



# 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.

## VAXXED -The Documentary - Be Informed

by: Dr. Brian K. Becker on behalf of Stucky

It's very likely that you have seen Actor, Robert De Niro on many different news shows in the recent past. The topic has been on vaccines and the documentary entitled *VAXXED; From Cover-Up to Catastrophe*. The documentary was scheduled to be shown at the Tribeca Film Festival. This is a very large festival that is in its 15<sup>th</sup> year. Based on all that I have seen and read, there was great pressure put on De Niro and the festival to cancel the showing of this very important film.

There has never been an assault against a documentary film in the history of America like the one waged against the Tribeca (See VAXXED pg. 2)

## Chiropractic and Sports

by: Dr. Brian K. Becker on behalf of Stucky

Athletes of all ages and skill levels have special health needs. If these needs are not met, the athlete is unable to achieve peak performance and the level of success desired. The changes in the athlete's normal position and function of the spine, along with the stresses put on the body through athletic participation, can cause Vertebral Subluxation Complex (VSC). Stress on the nervous system may result in weakness, lack of coordination and endurance, the loss of optimal health and an increase for potential injury.

Chiropractic is a logical, healthy alternative to the typical drug-based treatment of injury. The drug-free approach of chiropractic



can not only restore the athlete to their previous athletic performance, but may actually enhance and improve the overall athletic performance. This is why chiropractic has become commonplace on the athletic field and in the locker room and utilized by famous athletes such as Aaron Rodgers of the Green Bay Packers. As a matter of fact, Stucky Chiropractic is the Official Chiropractic Center for the hometown Eau Claire Express Baseball team. We welcome athletes of all ages and disciplines here. ■

## A Dime's Worth of Damage

(See Article pg. 3)



### OMEGA 3s WHY?

**Better Recovery**  
*Arthritis, Heart Disease, Depression...*

**Wellness**  
*Energy & Vitality, Brain & Nerve Health...*

**Performance**  
*Strength, Balance, Endurance, Muscle Mass...*





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# VAXXED (From Pg. 1)

Film Festival to censor a film none of them had ever seen.

That film, called *VAXXED: From Cover-Up to Catastrophe*, documents the admission of Dr. William Thompson (CDC-Center for Disease Control), taking part in a massive scientific fraud to conceal the truth about vaccines causing autism.

This is the first time in the history of film and media, that the totality of the media establishment has condemned a film that none of them have ever viewed, desperately trying to make sure no American ever witnesses the hour and a half of film footage that is now “forbidden” to be viewed in a nation founded on free speech.

The father of an autistic child and co-founder of the festival, actor Robert De Niro, at first defended the decision to premiere the film, despite outcry from doctors and researchers; saying “Grace and I have a child with autism and we believe it is critical that all of the issues surrounding the causes of autism be openly discussed and examined. In the 15 years since the Tribeca Film Festival was founded, I have never asked for a film to be screened or gotten involved in the programming. However, this is very personal to me and my family and I want there to be a discussion, which is why we will be screening VAXXED. I am not personally endorsing the film, nor am I anti-vaccination; I am only providing the opportunity for a conversation around the issue.”

However, De Niro, later released a statement to explain the new decision. “My intent in screening this film was to provide an opportunity for conversation around an issue that is deeply personal to me and my family,” he said. “But after reviewing it

over the past few days with the Tribeca film festival team and others from the scientific community, we do not believe it contributes to or furthers the discussion I had hoped for. The Festival doesn’t seek to avoid or shy away from controversy. However, we have concerns with certain things in this film that we feel prevent us from presenting it in the Festival program. We have decided to remove it from our schedule.”

Post removal of this film, Robert De Niro has been very vocal about the importance of people seeing this film and making their own conclusions in regards to the information that was presented. He has expressed that the medical community, scientific community and the CDC need to be more open and conduct more research to make sure that all vaccines are safe for all children. In an interview on the *Today Show (4-20-2016)*, De Niro states that part of him regrets pulling the film from the festival. “Let’s find out the truth,” he stated. (Several interviews can be seen on YouTube with Robert De Niro and Jane Rosenthal.)



The subject of vaccinations is often looked upon as a controversial topic. However, it does not need to be. Through the years I have had the opportunity to speak on this topic at locations including UWEC, E.C. Public Library, Mom’s Groups and here at Stucky Chiropractic Center. The most important part of this topic is that people understand that they

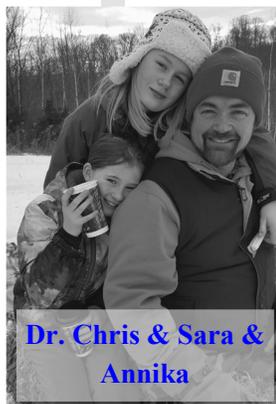
need to do their own research on the subject; and then make an educated decision based on their own understanding and beliefs. We should always have the choice to decide what is put in our bodies or the bodies of our children that we love and protect.

If you have any questions or would like recommendations of sources to get information, please ask your Doctor of Chiropractic for assistance. ■ (Source: Dr. Mercola Blog)

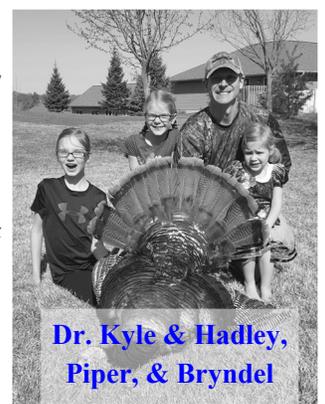
## HAPPY FATHER’S DAY FROM STUCKY CHIROPRACTIC CENTER!



