



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.

Chiropractic *Pets* - Now Serving the Four-Legged

By: Dr. Alyse LaGuardia Hall, on behalf of Stucky Chiropractic



It is not meant to replace traditional veterinary care; it offers non-surgical, drug-free options for helping bone, disc, and soft-tissue disorders related to improper spinal biomechanical movement for animals of all sizes. It is an integrative method, that when used in conjunction with good traditional veterinary care, may provide many more years of healthy living for your pet.

Symptoms that can be present in your pet companion when a subluxation exists can range from mild to severe. Generally, if there is pain or discomfort, you'll notice a change in your pet's behavior, gait (walking) pattern or performance. For instance, a dog in pain or discomfort will often pant more than normal; or your pet may pace, yelp, sit or stand abnormally and/or in an awkward position, and they may even show signs of incoordination. These are subtle signs that may point to dysfunctions within their nervous system.

WHAT TO EXPECT AT A PET VISIT

Chiropractic has been the #1 form of natural healthcare for the last 100 years or so. Last year alone, 33 million people sought chiropractic care and reported a 97% satisfaction rate. At Stucky Chiropractic, we recently celebrated our 57th year taking care of the Chippewa Valley; the young, the elderly, and every age in between. What you may not know is that humans are not the only ones who benefit from chiropractic care. Your family pets do too!

Animal chiropractic has been accepted in the traditional veterinary community for the last 15 years or so.



When you take your pet for a chiropractic adjustment, the first thing the doctor will do is get a history on your pet, including information about their lifestyle and overall health.

The chiropractor will also want to see any prior x-rays taken on your pet and will want to consult with your primary veterinarian. A chiropractic exam includes a neurological assessment, an evaluation of stance and gait, motion, and static palpation. Each abnormality in the spinal alignment and extremities, noted during the exam, will be

"Animal chiropractic is a holistic, all natural approach to helping with a number of joint, muscular and skeletal problems in pets of all sizes."

WHAT IS CHIROPRACTIC FOR PETS?

Animal chiropractic helps to reduce subluxations (misalignments within the spine and extremities) to help improve the function of your pet's immune and nervous systems.

(See "Chiropractic Pets" Pg. 2)

Chiropractic Pets (from Pg. 1)

corrected through spinal adjustments. The American Veterinary Chiropractic Association defines an adjustment as, “a short lever, high velocity controlled thrust by a hand or instrument that is directed at specific articulations to correct vertebral subluxations.”

Most animals respond well to adjustments and are generally instinctively aware of the problem in their body before the owner even notices. Chiropractic is not limited to an injured or sick pet. Healthy and athletic animals are ideal candidates for chiropractic care as well. Chiropractic may enhance the quality of your pet’s life (large or small), ensuring many more active and healthy years for them and your family.

Dr. Alyse LaGuardia Hall, recently completed 226 hours of post-graduate education open to both licensed chiropractors and veterinarians in good standing with their respective licensing boards. The program emphasized functional and clinical neurology as it pertains to both small and large animals. Dr. Alyse is now a certified Veterinary Spinal Manipulative Therapist (Animal Chiropractor) as of December 2016.



Her practice, **Happy Tails Chiropractic**, is now open at the back of Stucky Chiropractic Center. She will also do barn visits for horses and large animals.

Dr. Alyse is a doctor of chiropractic. Pet owners will still require a primary veterinarian for their animals. All four-legged patients will require a **written referral from their primary veterinarian** to be seen by Dr. Alyse. **Call to schedule** a time to bring in your pet, or schedule a barn visit (715-579-5509) for large animals. **Save 20% on your initial consultation through February, 2017. ■**

