

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.

9 Guiding Intentions That Will Transform You and Everybody Around You

Excerpts from Michael Forrester

What you experience daily in your life--how you act, what you speak and how you feel affects every human being around you. Once you realize the domino effect created by shining your light on others, it becomes very contagious.

1 Seek the Truth

The truth will set you free, but first it may tick you off. No matter how discouraging or how many people oppose the truth, never stop seeking it. Both truth and wisdom are available only to those who have the courage to question what they have been taught.

2 The Power of Positive Thinking

The essence of human character is found in the heart. You've heard it said, "As a man thinks in his heart, so is he." There is infinite importance in your thoughts. Our thoughts are truly the only thing we have total control over. That's not to say that we can control thoughts that come to us; rather that we have control over the material of our thoughts, and our thought processes. Be sure to dwell on what is pure, and let go of that which is evil.

3 Give Service to Others

Cultivate a habit of serving others -- sharing your money, knowledge, service, wisdom, care, love. Find a person who serves others and you will find a happy person. In giving, you always receive more. Giving has many unexpected benefits, from attracting more happiness into your life, to inspiring others, and changing the lives of those you touch. In the end the whole world is made into a better place. It is a universal law. You only get back what you put in.

4 Broadcast Your Light

Shine your light on those who need kindness, love and compassion the most. (And isn't that really all of us?) It invites them into your circle of love and that broadcasts in a manner that is so expansive across the universe, that it is felt in galaxies as far as you can comprehend. Regardless of how you perceive others, see the love and creative source in all; for even those who play a role you disagree with may still be taking a path which will lead them to the same place as you.

5 Affirmation

The ability to build others up comes from the soul that is rich in belief, confidence, and



Announcing...

We are pleased to announce that Stucky Chiropractic of Menomonie opened on **August 1, 2016**.

Dr. Angela Lew (originally of Thorp, WI) will be serving family wellness needs in Menomonie. Dr. Lew is a 2009 graduate of Northwestern Health Sciences University with a Doctorate in Chiropractic. She has post-graduate training in nutrition, wellness and Graston technique.

Please tell family and friends in the area know they can get high quality chiropractic care in Menomonie!

Now Available...

Currently using a home kit for stretches and spinal rejuvenation? Look on YouTube for our video catalog of instructional videos on the use of home kit equipment. There are also videos on guided stretching for everyone.



Go to YouTube and search for "Stucky Chiropractic" Key Words - "Home Kit."

Transform You and Everybody Around You (from pg. 1)

gratefulness. Richness in your soul can be enhanced through encouragement from family and friends; and reinforced through self-affirmations. Affirmations are as simple as forming a list of statements that you say out loud to yourself, such as “I am happy,” “I am grateful.” You can change negative self-talk by changing the negative statement to a positive. “I like to exercise,” for instance, could replace “I hate exercising.” Repeating your positive list, out loud for 30 days in a row, can literally transform your mind.

6 See the Innate Power In Everyone

One of the core principles of chiropractic is a concept called “innate intelligence.” Innate intelligence is the created, inborn intelligence of the body to perceive, recognize, integrate, and adapt to its surroundings to keep homeostasis (health) in the body. Using this principle, look for God in everyone you interact with, regardless of their beliefs, religion, race, age and any other system of separation humans hold dear. If you see the God in them, it creates a commonality that allows you to share love in a very unique way that transcends some of the highest levels of judgement experienced by human beings. Why is it that many of those who we consider enemies have been our greatest teachers? All relationships resolve back to a common denominator--love. See it for what it is in all that you encounter and you will not only honor what you are, but also what they are.

7 Follow Your Passion

Allow yourself to be curious. Ignite curiosity for your passion and a world you can't see. Recognize the recurring themes in your life and how it creates a pattern for you to either follow or change. What themes or lessons seem to constantly surface in your life? What are you drawn to again and again? Learn to investigate the difference between disagreements and personal attacks, between feedback and criticism and why they exist. If you are not enjoying it, you're probably not that passionate about it. Make a planned shift to making a livelihood out of what you are most curious and passionate about. The money will follow.

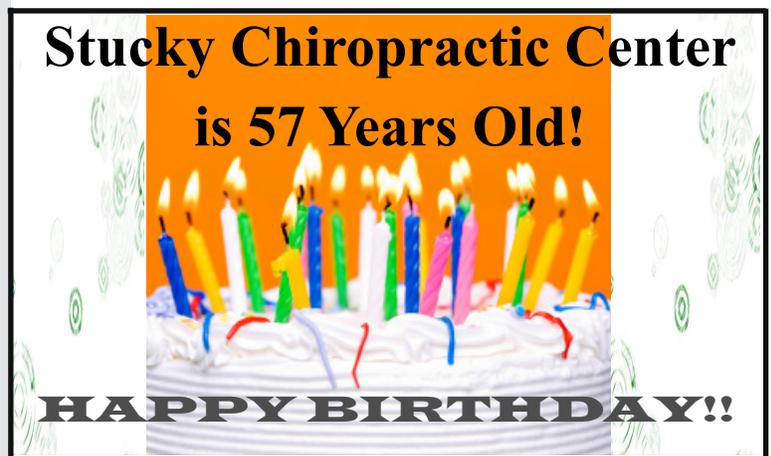
8 Be In Gratitude

Appreciate what you have and value it. Try counting your positives and be grateful for all the good things and people in your life. Treat failure as an opportunity to learn a new and better lesson from life, and that's the trick to manufacture optimism and be in an eternal state of gratitude. Once you have a grateful outlook on life, you will also have increased life satisfaction,

happiness, optimism, hope, and less of all those emotions perceived as negative.

