the upper respiratory tract, thymus gland, and the health of your white blood cells, which are responsible for attacking invaders. It contains ribonucleic acid to help your body build new, healthy cells.

Vitamin D3 is the vitamin your body produces in response to the sun. There's overwhelming evidence that vitamin D is a key player in your overall health. This is understandable when you consider that it is not "just" a vitamin; it's actually a neuroregulatory steroidal hormone that influences nearly 3,000 different genes in your body. Receptors that respond to the vitamin have been found in almost every type of human cell, from your brain to your bones.

Optimizing your vitamin D levels should be at the top of the list for virtually everyone, regardless of your age, sex, or health status, as vitamin D deficiency has been linked to an astonishingly diverse array of common chronic diseases including cancer, autism, diabetes, IBS, depression and much more.

Get both supplements for your family today! ■



## Keep Your Appointments

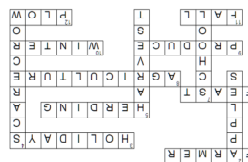
If you ever thought about canceling your appointment because you were sick and didn't want to spread germs to everyone in the office, think again. It's actually the BEST time to come in.



The field of neuro-immunology has well-established the connection between a healthy nerve system and normal immune function. Chiropractic adjustments boost your ability to fight off colds and flus by unlocking your spine, clearing nerve tension and unleashing your immune POTENTIAL! Obviously, it makes sense to keep your immune system working its best so you can get better faster!

Even if you're under the weather, try not to miss adjustments... and don't worry about the other folks in the office getting sick - everyone here will be adjusted, protected and ready to serve you. ■

~ The Weekly Sticky



PUZZLE ANSWERS:

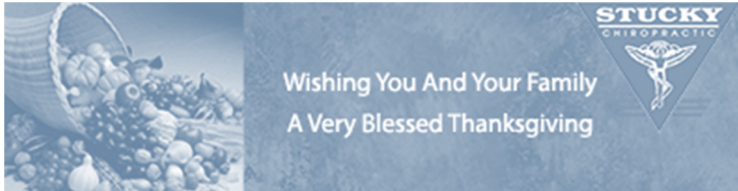


## Thinking Matters (from Pg. 1)

do everything right all the time, you're destined to feel stressed when things don't go as expected.

**Change.** Any major life change can be stressful -- even a happy event like a wedding. More unpleasant events, such as a divorce, major financial setback, or death in the family can be significant sources of stress.

If you are alive, and reading this article, the chances are extremely high that you experience stress to some degree on a daily basis. There are healthy and unhealthy stressors. Find out how to manage these in a healthy way at the Think Well Workshop on November 17th with our own Dr. Brian K. Becker. Open to the public and complimentary! So invite a friend and we will see you there. Register today at the front desk. ■



## Thank A Vet Today! (from Pg. 1)

are approximately 23.2 million veterans in the United States.

Veterans Day is not to be confused with Memorial Day—a common misunderstanding, according to the U.S. Department of Veterans Affairs. Memorial Day (the fourth Monday in May) honors American service members who died in service to their country or as a result of injuries incurred during battle, while Veterans Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime. The brave men and women who serve and protect the U.S. come from all walks of life; they are parents, children and grandparents. They are friends, neighbors and coworkers, and an important part of their communities.

Let's show Stucky Gratitude... Help us thank our vets. Using the words "Thank You Veterans For My Freedom" Get creative... Make a sign, bake a cake, write it on a wall, your locker, a t-shirt, your car window... get your band director to make a Thank You formation; If you personally know a veteran, ask if you can also use their name on your thank you. Then take a photo of your creation and either bring it to Stucky, or send it to [marketing@stuckychiropractic.com](mailto:marketing@stuckychiropractic.com). We will in turn share our combined love notes online and in person with our local veterans organizations. Please **submit your photos by Monday, November 9th!** Thanks for helping us give gratitude! ■

## Flu (from Pg. 1)

**Get plenty of rest** - Sleep deprivation is a huge no-no and has a negative impact on the immune system. You need restful sleep for your body to repair and heal. Without it, you will become more susceptible to many health problems, but colds and flu, in particular, will hit with a vengeance.

**Food** - While we promote eating healthy all the time, keeping the sugar and simple carbs (food easily converted into sugar) to a minimum while you are sick, will help support immune function. Also, simple sugars are very inflammatory and will make you ache more, will aggravate bronchitis, and will slow down your recovery.