SIGNS YOUR PET MAY HAVE A SUBLUXATION

- 🐾 Stiffness or lameness
- 🐾 Trouble climbing stairs or difficulty jumping
- 🐾 Walking in circles before finding a comfortable spot to lay down in
- 🐾 Yelping when you pick them up or general sensitivity to touch
- 🐾 Reluctance to move or decreased mobility
- 🐾 Sitting or standing in an abnormal position and/or tilted to the side
- 🐾 Abnormal gait - a shorter stride, stumbling, sidewinding
- 🐾 Urinary incontinence, constipation or anal gland problem
- 🐾 Lick granulomas
- 🐾 Equine Specific:
 - Discomfort when saddling or riding
 - Bucking, wringing tail, or pinning ears
 - Difficulty flexing at the poll

Pets Can Be A Healthy Investment

People love their pets. More than 60 percent of U.S. households include pets, and those pet owners pour \$41 billion a year into pet care [source: APPMA]. This may seem like a lot of money. But when you consider the fact that owning a pet could very likely add years to your life, a pet can quickly seem like a wise investment.

Consider, walking your dog, for instance. Walking is a very healthy way to MOVE WELL. In fact, a new report from the American Heart Association will put an extra spring in your steps on those walks. It turns out that having a canine companion may help lower the risk of heart disease.



American Heart Association (AHA) has weighed all the available evidence. The verdict: Having a pet—a dog in particular—likely lowers the risk of heart disease. Why?

“People who have dogs live longer than people who have cats, and the assumption has been that dogs naturally cause their owners to be more active,” suggests Dr. Thomas Lee, Co-Editor in Chief of the Harvard Heart Letter. “The emotional benefits of having an affectionate creature are also one of the theories for why dog-lovers live longer.”

The evidence reviewed by the AHA indicates that dog owners are more likely to exercise, have a better cholesterol profile, have lower blood pressure, be less vulnerable to the physical effects of stress, and be more likely to survive a heart attack. ■

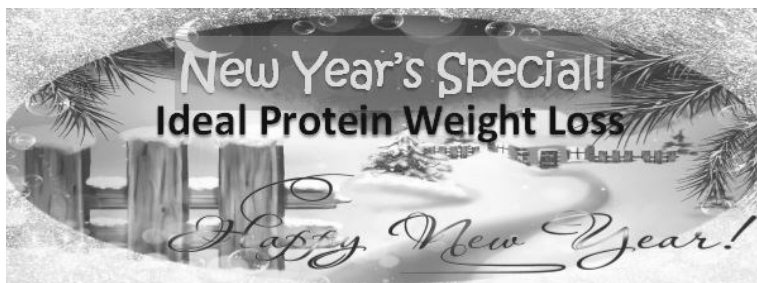
Happy Tails Chiropractic... Now Open (in Stucky Chiropractic)

PLEASE NOTE: While we will now be accepting pets in our facility, we are very aware that not all of our patients are pet-lovers. Our pet patients and owners will have rules to abide by. Pets and owners will have their own back-door entrance to Happy Tails, and their care will happen in a private room in the back of the building.

Dr. Alyse is excited to be serving the four-legged. If you have any questions, please feel free to talk with us.



Ideal Protein Weight Loss \$99 New Year's Special



NOW THROUGH FEBRUARY 28th

Real People ... Real Results!

START UP FOR ONLY \$99
(A \$139 Value)



Step 1

CHOOSE AN INFORMATION SESSION TO ATTEND

(Bring a friend to attend with you, and both get a free gift)

Step 2

MAKE A DECISION AND GET STARTED

(When you and your friend start, each of you receives one complimentary box of food)

- YOU WILL HAVE YOUR OWN PERSONAL COACH THROUGHOUT THE PROCESS
- FOLLOW THE SYSTEM AND YOU WILL SEE RESULTS - WE HELP YOU REACH YOUR GOALS
- MAKE 2017 THE HEALTHIEST YEAR

Create A Healthy New Year With These Events

IDEAL PROTEIN WEIGHT LOSS

Check out this healthy system for learning healthy eating for a lifetime and reaching your weight and health goals. \$99 special start-up fee for January/February. Attend an introductory workshop. (Dates at www.stuckyweightloss.com)

EAT WELL WORKSHOP (with Dr. Kyle Anderson)

Learn how to choose the right foods for the highest gain in energy, cost savings, and overall health. 6:30 PM at Stucky on Thursday, January 12th.

