



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.

A Word From Our Founder!

Archives: **The Late Dr. L. Joe Stucky**

We recently found some writings from our founder, the late Dr. L. Joe Stucky. The wisdom in this article is something we hope you will share with a friend or two!



(See From Our Founder Pg. 4)

Memorial Day 2016

Memorial Day was originally called Decoration Day and was initiated to honor the soldiers for the Union and Confederate armies who died during the American Civil War. Celebrations honoring Civil War heroes started the year after the war ended. The establishment of a public holiday was meant to unify the celebration as a national day of remembrance instead of a holiday celebrated separately by the Union and Confederate states. By the late 19th century, the holiday became known as

(See Memorial Day Pg. 2)

Modern Processed Diets Are Coding DNA By: Mae Chan

Our modern processed diets are leading to poor immune functioning and increased risk of inflammatory conditions, allergy, and auto-immunity, researchers warn. Besides affecting immune functions and our own health, modern diets could also 'code' our DNA and gut bacteria to pass on poor immune functions to our children.

A team of scientists from Yale University in the U.S. and the University of Erlangen-Nuremberg, in Germany, has said that junk food diets could be partly to blame for the sharp increase in autoimmune diseases such as multiple sclerosis, including alopecia, asthma & eczema.

The new stark warnings come in a review published in *Nutrition Journal*, which analyzed the impact that the modern Western diet has on immune function and risk of ill-health related to poor immunity and inflammation. Led by Dr. Ian Myles, the review analyzes the scientific evidence for the impacts and mechanisms of harm for our over-indulgence in sugar, salt, and fat. It also outlined the impacts of artificial sweeteners, gluten, and genetically modified foods.

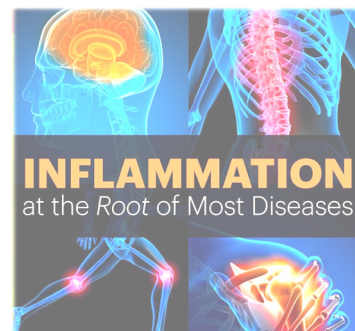
"While today's modern diet may provide beneficial protection

from deficiencies, our over-abundance of calories and the macronutrients that compose our diet, may all lead to increased inflammation, reduced control of infection, increased rates of cancer, and increased risk for allergic and auto-inflammatory disease," warned Myles in his review.

"In summary, there is enough evidence to conclude that many of the dietary choices in today's modern society appear to have harmful impacts on our immune system and likely on the immune system of our offspring," he said, adding that "modern 'solutions' to the negative impacts of poor diet including probiotics and dietary supplements cannot do enough to counterbalance the damage done - without additional lifestyle changes."

"Of potentially greatest concern, our poor dietary behaviors are encoded into both our DNA and gut, and thus these harmful immune modifications are passed to our offspring during their most critical developmental window," he warned.

(See Modern Diet Pg. 2)



Modern Diet (from pg. 1)

Researchers say each person harbors a unique and varied collection of bacteria that is the result of life history as well as their interactions with the environment, diet and medication use. Western diet and lifestyles consisting of fast and processed foods, are leading to a lower diversity of bacteria in the gut.

The modern Western diet is characterized by a high intake of saturated and omega-6 fatty acids, reduced omega-3 fat intake,

Differences Between the Omegas

Omega	What Does It Do?	Foods To Eat
Omega-3	Controls blood clotting; builds cellular membranes in the brain; enhances brain and joint function; fat-loss and muscle-building benefits in athletes; reduces risk of cancer, heart disease, and diabetes; reduces inflammation	Fatty fish (salmon, mackerel, cod, etc.); vegetable oils (soybeans, walnuts, flaxseed etc.); green vegetables (kale, spinach, Brussels sprouts, salad greens, etc.)
Omega-6	Regulates brain functioning; regulates growth and development; stimulates hair and skin growth; regulates metabolism; maintains healthy bones and reproductive system; increases inflammation	Most vegetable oils, nuts, and grain-fed meats

an overuse of salt, and high intakes of carbohydrates and refined sugars. "Most are aware that this type of eating, if not in moderation, can damage the heart, kidneys, and waistlines; however, it is becoming increasingly clear that the modern diet also damages the immune system," said Myles. According to Myles, skyrocketing obesity rates can also have implications on immunity, because fat cells release inflammatory substances, and tumor necrosis factor. Obese individuals also have fewer white blood cells to fight infection and those cells they do possess have reduced phagocytosis capability, he noted.

