



# 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.

## De-Stress Your Holiday This Year

### The giving of gifts

The gift-giving tradition can put a lot of financial and emotional stress on a couple. On the Holmes and Rahe psychological stress scale, Christmas traditions are listed as more stressful than minor law violations; and financial difficulties are ranked equal to the death of a close friend. Combine the two and you get STRESS!

Set a budget: Keep the “ghost of Christmas past” from haunting your credit card statements and your thoughts. Look at your finances together and create a realistic spending limit for the Christmas season. Account for any upcoming expenditures you may have in the new year. Marriage therapist Marion Goertz recommends enlisting an objective third party if you and your spouse can’t agree on a budget.

Make a list and check it twice: Work with your spouse to decide who you’ll bless with gifts. If your budget is tight this year, don’t be afraid to take cost-cutting measures. For example, you could give one gift per family instead of one to each individual.

Get creative: You don’t have to buy your presents from the shopping mall. Baked goods and handmade crafts can be budget-friendly and memorable.

Don’t wait until December 24th: Last-minute shopping is rushed, stressful and often offers up nothing but the slimmest of pickings. Keep an eye out for sales all year and store the gifts until Christmas. “Christmas . . . doesn’t sneak up on you,” writes David Ramsey, author of *The Total Money Makeover*, saying that there’s no reason for not being prepared. If you plan in advance, you’ll save money and cut down on stress. ■



## What’s In A Goal?

**Ask yourself,** “if nothing changed in your life over the next 5 years, would that be okay?” If not, what are you willing to do to make sure you move forward?

**A Goal** is simply a dream with a timeframe on it.

**Setting goals** is easy but achieving them isn't. That's why setting **SMART goals** - Specific, Measurable, Achievable, Realistic and Timely - is the first step in making your **goal** a reality. Put this into action in 2017 & watch for great things to happen!

**Power** - A goal has the power to give you long-term vision and short-term motivation; and can literally change your life. Things will start happening!

**Goal Setting** involves the development of an action plan that must be written down and then followed up with steps toward achieving the goal.



# Restless Leg Syndrome

By: Dr. Jockers

Restless Leg syndrome (RLS) can significantly impact your quality of life. The National Sleep Foundation estimates that approximately one in every ten American adults suffer from RLS each year or roughly 11 percent of the general public. Still experts believe this neurological disorder is still being under-diagnosed.

The symptoms of RLS are:

1. The urge to move legs because of an unpleasant or uncomfortable sensation
2. Symptoms are partially or completely alleviated by movement
3. Periods of inactivity such as sitting, lying or sleeping results in worsened symptoms
4. Symptoms become worse in the evening or at night

Understanding the origin of the problem can help you overcome restless leg syndrome and maximize your quality of life again. Although some of the contributing factors are out of your control, many underlying problems can be fixed and in general symptoms can be reduced regardless of originating factors.

Genetics and gender are two influences which may increase your chances of having RLS. Some studies find that RLS is an inheritable condition citing that about 50 percent of people with restless legs syndrome have a family history. Women, unlike men are affected by different hormonal pathways which may explain why women are more likely than men to have RLS.

Underlying factors that may be more within your control however outnumber those influences you cannot change. The following 7 tips provides a natural approach to finding relief from symptoms of restless legs syndrome. ■

## 7 Steps to Overcome Restless Leg Syndrome



1. Healthy Diet



2. Support Electrolytes



3. Good Hydration



4. Essential Oils



5. Regular Exercise



6. Dry Brushing and Epsom Salt Baths



7. Food Sensitivities

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SUPERCHARGE YOUR HEALTH

# 9 Tips To Get A Quick

## Mood Boost

By: Dr. Mercola



### THINK **WARM** THOUGHTS

- ❄ Get Up & Get Moving
- ❄ Organize & Declutter
- ❄ Do A Good Deed
- ❄ Donate Something
- ❄ Reach Out To Others (connect with a good friend)
- ❄ Complete a task you've been avoiding
- ❄ Smile
- ❄ Learn Something New
- ❄ Get Outdoors (Soak up the sunshine or supplement with Vitamin D3)