*A Little Fellow Follows Me  
A careful man I want to be;  
A little fellow follows me.  
I do not dare to go astray  
For fear he'll go the self  
same way.*



*I cannot think of any  
need in childhood as  
strong as the need for a  
father's protection.*



## A Father's Perspective on behalf of our Chiropractor Dads

Being a good father in today's world is not without its challenges. It's an electronic age and there are many activities that compete with spending quality time together. There is a very delicate balance of responsibilities that a dad has to juggle. We asked our chiropractors, who are fathers, to provide a perspective from their own experiences. We hope you will enjoy, and perhaps, even be able to apply their collective wisdom. Happy Father's Day!



When it comes to teaching valuable lessons to children, Dr. Chris shares the importance of teaching them about faith and having patience with life. Dr. Becker works with his son on manners, respecting people, greeting them, and looking people in the eye when having a conversation.



"Scheduling time that is dedicated to enjoying each other, without distractions and electronics, will boost children's self-esteem, and strengthen the relationship," says Dr. Becker. "You may have to sacrifice some personal time to be there for your kids, but it is worth it! We spend lots of outside time with biking, baseball, Frisbee, and football," he remarked. Dr. Chris added that "being outdoors seems to bring out the 'life' in them!"

Make memories together, like Dr. Chris' girls who used to have their own words for something unknown to them. Annika's word was Secal-Sacal-Suc, and Sara's was Hackus-Hokus. Dr. Becker and Jake hunt turkey together...be sure and ask him to share the story of the latest hunt! Dr. Kyle built a teepee with his girls, he shows them how to dress fresh game, and how to climb trees.

No amount of money, or things accomplished, will outweigh time spent and love given to your children. Spend time with them! Be patient! And remember, they are a handful some of the time and a heart-ful all of the time! They are the greatest legacy you will leave to this world. ■



## Now & Then

*Stucky News and History*

Stucky Chiropractic has been in the Chippewa Valley since 1959. We serve people from birth to any age. We recently celebrated our friend Marian's 100th birthday! She was born in 1916, and is still getting adjusted for wellness and health. Congratulations, Marian, we are so happy to be part of your life's wellness journey. You're looking marvelous!



## A Dime's Worth of Damage

by: The Weekly Sticky

The weight of a dime, 8-10 mm of Hg, (2.27 grams) that's all it takes to drain normal nerve transmission to a trickle. Stretching a nerve by as little as 6% can also decrease it's signal by 70%. So what does that mean for you?



Your Nerve System transmits the data of Life. Depending on role, thickness and sheath covering, some nerves can relay information from your brain to your body at speeds exceeding 200 mph. If those impulses are communicating vital instructions like 'how many times your heart needs to beat,' you want those messages traveling at the highest possible speeds—with NO interference. If those signals get blocked at the spinal level because of misaligned vertebrae (subluxations), damage to your health becomes imminent.

Sustained pressure and stretch on spinal nerves may not manifest symptoms immediately. Detrimental effects usually grow silently until a crisis occurs. That's why it's important to keep your spine in proper alignment with Chiropractic care! Learn more, any Wednesday from 5:30-6:30 pm at Stucky. ■

## Employee Spotlight-Meet Susan Joy

Susan Joy has been with Stucky Chiropractic Center for 19 months. She is our Community Outreach & Marketing Coordinator. That means she is out in our community meeting people, and introducing them to the great services available at Stucky. From hosting our event booth, to booking presentations and lunch & learns, where our chiropractors can teach, and scheduling staff volunteer days, she makes sure we have a community presence. In addition to community outreach, Susan Joy designs our communications materials, such as this newsletter.

When she has free time, Susan Joy enjoys spending time with her husband, Joe, and her mini-Australian Shepherd, Toffee. Some of the many things she enjoys are teaching, acrylic nature painting, knitting, cooking, kayaking, nature walks, and gardening. ■



### Emergency Meatballs

Having emergency protein (such as Emergency Meatballs) soups, or stews on hand in the deep freeze, waiting for those times when life happens and the only viable alternative is calling for pizza, is priceless.

Serves: Makes about 10

#### Ingredients

- 1 lb. (454 g) grass-fed ground
- 1 lb. (454 g) ground pork
- 2 tbsp. dried parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- ¾ tsp black pepper



beef

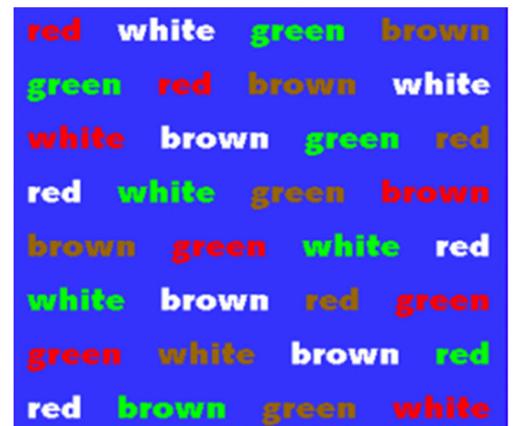
Preheat your oven to 400 F. Line a baking sheet with foil or parchment paper.

Combine all the ingredients in a large bowl, and mix with clean hands to combine. Don't overwork the meat because it'll end up making for tougher meatballs. Use a rounded ⅓ cup measure to portion out the meat. Gently roll into a ball and place on the baking sheet. Repeat this with the rest of the mixture.

Bake for about 15 to 20 minutes or until the meat is cooked through. ■

### Brain Teaser

Ready to test your executive attention capacity?



**Quick!** say aloud what color you see in every word, **NOT** the word you read.

Not easy, right? This actual task is called the Stroop test and is used in neuropsychological evaluations to measure mental vitality and flexibility, since performing well requires strong attention and self-regulation capability. ■