**Water** - Stay hydrated! The winter air, inside and out, can be dry. Even the simple act of breathing the dry air into your lungs will pull water out of your body to 'humidify' the air in your lungs. Staying properly hydrated is critical to many functions in your body, especially your immune system. So make sure you are drinking at least half your body weight in ounces each day to stay healthy!

**Get Adjusted** - Keeping your nervous system working properly, whether an infant or adult, is key to the brain being able to communicate the proper response to an attack on your body. Studies show that those who receive regular chiropractic adjustments are less susceptible to colds and flu; and if you do get ill, the duration is shortened. If you find yourself coming down with something, make an appointment to see your Stucky chiropractor for an immune boosting adjustment. We are here for you in sickness and health!

Those are a few things you can do to ensure you stay healthy this season. Another personal favorite preventative tip the tea recipe below. It is a good way to boost your immune system, help reduce runny sinuses and lung congestion, and has some anti-inflammatory properties also.



**RECIPE:** 1 teaspoon of ground ginger, 1 pinch of ground cinnamon, and one pinch of ground cloves. Put all three ingredients in a coffee filter, tie it off with a twist tie, and use that as your tea bag. Let it steep for 2 minutes, depending on how spicy you want it. It can be reused for 2 or 3 cups). Add some local honey or stevia to sweeten if needed.

For more tips to help out with colds and flu, ask your Stucky chiropractor when you come in to get adjusted. In the meantime, enjoy the Fall and Live Well! ■

# 5 Reasons Allergies Are Mysteriously Increasing

By: Dave Mihalovic

Are you seeing more people sneezing and tearing up every allergy season? Studies show that allergies are on the rise in developed countries, including the United States -- not just seasonal allergies, but allergies of all kinds. Officials say they can't quite pinpoint the mysterious cause behind such a dramatic increase in allergies, blaming it on some unknown factor in human genetics and our environment. However, it really is no mystery at all.

An allergy is a hypersensitivity disorder of the immune system. Symptoms include red eyes, itchiness, and runny nose, eczema, hives, or an asthma attack. Allergic reactions are typically defined as sensitivities that occur when a person's immune system reacts to a supposedly harmless substance in the environment. The real problem is that there are many substances in our environment which are no longer harmless.

Close to 55% of Americans were sensitive to at least one allergy-inducing substance, according to a national survey conducted from 1988 to 1994 by the National Institutes of Health (NIH). That's about two to five times higher, depending on the allergen, than the rates found by NIH between 1976 and 1980. Today almost 70% are sensitive to more than one allergy-inducing substance.

And food allergies in children have also experienced an uptick. From 1997 to 2007, the number of children with food allergies rose 18%, according to the Centers for Disease Control and Prevention. Walk into any kindergarten class, and they're all nut-free kindergarteners because of the high incidence of nut allergies. These kids didn't exist a few decades ago. Many schools are even having to put restrictions on eggs, seeds and even specific types of fruits.

## 5 REASONS ALLERGIES ARE INCREASING

### 1. We're Too Clean

The "hygiene hypothesis" proposes children aren't exposed to enough dirt, bacteria and other infectious agents early on, and their under-stimulated immune systems goes on the offense when exposed to benign stuff like food.



The immune system needs to come into contact with a variety of micro-organisms and bacteria while it is developing at the infant stage, in order that it responds appropriately later in life. Children are actually increasingly allergic to anti-bacterial products, many which are ironically supposed to prevent allergies.

While children living in farms were previously directly exposed to animals, and their environment contained a range of microbial agents and plant derived agents, most of us now live in cities where we have minimal exposure to animals. We know that

children with regular contact with farm animals have a lower incidence of allergy. Inadequate exposure to environmental micro-organisms may therefore result in the immune system of atopic children developing a tendency towards allergy.

"Previous studies have shown that children in daycares, known to be hotbeds for spreading germs, have fewer allergies than those raised at home with less contact with other kids," said Dr. Richard Honsinger, an allergist and immunologist at Los Alamos Medical Care Clinic in New Mexico.

Young children, who share their home with dogs or cats, in the first year of life, are half as likely to become allergic to those animals than kids who grew up with no pets. Young children, who share their home with two dogs or cats in the first year of life, are half as likely to become allergic to those animals, than kids who grew up with only one dog or cat, or no pets.