9 Love Who You Are

No change starts outside of yourself. Change starts first from within. It is impossible to accept the inherent beauty in all living things if we cannot accept our own beauty. It is self-programming. Loving ourselves isn't a one-time event. It's an endless, ongoing process. It begins with you, enfolding yourself in your own affection and appreciation. Your worth is in your true nature, a core of love and inner goodness. You are a divine being of beautiful light and love and nothing will ever change that. ■



Check Out Our New Posts!

Check out our helpful Eat Well, Move Well and Think Well tips on Stucky Chiropractic social media EVERY Monday, Wednesday and Friday! **SAMPLE POST:**



Look for the hashtags #MondayMunchies, #WednesdayWisdom, and #FitnessFriday on Facebook, Twitter, Pinterest, and Instagram!

Pattern Recognition Brain Teaser

Here's a puzzle to test your ability to find a pattern and test it against more data.

In this table, each row across follows the same pattern of numbers. See if you can discern the pattern and fill in the missing number in the bottom row. For added challenge (or competition), time how long it takes you to complete the puzzle. Then, pass it along to someone else and see if they can solve it faster.

The slower one has to cook dinner.

7	4	8
3	9	7
6	5	10
?	8	4

Have you solved it yet? If not, here's a **hint**: If you read your figures like words in the West, then multiply your efforts and subtract the rest. Keep reading for the **answer and solution**. (Answer pg. 4)

??????



BACK TO SCHOOL

ABC's Of Backpack Safety



ACQUIRE THE RIGHT PACK. This is the most important step. It is recommended that parents don't buy the first backpack they see. The backpack should never be wider or longer than your child's torso, and the pack should not hang more than 4 inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking. It's important to make sure the backpack feels comfortable to the child and the straps can be adjusted for a tight fit. The pack should have two wide, adjustable, padded shoulder straps; and a padded back. A backpack with individualized compartments helps position the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back, and try to place the heaviest items closest to the body.

BODY WEIGHT. The maximum weight of a loaded backpack should not exceed 10%-15% of your body weight. For example, a child who weighs 100 pounds should not carry a backpack heavier than 10 pounds, and a 50-pound child should not carry more than 5 pounds. To help with this, carry only what is absolutely necessary. **TIP:** If the backpack causes the wearer to bend forward to manage the load, it is over-filled. Properly lifting and carrying your back can help prevent injuries.

CARRY CORRECTLY. To lift properly: 1). Face the pack 2). Bend at the knees 3). Check the weight by slightly lifting off the ground using both hands. (too heavy? Remove items) 4). Lifting with your legs apply one shoulder strap, and then the other. **USE BOTH** shoulder straps - making them snug, but not too tight. If the pack has a waist strap, use it.



Mango Avocado Spiced Chicken Salad

- | | |
|----------------------------------|------------------------------|
| 1 small head of lettuce, chopped | 1 to 2 teaspoon chili powder |
| 1-2 cups shredded chicken | 1/2 teaspoon cumin |
| 1 mango, peeled and diced | salt and pepper to taste |
| 1 avocado, diced | |

Directions

1. Place chopped lettuce in a large bowl.
2. Place shredded chicken in a medium bowl and add a TINY bit of water to it (just to moisten it a bit). Microwave for 12-15 seconds. Mix in the chili powder and the cumin.
3. Add the chicken to the lettuce and top with diced mango and avocado.
4. Eat as-is, or top with a light dressing of choice!

Did You Know?

We have been providing complimentary care to returning veterans since 2007. We are now expanding our program to include discounted services to all active-duty military service members.

This is just one way we feel that we can thank and recognize the men and women of our military who sacrifice so much to keep our country free and safe.



Brain Teaser Answer:

(7x4)-(8)=20, (3x9)-7=20, (3x8)-4=20, (6x9)-(10)=20, (7x8)-4=20

Stucky Community Calendar

<u>AUGUST</u>	
8:30	
9:00	
9:30	1 - STUCKY CHIROPRACTIC OF MENOMONIE OPENS
10:00	
10:30	
11:00	3 - E.C. COUNTY LUNCH & LEARN
11:30	
12:00	4 - SILVER SPRING MUSTARD DAYS
12:30	
1:00	19-21 - BIG RIG TRUCK SHOW
1:30	CVTC Parking Lot
2:00	
2:30	<u>SEPTEMBER</u>
3:00	
3:30	13 - OAK GARDENS PLACE
4:00	WELLNESS TALK
4:30	
5:00	18 - IMPRESSIONS BRIDAL FAIR
5:30	Menard's Conference Center
6:00	
6:30	<u>OCTOBER</u>
7:00	SPONSORS CHILDREN'S MUSEUM
7:30	
8:00	
8:30	
9:00	
9:30	

Supplement of the Month

Sleep Well...

When Is The Last Time You Replaced Your Pillow?

Studies recommend pillow replacement every 18 to 24 months

**Be Wise...
...Find out why.**

Ask us if your pillow is right for your sleep position

ALL PILLOWS NOW 20% OFF
(25% for Wellness Club Members)

...Have A Better Morning!