In animal models, it appears that these signals can act as false alarms. Meaning that, over enough time, and in large enough amounts, the entire system dials down its responsiveness -- analogous to a person removing a battery from a twitchy smoke detector that frequently alarmed when no signs of fire were present. When an actual infection comes along, the response may be delayed because the early warning system was silenced -- just as deactivating that smoke detector leaves a home more susceptible in case of fire.

Perhaps the most concerning aspect of modern dietary fat, is its ability to directly trigger the inflammatory process," he said -- noting that saturated palmitic and steric fatty acids activate 'one of the first-line weapons' of the immune system by binding to toll-like receptors designed to sense bacteria.

"Any abnormal signaling may lead to a misguided attack upon saturated fat when it is perceived as a bacterial invader," he noted. "The resulting inflammation in the gut can lead to a breakdown of barriers, allowing harmful substance to leak from the gut into the blood stream and contribute to immune dysfunction that worsens infection control." ■



Memorial Day (from pg. 1)

Memorial Day and was expanded to include the deceased veterans of all the wars fought by American forces. In 1971, Memorial Day became a federal holiday. The staff of Stucky Chiropractic extends heartfelt appreciation for all those who have died for our freedom! Freedom has a price and we are grateful for those who willing and bravely stood up for these rights! ■

10 Keys To Happier Living!

Giving: do things for others

Relating: connect with people

Exercising: take care of your body

Appreciating: notice the world around you

Trying out: keep learning new thing

Direction: have goals to look forward to

Resilience: find ways to bounce back

Emotion: take a positive approach

Acceptance: be comfortable with who you are

Meaning: be part of something bigger

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- Alfalfa (A Complex)
- Mushroom (C Complex)
- Oat Flour (B Complex)
- Soybean Lecithin
- Kino Bean (B Complex)
- Magnesium Citrate

GOOD FOR THE Whole Family!

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

4 Ways to Naturally Combat Stress

by: Phillip Schneider

Anxiety is one of the most commonly reported psychiatric disorders. In an increasingly stressful world, it is ever-more important to know how to remain cool and be able to let go of stress and worry. Not only does stress get in the way of your day to day life, but it also has been linked to shortened telomeres and accelerated aging. If you're having trouble with finding a remedy, here are four ways to combat stress and anxiety naturally.

1. HERBS

Sometimes nature's gifts are the most valuable way to regain control of anxiety or depression. By doing a simple internet search, you can find a whole library of different herbs that can help you with relieving stress. Here is a small list of those herbs: Chamomile, Holy Basil, Gotu Kola, Ashwagandha.

2. ESSENTIAL OILS

Another way of utilizing mother nature for stress elimination is to diffuse essential oils as aromatherapy. This can be achieved by purchasing a diffuser, some essential oils and following the instructions you get with your diffuser. These normally range anywhere from \$10-\$130 and can be found online. Aromatherapy can be seen as an alternative to herbal teas or supplements. (Lavender, Clary Sage, Rose just to name a few)

3. MEDITATION AND DEEP BREATHING

Meditation and deep breathing are practiced by a growing number of people around the world and are showing more promise all the time. Many who meditate express a deep sense of spirituality and oneness, but even science is showing these to be very beneficial. A study from *Psychoneuroendocrinology* shows us that even brief sessions of meditation can reduce stress.

4. RE-CONNECTING WITH NATURE

Often overlooked, we sometimes forget that we are connected to the Earth as much as the rest of the natural world. This is where our species has evolved, to live and to thrive in the environment of our planet. We were born and have adapted to live in harmony with nature, but most of us these days live a lifestyle that is almost completely disconnected from the natural world and because of this our well-being suffers. Try these two simple activities: Walking on the Earth with bare feet, and "Forest Bathing" walk through the woods to help lower your cortisol levels and relieve stress. ■

Employee Spotlight - Meet Amber



Amber has been part of our team for 11 months. She is a Chiropractic Assistant here, working with patients at the front desk, and on the phones. While working for Stucky, her photography skills have been a great asset. She has helped us produce professional pictures of our services to use in marketing, on our website, and on our social media pages.

When Amber is not working, she enjoys knitting, sewing, photography, makeup artistry, blogging, traveling, Netflix binge watching, and reading.