WHY YOUR PETS NEED CHIROPRACTIC TOO (with Dr. Alyse Hall)

Join Dr. Alyse for a quick 1/2 hour introduction to chiropractic for your pets (dogs, horses, cats, etc.). Two Dates: Wednesday, January 18 at 12:30 PM or Thursday, January 26 at 6:00 PM. Free gift for all attendees.

COOK WELL WORKSHOP (TBA)

Cooking demonstration, followed by tasting. Learn to make a healthy meal for the whole family. Watch Stucky Facebook and Office Flyers for details.

SHOP WELL WORKSHOP (with Dr. Chris Edwards)

Grocery shop with the doctor and learn how to read labels, make wise buying decisions, figure out how to avoid the marketing traps of the grocer and more. Held at Woodman's in Eau Claire. 6:30 PM on Thursday, January 26th.

MOVE WELL WORKSHOP (with Dr. Eddie Hall)

Discover that healthy movement can be accomplished in 45 minutes a week! Practical exercises for the average person, plus strengthening for those who have been more sedentary. 6:30 PM at Stucky on Thursday, February 9th.

SPINAL REJUVENATION THERAPY INTRODUCTION

Discover how you can move and stretch to help restore your spine to a healthier condition. Attend Any Wednesday 5:30 PM.

COMING SOON: Think Well - Tuesday, March 7th.

Space is limited for all workshops. Reserve your seat with the front desk or call (715) 835-9514.



Enzymes & Digestion - Digestion

You've probably heard of enzymes, and you probably already know they are important for your digestion. But you may not be aware of just how necessary enzymes are to every cell in your body—not just for digestion but for ALL your physiological processes.

Enzymes are composed of amino acids and are “workers” in your body. The digestive and immune systems require enzymes for normal function. Stress can quickly compromise these two systems. Taking enzyme supplements can help your body get the nutrients it needs.

More than 3,000 different enzymes have been identified, and some experts believe there may be another 50,000 we have yet to discover. Each



enzyme has a different function—like 3,000 specialized keys cut to fit 3,000 different locks. In this analogy, the locks are biochemical reactions.

Food or plant enzymes can work in both the acid environment of the stomach and the alkaline environment of the small intestine. Using these can help you get the nutrients past an incompetent digestive system which speeds up the recovery process.

Ask your Stucky Chiropractor which enzymes could help you improve your digestion and overall gut health.

Ask your Stucky Chiropractor to schedule a personalized nutrition evaluation that will help you know the needs for your specific body. Experience life-changing improvements with enzyme therapy.

Testimony

Why Enzymes? ...

More than 100 million Americans have digestive problems

How do you feel after eating?...

- Energized or
- Uncomfortable



Symptoms that Point to Possible Dietary Modifications Needed:

- Stiff, Sore Joints
- Anxiety - Irritability
- Headaches
- Constipation - Diarrhea
- Indigestion
- Restlessness
- Gas Pain - Bloating
- Insomnia

Ask Your Chiropractor About Enzymes

NOW 20% OFF
25% Off for Wellness Club Members



“Enzyme therapy changed my life! I had all kinds of stomach issues; whenever I would eat, Soon after eating, I would get a stomach ache that would last for several hours. I had low energy too. After starting on a few key recommended enzymes my energy returned, and I no longer experience the stomach pains.”

Brittany C.

“My issue was constant flatulence. I also would experience headaches, and occasional bloating. I was nervous to talk about my issues, but Dr. Kyle made it so easy. Now, I’m eating better, supplementing with enzymes and doing much better..”

Sam L.

Get Healthy! Schedule Your Consult Today!

(715) 835-9514