Studies show that the microbial world in which a child is reared plays a role in allergy development, seemingly from birth. Babies delivered vaginally accumulate markedly different bacteria on their skin and in their guts than babies delivered by Caesarean section, and that in turn has been linked in studies to a lower risk of hay fever, asthma and food allergies.

### 2. Pollution

Common air pollutants, such as ozone, sulfur dioxide, and nitrogen dioxide probably act more as irritants than as promoters of sensitization.

These pollutants have been shown to be hazardous to adults and children with asthma. Recent studies suggest that prematurely born children



are more sensitive to the respiratory effects of outdoor pollution. There may also be an association with diesel exhaust particles and the worldwide increase in respiratory allergies. Diesel exhaust has been shown to enhance the ability to make the allergy antibody, IgE, in response to exposure to allergens.

Exposure to smoke results in the body's enhanced ability to produce IgE (the allergy antibody) that attaches to allergens (e.g. pollen, dust mites and dander). The IgE response is a key trigger of allergic reactions.

The concentration of air pollution in our environment depends on both the amount of pollution produced and the rate at which pollutants disperse. This depends largely on wind (both strength and direction). In areas where the wind is very strong, pollution is dispersed and blown away. In areas where there is little or no wind, air pollution accumulates and concentrations can be high.

Geoengineering strategies are taking a huge toll on the environment of every major city in the world. High altitude chemtrails contain high levels of barium and lead as well as trace amounts of other chemicals including aluminum, arsenic, chromium, cadmium, selenium and silver. They have also been found to contain more than twenty different types of bacteria and fungi detected in (See "Allergies" Pg. 6)

various cities throughout the world at various concentrations with the potential to cause many different types of allergies and diseases.

### 3. Genetically Modified Foods

A popular book, *Genetic Roulette* by Jeffrey Smith, is raising literacy about genetically modified foods and the threats they pose to sustainable life on our planet. The book also details how the increase in allergies could be largely attributable to GMO foods.

Researchers have found clear links among the consumption of GM-corn and immunological alterations in the gut and the exacerbation and creation of allergies.

When a new gene is introduced into a plant's genome, the principal end result is the production of a new protein. Sometimes, new proteins found in transgenic plants can be entirely new to the human diet. Therefore, we cannot simply assume that these new substances are non-allergenic based on past experience.

Proteins are large molecules composed of chains of diverse amino acids that fold into characteristic, three-dimensional structures. Countless different kinds of proteins exist, which enable organisms to perform myriad chemical and physical tasks. In theory, every protein holds the potential to trigger an allergic reaction. A protein causes an allergic reaction when certain conditions are met.

The surface of the protein must present IgE antibody binding sites. Antibodies specific for certain allergens are only produced by individuals with immune systems susceptible to that allergen.

The more genetically modified plants become present on the market, the more people will be consuming proteins new to the human diet.

### 4. Medications in the Water Supply

Many concerns about chronic low-level exposure of medications exist directly from our drinking water. Our bodies may shrug off a relatively big one-time dose, yet suffer from a smaller amount delivered continuously over a half century, perhaps subtly stirring allergies or nerve damage artificial hormones and drugs in the water supply. Medications may pose a unique danger because, unlike most pollutants, they were crafted to act on the human body.

Residues of birth control pills, antidepressants, painkillers, shampoos and a host of other compounds are finding their way into waterways, and they have public health and environmental officials in a regulatory quandary. The pharmaceutical and personal care products, or P.P.C.P.'s, are being flushed into rivers from sewage treatment plants or leaching into groundwater from septic systems. According to the Environmental Protection Agency, researchers have found these substances, called "emerging contaminants," almost everywhere they have looked for them and they may be the culprits behind the increasing rates of many types of allergies.

These are chemicals that are designed to have very specific

effects at very low concentrations. That's what pharmaceuticals do. So when they get out to the environment, it should not be a shock to people that they have very specific and damaging effect on health.

While drugs are tested, the timeframe is usually over a matter of months, not a lifetime. Pharmaceuticals in low doses in the water supply also can produce allergies when they interact with other drugs at normal medical doses.

"We know we are being exposed to other people's drugs through our drinking water, and that can't be good," says Dr. David Carpenter, who directs the Institute for Health and the Environment of the State University of New York at Albany.