### Answers to Puzzle

T	S	P	S	D	S	N	A	S	N	E	P	O				
L	U	Y	C	L	E	C	A	L	E	T	A	C	I	T		
A	S	T	R	O	S	B	O	X	O	B	N	I	T	S		
I	D	O	N	E	C	A	P	E	C	A	P	E	S	A		
N	I	N	H	I	C	H	I	C	H	I	C	M	E	L	M	
A	M	A	H	A	R	A	B	A	R	A	B	A	R	A	M	
R	E	D	O	S	K	I	D	R	E	D	O	S	K	I	D	
O	R	E	A	N	T	Z	K	R	E	K	R	E	K	R	E	K
C	H	R	I	S	T	M	A	S	L	U	N	A	R	A	M	A
F	A	S	T	I	R	K	S	A	P	H	I	D	A	M	A	R

WINTER HOLIDAYS



# Get A Workout Buddy (or buddies)

By: Dr. Jockers



Besides the workouts themselves, one big reason CrossFit has become so popular and so effective for so many people is the group dynamic it offers. You're not just toughing it out on your own anymore. And it goes beyond having a spotter. With CrossFit, you have a tribe of likeminded individuals pushing each other, shouting encouragement, suffering and succeeding together. Research confirms the benefits of this kind of camaraderie in the gym:

- Working out in a group boosts the stress reduction we get from exercise.
- Just working out in the presence of another person reduces the perceived effort of the exercise.
- Train with someone who's stronger/faster/fitter. If you think your workout partner is doing better than you, you'll work harder.
- Guys might also want to work out with a lady nearby, as exercising with a member of the opposite sex has been shown to also reduce perceived exertion. I'm not sure if the same applies to women working out near men; I'd expect it might.
- You don't have to join a CrossFit box (though it's not a bad idea!). Simply gathering a friend or two for regular workouts will do the trick. And hey, social contact is a nice bonus!
- Happy Work-Out!
- Also, check out the MAX T3 video workout available for sale at Stucky Chiropractic Center!



# Bacon Wrapped Spiced Squash

Recipe from Paleo Mom

## Ingredients:

- 1½ lbs pumpkin or butternut squash, peeled, seeded and cut into 2" chunks
- 1 teaspoon ground ginger
- 1 teaspoon cinnamon
- 1 teaspoon chopped fresh rosemary
- 2 Tablespoons olive oil
- 1 Tablespoon maple syrup (plus more for serving, optional)
- ¼ cup chopped walnuts
- 10 oz regular- or thin-cut bacon (10 slices)



## Directions:

Preheat oven to 350F. Place a wire rack (e.g., cooling rack, roasting rack) in a rimmed baking sheet (line your baking sheet with foil to make clean up easier if desired).

In a mixing bowl, toss pumpkin or squash chunks with spices, olive oil, maple syrup and walnuts. Cut bacon slices in half.

Wrap each spiced pumpkin chunk in a half slice of bacon, making sure to have a few walnut pieces wrapped inside the bacon too. Place on the wire rack oriented so that the ends of the bacon slice are on the bottom (this stops them from unraveling while cooking). Repeat with every piece of pumpkin.

Using a spoon, drizzle any remaining spice mixture and walnut pieces from the bottom of your mixing bowl over the top of each bacon-wrapped spiced pumpkin chunk.

Bake for 40 minutes.

Optional: for crispier bacon, broil on high for 2-3 minutes after baking.

Remove from oven and serve! Serving suggestion: drizzle a few drops of maple syrup over each bacon-wrapped spiced pumpkin chunk!

# Humor Corner

- ~ What does a Thesaurus eat for breakfast? A synonym roll.
- ~ One Christmas, my grandfather gave me a box of broken glass. He gave my brother a box of Band-Aids and said, "You two share."
- ~ I once bought my kid a set of batteries for Christmas with a note on it saying "Toys not included."
- ~ Did you hear that Rudolph the Red-Nosed Reindeer never went to school? That's right—he was elf taught.

