



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.

Be the BEST you!

By: Dr. Kyle Anderson on Behalf of Stucky Chiropractic

Whether you are new to the Stucky family or have been here for several decades, you have learned that your chiropractor is great at helping you "feel" better. Our first goal when you walk into our office is to help get you out of the crisis mode, help alleviate the pain and the symptoms you are experiencing that keep you from enjoying your life. Our ultimate goal, once we have helped you feel better, is to improve how your body functions, how it heals, and to maximize your healing potential. How does that happen? In order to understand, we first have to cover the basics.

(See The Best You Pg. 2)

Moms Are The Best!

By: Stucky Chiropractic

Here at Stucky Chiropractic Center we hold moms in the highest regards. Moms are our heroes. Many mothers not only work outside of their homes, but they also do many of the tasks within the home to keep things running smoothly. Often times, it is also mom who looks after and cares for the family's health needs.

We know that in today's electronic world, there is a lot of information and misinformation circulating about wellness. New mothers especially, can be bombarded with "advice" from well-meaning friends and family about what is best for your child.

(See Mother's Day Pg. 3)

Children Need Chiropractic Too! By: David Singer

By nature, babies are born very healthy. They have been living in a perfect environment with everything they need being provided. As children they usually do not have aches and pains and when they do, they are usually forgotten as quickly as they came. However, something more serious could be going on. It's called Spinal Subluxation Degeneration. It is a slow and relentless condition that results



was difficult. Tossing your child in the air or yanking the child by one arm can cause a severe whip-lash similar to that which is usually associated with car accidents. Also, falling off a bicycle or the everyday bumps that happen to children could cause spinal subluxations. Generally, children quickly become accustomed to these problems and go on with their daily activities.

Signs to look for are: Frequent colds, ear aches, or



from spinal vertebral misalignment or mal-function and eventually erodes the structure and functioning of the spine. It usually begins in childhood and results in permanent damage as an adult.

Your next questions are: "How does this happen?" and, "Could my child have this?" Most often this spinal trauma is caused from the birth process itself, especially if it

sore throats, hyperactivity, colic or crying for no reason, bed-wetting, one foot pointing in or out, or uneven posture. These are just some of the signs of spinal subluxation. If you suspect a problem or just want your baby or child checked, let your chiropractor know. Only a Doctor of Chiropractic is trained to detect early stages of spinal degeneration. Your Stucky doctor is here to help your children optimize their health. ■



The BEST You! (From Pg. 1)

First, we are exposed to **three** different kinds of stress.

1. Physical stress: accidents, falls, sitting (sitting is to your spine, like sugar is to your teeth), and stomach sleeping.
2. Mental/Emotional stress: Spouses, kids, jobs, financial, death of a loved one.
3. Chemical stress: Alcohol, soda pop, smoking, medications, processed foods.

Stress comes in many forms, but your body responds the same way. Stress creates subluxations in your spine. Much of this is due to imbalances that are created in your muscles, and in your body, as it tries to adapt through the stress response (more on this later).

Chiropractic care is designed to remove subluxations from your spine. Subluxations are misalignments in the spine that create decreased nerve function. Our nerves control every cell, tissue, and organ of our body. When subluxations decrease nerve function to every part of your body, you lose the ability to function and heal on your own, the way you were designed. It has been described as being like a rock putting pressure on a garden hose. The pressure on the hose causes the water flow through the hose nozzle to slow down. Similarly, subluxations in the spine cause pressure or irritation to your nerves. When you get adjusted, your chiropractor realigns your spine, removes the subluxations from your body, and your nerves function normally again. Your body heals itself!! That is the basics!

The basic principles of chiropractic have been helping people understand how chiropractic works for 120 years. The amazing thing about chiropractic improving nerve function and overall body function, however, goes even deeper than that. Patients at Stucky Chiropractic Center, are some of the most advanced wellness seekers in the Chippewa Valley, and probably in the world! Thus, I want to give you an even deeper understanding of how amazing your body is, and how great the decision is to receive chiropractic care.

Your spine is comprised of 24 highly moveable vertebra. Between each vertebra, there are over 800,000 nerve fibers called mechanoreceptors. These mechanoreceptors are stimulated either through motion or through a lack of motion. Motion in your spine sends positive messages, called proprioception, to your brain. Without motion, those 800,000 nerve fibers send a negative message, called nociception, to your brain.

Motion that stimulates proprioception charges your cerebellum. Your cerebellum is the balance center of your brain and the bat-

tery for the rest of your brain. When you move, and when your spine moves, you literally create energy for your brain.