### 5. Vaccines

Vaccines clog our lymphatic system and lymph nodes with large protein molecules which have not been adequately broken down by our digestive processes, since vaccines by pass digestion with injections. This is why vaccines are linked to allergies, because they contain large proteins which as circulating immune complexes (CICs) or "klinkers" which cause our body to become allergic.



Approximately 20 percent of children may outgrow their allergies, but with the increased frequency of recommended vaccines before the age of 3, severe allergic reactions will likely increase.

Egg is the second most common food allergy in early childhood. Approx. 1.5 to 3.2 percent of all children under 3 have an egg allergy. It is fast becoming a recognized fact that those with an egg allergy should consult their doctor before receiving a vaccination. This is because occasionally vaccines are grown in cell cultures of chick embryos and may cause a reaction.

One of the first vaccines given to children, DTaP10, contains casein. Casein allergy coincidentally appears in children in the first few months of life. Another vaccine given to children at two months of age is the Pneumococcal conjugate (PCV7). Each serotype for this vaccine is grown in soy peptone broth. A soy allergy is most common in infants and is usually noticed by 3 months of age...coincidence?

Injections have been used to create allergies in test animals. Any food protein remaining in the vaccine from the culture medium or diluent oils when injected along with an adjuvant can cause a food allergy.

It's not a call for parents to abandon all hygiene practices, since hygiene (not vaccinations) is what eradicated many infectious diseases in the last few centuries. However, it is important to maintain a sense of awareness on all the factors that may affect and influence childhood allergies.

Perhaps we should start focusing more on using natural cleaners and organic cleaning supplies. Most of all, we need to eliminate cleaning products which depress our immune system with carcinogenic agents. ■



## The Best Paleo Pumpkin Pie

\*PaleoMom.com (Gluten Free)

### Ingredients (Pie Crust):

1 ¼ cups raw walnut halves (you could also substitute pecans)  
1 cup blanched almond flour  
1 egg white  
Generous pinch of salt

Preheat oven to 375F.

Grind walnuts in a food processor or blender until finely ground and almost starting to turn into walnut butter (i.e., just starting to clump together). Mix walnuts, almond flour, egg white, and salt together (you can pulse in your food processor or do this by hand).

### Ingredients (Pumpkin Pie):

1 ¾ cups pumpkin puree (use fresh or 15oz can)  
2/3 cups raw walnut halves  
1/3 cup raw or roasted unsalted cashews  
3 eggs + 1 egg yolk  
¼ cup honey  
¼ cup maple syrup  
1 cup water  
1 tsp ginger  
1 tsp allspice  
1 tsp nutmeg  
½ tsp cloves  
½ tsp cardamom  
¼ tsp salt



Preheat oven to 350° F (if you're making your pie right after making the crust, just reduce the temperature).

Place cashews and walnuts in your food processor or blender and pulse until finely ground. Add eggs, honey and maple syrup and blend for 2-3 minutes until completely smooth (you could also add some of the water if it's too thick for your food processor or blender to puree well). It is very important to blend until completely smooth, otherwise your custard will be watery.

Add the rest of the ingredients and blend until combined.

Pour into cooled pie shell (doesn't need to be room temperature, just cool enough to touch). Spread the top out evenly with a spatula.

Bake for 40 minutes. Allow pie to cool completely. Serve.



### EGGPLANT FACTS

Eggplant is a very good source of dietary fiber, vitamin B1, and copper. It is a good source of manganese, vitamin B6, niacin, potassium, folate, and vitamin K. Eggplant also contains phytonutrients such as nasunin and chlorogenic acid.

## Wild Mushroom Eggplant Stuffing

\*PaleoMom.com (Gluten Free)

Prep Time: 15 minutes, plus 1 hour to sit

Cook Time: 30 minutes, plus turkey cook time

Serves: 4-6

### Ingredients:

2 large eggplants, peeled and cut into ½" cubes  
2 Tbsp salt (for salting the eggplant, not for the final stuffing)  
2 lbs assorted mushrooms (I used 1 lb baby bella, 8oz chantedelle, 4oz oyster, and 4oz royal trumpet)  
6 oz reduced-sodium uncured bacon  
1 medium yellow onion, chopped relatively fine  
2-3 stalks celery, cut into ¼" slices  
1 Tbsp fresh parsley, finely chopped  
1 Tbsp dried (whole leaf) savory  
2-3 Tbsp grass-fed butter or other good cooking fat (more bacon fat, tallow, coconut oil, etc.)  
13-15 pound turkey (for bigger or smaller bird, adjust amounts)