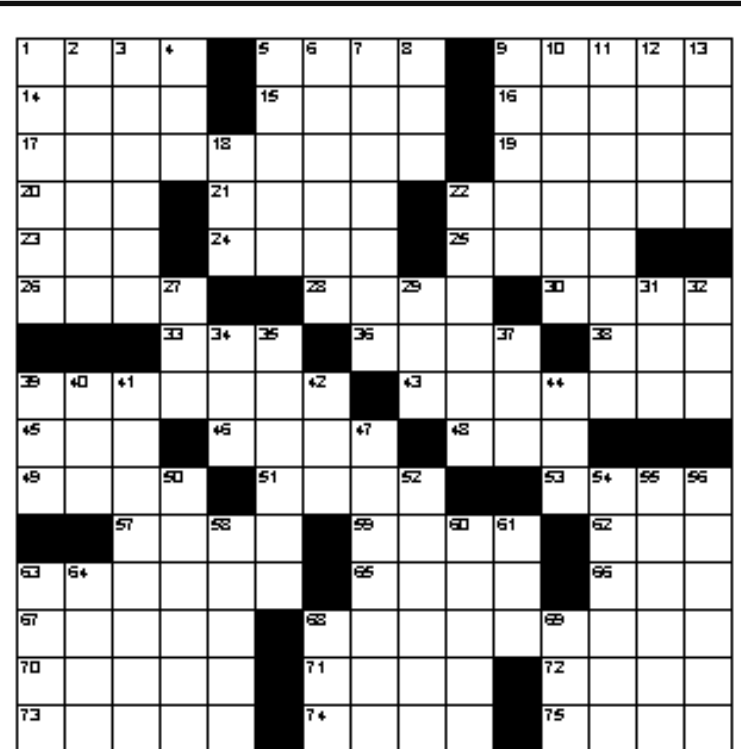


## ACROSS

1. Refrain from eating, as 39-Across do during the month of Ramadan
5. Annoys
9. Garden pest
14. On the ocean
15. Brilliantly colored salamander
16. Video store category
17. Holiday commemorating the birth of Jesus
19. \_\_\_ new year (when the Korean holiday Sol is observed)
20. "Mazel \_\_\_!" (Jewish "Congratulations!")
21. Strap by which a rider controls a horse
22. Lure
23. Mined metal
24. 1998 film filled with computer-animated insects
25. Difficult journey
26. Decorate differently
28. Suffix in the names of some huge extinct reptiles
30. Lose control of a car on the ice
33. Used to be
36. Starting from the date: 2 wds.
38. California's Santa \_\_\_ winds
39. People who celebrate the holiday Eid ul-Fitr on the first of Shawwal
43. With 47-Down, one of the two people honored on Presidents' Day
45. From \_\_\_ Z (completely): 2 wds.
46. "Charlie and the Chocolate Factory" author Roald \_\_\_
48. Lobed body part
49. Ship's steering wheel
51. Stylish
53. Skinny
57. Santa's bag
59. Song sung on 17-Across
62. Wedding vow response: 2 wds.
63. Houston baseball team
65. Dracula's garment
66. Insect-catching tool
67. Textbook divisions
68. Celebration in Britain and Canada immediately following 17-Across: 2 wds.
70. Understood but unspoken, as approval
71. "The Shadow" star Baldwin
72. Another name for 17-Across or 41-Down
73. Unlatches
74. "No ifs, \_\_\_ or buts!"
75. "Hey, you over there"

## DOWN

1. Wind chill \_\_\_
2. No longer 14-Across
3. Began a tennis game
4. \_\_\_ chi (Chinese meditative exercises)



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Answers on Page 2

5. One \_\_\_ (small percentage): 2 wds.
6. Sends in, as payment
7. African-American harvest festival celebrated from Dec. 26th until Jan. 1st
8. Holy people for whom holidays are often observed: Abbr.
9. Grace's last name on "Will & Grace"
10. Goody-goodies
11. Eight-day Jewish festival featuring a nightly lighting of the menorah
12. Colorful Apple computer
13. Truth or \_\_\_
18. Mrs., in Mexico
22. Disco light
27. Hooting bird
29. It's south of Canada
31. "... partridge \_\_\_ pear tree": 2 wds.
32. Water flow stopper
34. Help
35. Loud kisses
37. Monk's title
39. \_\_\_-jongg
40. Sport-\_\_\_ (off-road vehicle)
41. Winter \_\_\_ (pagan holiday celebrated on the shortest day of the year)
42. "Quiet down!"
44. Paintings, sculptures, etc.
47. See 43-Across
50. \_\_\_ Luther King Day (third Monday in January)
52. Persuaded by gentle urging
54. People who celebrate the holiday Diwali, commemorating Lord Rama's return to his kingdom
55. Standards of perfection
56. Words to the impatient: 2 wds.
58. Prices
60. Long classical stories
61. Band with the 1999 hit "Steal My Sunshine"
63. Car
64. Attack like a turtle
68. Imitate a sheep
69. Rip off