Now & Then

Stucky News and History

- ☼ April 16th welcomed baby boy, Evrett, born to Jessica, our Ideal Protein coach. Mom and baby are doing great!
- ☼ The year was 1994. Stucky Chiropractic began accepting MasterCard and Visa as payment options.
- ☼ Our website was updated in November 2015. It is now a great resource for healthy tips, recipes, patient forms & Stucky News. Check out our blogs for great health articles. You can even get this newsletter electronically!
- ☼ Did you know, Stucky Chiropractic was founded in 1959?
- ☼ Did you know, it all started with an ear infection? Dr. L. Joe Stucky's (founder) sister has an ear infection. Read all about it on the Stucky Story at www.stuckychiropractic.com

Spread the Word!

Everyone likes to hear the good news! If you've had a great experience at Stucky Chiropractic Center, we invite you to share your thoughts with a *Google* review of Stucky Chiropractic! Thank you in advance for telling others!

From Our Founder! (From Pg. 1)

“Chiropractic is alright, but you never seem to get finished.” Any chiropractor, chiropractic patient, or even a layman has probably heard that same or similar remark many times. I first heard it when under chiropractic care as a young boy, and then again when I was in chiropractic college. Like others, I too, was guilty of uttering that same remark until I learned more about chiropractic, how it works and what it does. Hardly a day goes by that I don’t still hear that same remark from patients who are asked this question by their friends and acquaintances when the subject of chiropractic is mentioned.

“Just when are you finished with chiropractic?” they ask. This is a logical and legitimate question.

The answer is NEVER - but **wait!** Finish reading the article before you jump to any conclusions.

When humans work and play, they subject their spines to constant stresses and strains. Under unfavorable conditions, this stress and strain produces misalignment of the spinal bones (vertebrae) which pinches nerves: these same nerves carry vital life force (nerve energy) from the brain to all parts of the body. But when they are pinched, some of this vital force is stopped and function is disturbed. It is then plain to see that as long as these spinal bones are out of line, and nerves are pinched, correction of misalignment is necessary to restore normal nerve energy (life force) and normal function.

Chiropractors would like to tell every patient that one adjust-

ment is all they will ever need. But that would be denying the existence of natural laws, laws of stress and strain, and gravity. A spine that is weakened due to the existence of acute or chronic disease has greater difficulty resisting the return of misalignment and nerve pressure from stress and strain. Environment, a patient’s work and play, emotions, are all forces that can hasten the return of tension and spinal nerve pressure. Your chiropractor will tell you that the patient who comes in for his visits, as recommended, and who makes regular periodic visits for a check-up, makes the most progress.

“Are you ever finished with the chiropractor?” **Never.** No more than you are ever finished with the dentist, or a medical doctor. The body, like any other machine, needs timely repair and regular maintenance if it is to function well and be healthy.

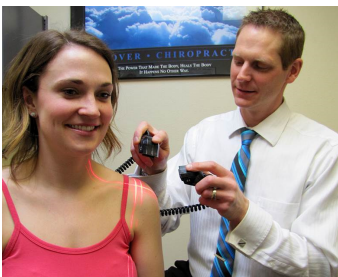
The Doctor of Chiropractic is one who uses a great natural law, who works with nature, who studies natural methods, to get you well and keep you that way. They are the doctors to see for spinal examinations and spinal adjustments that are so necessary for the restoration and maintenance of normal, natural, and radiant health.

Your Doctor of Chiropractic, many times in one or two adjustments, can start a hopelessly sick person on the way to health; or, in acute cases, one or two adjustments might be all that are needed to overcome the present condition. But for steady progress toward health in chronic cases, and for health assurance in acute cases, a regular visit to your chiropractor pays big dividends. ■

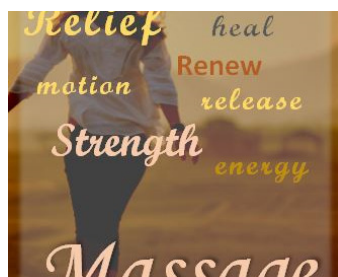


Stucky Chiropractic Center Services

Low Level Laser Therapy - Speeds the Healing Process



Massage Therapy - Combine with an adjustment for increased relief



Nutritional Counseling - Your health is impacted by your diet



SRT - Find out more any Wednesday @ 5:30 PM



This is just a sampling of services offered, in addition to manual or instrument-assisted chiropractic adjustments. Our vision is to be the largest full-service wellness clinic in the nation. Ask your Stucky Chiropractor if you could benefit from any of these services.