1. Toss the eggplant with the salt and let sit in a colander in the sink for at least one hour. This step is critical for getting the eggplant to hold its shape and not turn to mush.
2. Rinse the salt off the eggplant, then place eggplant on several pieces of paper towel on the counter or a baking sheet. Cover with more paper towel and gently squeeze excess water out of the eggplant. Set aside.
3. Chop bacon into small pieces (I like to use scissors for this job) and place in a cold skillet (cast iron is great here). Now, heat the skillet over medium-high heat, stirring fairly frequently.
4. When bacon is mostly cooked, add eggplant and cook, stirring frequently, until eggplant is cooked and starting to brown. If eggplant starts to stick, add 1 Tbsp butter.
5. Set bacon and eggplant aside in a large bowl and return skillet to the stovetop. Now add 1 Tbsp butter with onion and celery. Cook until onion and celery have softened.
6. Add mushrooms to skillet (you may need to do this in two batches depending on the size of your frying pan). If vegetables start to stick, add another tablespoon of butter.
7. Cook until mushrooms are nicely sautéed, but still firm. Add to eggplant and bacon in the big bowl.
8. Toss vegetables with savory and parsley until well combined. Let cool 15-30 minutes so it's cool enough to handle to stuff the turkey.
9. Remove neck and giblet bag from turkey and place on a roasting pan. Stuff the turkey with the eggplant and mushroom mixture, utilizing both the front and back cavities. Make sure to wash hands and clean well afterward to protect yourself from possible salmonella contamination.
10. Season the turkey with your favorite spices (I like salt, pepper and paprika) and roast at 325° F for 3½-4 hours, or until temperature reaches 180° F.
11. Let the turkey rest 10-15 minutes before removing the stuffing and carving the turkey.

## Baked Spiced Sweet Potato

\*PaleoMom.com (Gluten Free)

### Ingredients:

3-4 medium sweet potatoes (or yams), peeled and cut into ½” thick circles (or semi-circles, if big around) Optional: if using young tender sweet potatoes, just give them a wash and leave the skin on.

2 Tbsp extra virgin coconut oil

2 tsp nutmeg

1. Preheat oven to 350°F. Melt coconut oil on low power in microwave or in a small saucepot on the stove.
2. Place sweet potatoes in a big bowl. Toss with coconut oil and nutmeg until evenly coated.
3. Arrange yam slices in a single layer on a rimmed baking sheet lined with tin foil or a silicone liner.
4. Bake for 25 minutes, then remove from oven and turn each slice over. Bake another 15 minutes. Enjoy!



## Kale Chips

\*PaleoMom.com (Gluten Free)

Prep Time: 5 minutes

Cook Time: 20-22 minutes

Serves: 2-4

### Ingredients:

8 loosely packed cups kale, torn into 1-1½” pieces, tough stems removed

2 Tbsp extra virgin coconut oil, melted and still warm

¼ tsp salt, to taste

1. Preheat oven to 325F.
2. Wash and dry kale. Place in a plastic container or large bowl.
3. Pour warm oil over kale, close container lid, and shake to coat (alternatively, stir to coat in a bowl or give them a good massage with your hands directly on the baking sheet).
4. Spread out onto a large baking sheet. Sprinkle with salt (careful, it doesn't take much).
5. Bake for 20-22 minutes, until crispy. Enjoy!



## Bacon-Braised Brussels

\*PaleoMom.com (Gluten Free)

### Ingredients:

1 lb Brussels Sprouts, cleaned and trimmed

6 oz Reduced Sodium Uncured Bacon

4-6 Tbsp water

1. Chop bacon into small pieces (I like to use scissors for this job) and place into a cold skillet (cast iron is perfect here).
2. Heat skillet over medium-high heat, stirring relatively frequently, until bacon is starting to brown and is mostly cooked.
3. Add Brussels sprouts to skillet carefully (remember cold water into hot fat can cause the fat to splatter).
4. Stir relatively frequently. As soon as Brussels sprouts start to stick, add 1-2 Tbsp water to the pan. Stir some more.
5. Keep adding small amounts of water every time the Brussel sprouts start to stick.
6. Once the Brussel sprouts are cooked (about 15 minutes, depending on the size), stop adding water. Just when they start to stick again, pour the bacon and sprouts into a serving dish and enjoy!