When you have a subluxation in your spine, the vertebra stops moving. This will send a negative message that actually triggers your brain to start the stress response. The stress response, also known as the “fight or flight response,” causes a dangerous chain of events in your body. All of these responses contribute to virtually every chronic disease we experience in our society.

When stress hormones are released, these are some of the changes your body goes through: Increased heart rate, increased vasoconstriction, increased blood pressure, increased blood cholesterol levels, increased blood clotting (Heart Disease/Stroke!), increased blood sugar, insulin resistance (diabetes), increased cortisol, (weight gain), increased feelings of stress, fear, anxiety, and depression, decreased serotonin levels (depression), decreased cellular immunity (cancer), increased sensitivity to pain, increased break down of muscle and connective tissue (chronic pain/fibromyalgia), decreased growth hormones/sex hormones (loss of libido), and last but not least, bone loss and decreased R.E.M sleep.

Here is the amazing news! Every time you get adjusted, and motion is restored to your spine, your nervous system is stimulated! Those positive neurologic messages (proprioception) are sent to your brain. Stress hormones are shut down! Your blood chemistry changes, your blood sugar changes, your muscles relax, your digestion improves, your immune system gets stronger, your memory improves, your energy levels increase, you sleep better, your libido increases (got your attention now)!

All of this because you made the amazing decision to receive a chiropractic adjustment.

As you can see, chiropractic goes so much deeper, impacts so much more, than just helping you feel better. Chiropractic helps you BE better. Chiropractic helps every cell in your body have the best chance to function at the highest level, to help your body fight back from the stress we are exposed to everyday. Stress kills! CHIROPRACTIC kills stress! ■

From babies to grandparents...



Chiropractic is good for the whole family!



What do Daylight Savings Time and a Chiropractic Adjustment have in common? Both give you more LIGHT! The primary purpose of Chiropractic is to locate and correct Subluxations. If you break the word down you get: **SUB** = Less, **LUX** = Light, and **ATION** = A Condition.

Subluxation literally means a state of less 'light' or energy caused when misaligned spinal bones (especially the Atlas and Axis) restrict the flow of impulses through the nerve system. A Chiropractic Adjustment corrects this misalignment, eases pressure off nerves and extends the time Life energy streams through you - giving you more daylight to heal yourself.

When you receive an adjustment from your Chiropractor, be confident your innate healing 'light' is shining brighter and longer with every session. Life springs forward when you're under regular Chiropractic care. ■

Quote Your Child, Win A Prize!



The truth is, mothers have an innate intelligence about how to care for their babies. Just like a baby knows how to nurse, without having been shown, a mother's instinct usually leads her in the right decisions about her child. Congratulations to moms who have chosen the chiropractic wellness route for their family. Chiropractic provides a gentle approach to healthcare, nurturing us inside and out, and helping us to be the best we can be.

This **Mother's Day**, we would love to hear from mothers everywhere about the funny, outrageous, brilliant things your children have said. As you know, "kids say the darndest things!" We are inviting you to **share a quote from your child** on Stucky Facebook (or in the office) & be entered to win a family fun pack. ■

Think Spring, Think New Routine

By: Excerpts from Dr. Joseph Mercola

One of the challenges with staying fit, even if you exercise regularly, is avoiding the "plateaus" that occur as your muscles adapt to your workouts.

It takes just six to eight weeks for your body to adapt to your exercise routine, according to the American Council on Exercise, which means you need to change up your program at least every couple of months or your fitness gains will level off.

If you're at a loss for a new activity to try, consider walking backwards. Though it might sound a bit strange, it can be incredibly beneficial.

Backward walking, also known as retro walking, is said to have originated in ancient China, where it was practiced for good health. In the modern world, it's become quite the rage in Japan, China and parts of Europe, where people use it to build muscle, improve sports performance, promote balance and more.

For starters, when you walk backwards, it puts less strain and requires less range of motion from your knee joints, making it ideal for people who have knee problems or injuries. It also eliminates the typical heel-strike to the ground (the toe contacts the ground first), and it can lead to changes in pelvis alignment that helps open up the facet joints in your spine. Walking backwards also works out all of those muscles in your legs, such as your quadriceps and calves, that take a backseat to your hamstrings and glutes during regular walking. Walking backwards for just 10-15 minutes, four days a week for four weeks has been shown to increase flexibility in your hamstrings.