Dislike Brussel Sprouts? You gotta try them this way! Braising is such a fantastic way to cook Brussels sprout... that bitter flavor that most people dislike is a result of boiling or steaming Try braising them!

## Hot Cranberry Spinach Salad

\*PaleoMom.com (Gluten Free)

### Ingredients:

1½ Tbsp extra virgin coconut oil

2 cups kale, chopped

3 cups fresh spinach

¼ cup dried cranberries

2 Tbsp sliced almonds

1-2 Tbsp water

Heat coconut oil in a skillet (cast iron works well here) over medium-high heat.

Add kale with 1 Tbsp water. Cook, stirring frequently, until kale has softened, 3-4 minutes.

Add cranberries and continue to cook 2-3 more minutes.

Add spinach. If the kale is starting to stick, also add another Tbsp of water. Stir and cook until spinach is wilted. Stir in almonds. Serve!





# Welcome Chiropractic Interns Eddie & Alyse Hall!



The Stucky family has a remarkable history of producing chiropractors. Meet, Alyse and her husband Eddie Hall. Alyse is the daughter of Drs. Jay and Pam Stucky-LaGuardia, and granddaughter of our founder, Dr. L. Joe Stucky.

Alyse and Eddie met while studying to be chiropractors at Life University in Georgia. Eddie is originally from North Carolina, as evidenced by his southern accent and low threshold for “cold” temperatures (55 degrees!) Alyse grew up in the Eau Claire area. They are the nineteenth and twentieth chiropractors to come from Dr. L. Joe’s family line.

The couple will be doing their internship here at Stucky Chiropractic Center through December and will continue here as doctors into the future. They will be serving patients, under the guidance of their supervising doctors Becker and Gunderson.

We are excited to have their young energy here in the office.



**DECEMBER 1, The Stucky Chiropractic Center website** will have a facelift - (same url [www.stuckychiropractic.com](http://www.stuckychiropractic.com).) We will have updated content areas with great healthy information, downloadable patient forms, links for good stuff, recipes, calendar of workshops and informational seminars, and you will even be able to subscribe to receive our monthly newsletter via email. **Satellite Six**, right here in downtown Eau Claire, is designing and hosting our new site.

## Protection For The Family:

Vitamin D3 & Congaplex

20% Off

Help Prevent Winter Blues

Maintain Immune Function

Avoid the Flu

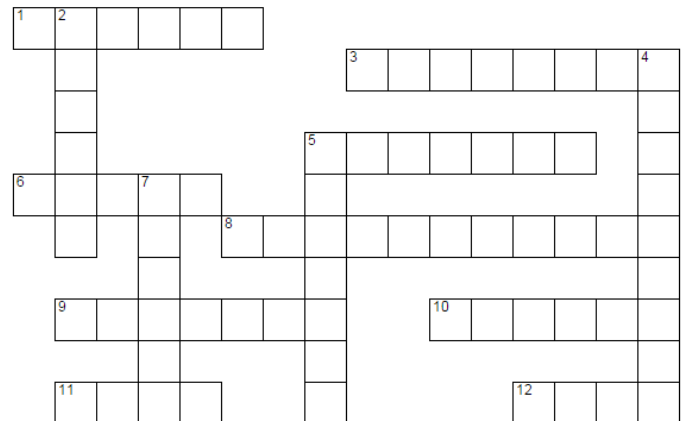
Fight Infection




Winter Protection for the Whole Family

Now 20% Off - 25% Off For All Wellness Club Members

## Stucky “Harvest” Word Puzzle



- ACROSS
- 1 Fannie \_\_\_\_ (U.S. 1900's authority on cooking)
  - 3 Billie \_\_\_\_ (U.S. "Lady Day" Jazz Singer)
  - 5 What Australian Shepherd's are bred for
  - 6 Eat heartily
  - 8 The art & science of farming
  - 9 A harvest's yield
  - 10 Hazy Shade of \_\_\_\_ (Song Title by the Bangles)
  - 11 Descend under force of gravity
  - 12 Snow mover
- DOWN
- 2 Edible fruit of a small trees in the rose family
  - 4 Recipient of the brains in "Wizard of Oz"
  - 5 Gathering in the crops
  - 7 Grammar \_\_\_\_

Answers on Pg. 3