To truly optimize your health, you'll want to strive for a varied and well-rounded fitness program that incorporates a variety of exercises. Without variety, your body will quickly adapt. Try these tips:

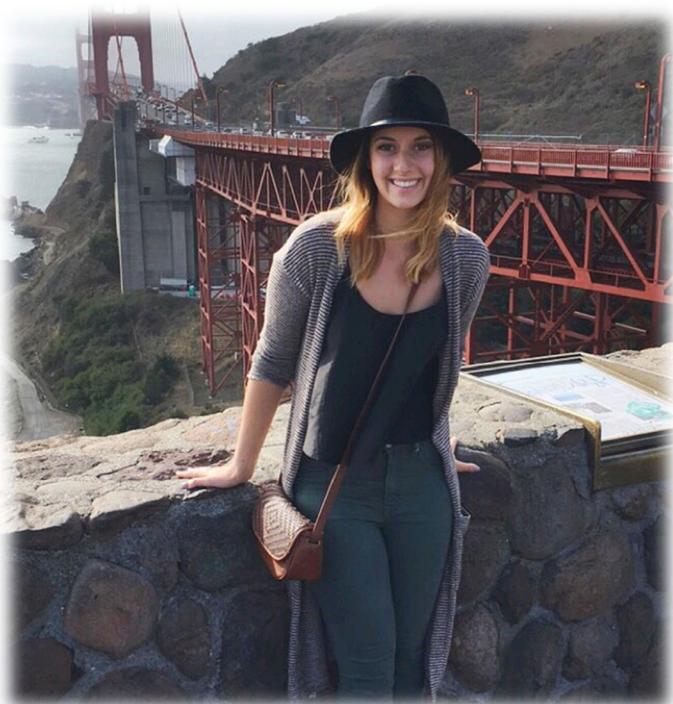
Interval (Anaerobic) Training: This is when you alternate short bursts of high-intensity exercise with gentle recovery periods, such as Body by Science or Peak Fitness.

Strength Training: Rounding out your exercise program with a 1-set strength training.

Core Exercises: Your body has 29 core muscles located mostly in your back, abdomen and pelvis. This group of muscles provides the foundation for movement throughout your entire body, and strengthening them can help protect and support your back, make your spine and body less prone to injury and help you gain greater balance and stability.

Stretching: Active, isolated stretches developed by Aaron Mattes are a good place to start. ■

Employee Spotlight - Meet Hannah



Hannah has been with Stucky Chiropractic Center a little over one year as a Chiropractic Assistant. She assists patients at the front desk and on the phones. Hannah also helps Stucky Chiropractic Center maintain its social media presence by posting relevant and current content to Facebook, Pinterest and Twitter.

Currently, Hannah is a student at Chippewa Valley Technical College working toward her marketing communications degree. She will graduate in May of this year. She plans to move to California and continue her education with the study of Eastern Medicine.

We asked about Hannah's hobbies and her most memorable vacation. She enjoys traveling, gardening, going to concerts, cooking, hanging out with her friends and family, playing with her dog, shopping and interior design. Her most memorable vacation was in December of 2011 when she was hosted for a month in São Paulo, Brazil by a local family. They traveled to Guaruja, Nepal and Rio de Janeiro. "It was an amazing and life changing experience, and I cannot wait to go back!"

Spring Into Your Morning With These Delicious Make-Ahead Egg Recipes

Baked Denver Omelet (Yield: 6 servings) *Recipe source: inspired by Taste of Home*

Ingredients

- 1/2 cup chopped red bell pepper (chop veggies small)
- 1/2 cup chopped green bell pepper
- 1/3 cup chopped yellow onion
- 2 tsp olive oil
- 1 cup (heaping) chopped cooked ham
- 8 large eggs
- 1/3 cup milk
- Salt and freshly ground black pepper
- 1/2 cup shredded sharp cheddar cheese
- Sliced avocados, for serving (optional)
- Chopped chives and hot sauce, for serving (optional)

Directions

Preheat oven to 400° F. Spray a 7" X 11" or 9" X 9" baking dish with cooking spray. Sprinkle ham into an even layer in bottom of baking dish.

Heat oil in a skillet over medium-high heat. Once hot, add red and green bell peppers and onion and cook until softened, about 4 minutes. Evenly pour pepper mixture over ham layer then sprinkle evenly with cheese.

In a large mixing bowl whisk together eggs and milk until well blended. Season with salt and pepper and stir, then pour over mixture in baking dish. Bake in preheated oven until puffy and set, about 22 - 25 minutes. Cut and serve warm with avocado slices and optional chives and hot sauce. ■



Zapped Scrambled Eggs With Veggies

Yes, it's possible to make really good scrambled eggs in the microwave. And it's easy! Beat 2 eggs, throw in a microwave-safe container, add 1 handful of your favorite veggies (cherry tomatoes and spinach leaves work well), and a sprinkle of cheese. Zap the mixture for 30 seconds, stir, and cook another 30 seconds, or until eggs are solid. You can also store the raw mixture in a fridge until ready to heat and eat. ■