



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.

Avoid LED Lights By: Dr. Mercola

The importance of near-infrared light exposure to health and the adverse effects of LED lighting, as explained by Dr. Alexander Wunsch, a world class expert on photobiology, was one of the breakthrough health revelation of 2016.

LED lighting may actually be one of the most damaging, non-native EMF (electromotive force) radiation exposures you have on a daily basis. You cannot feel near-infrared as heat, and you cannot see it, but it has a major beneficial impact in terms of
(See "LED Lights Pg. 2)

Love And Your Health



Love does wonderful things for your state of mind, and it also offers natural stress relief. In healthy relationships, (including the one with yourself), the power of love is strong enough to keep your heart happy and your mind and body healthy. Communication is a key part to building a healthy relationship. The first step is making sure you both want and expect the same things—being on the same page is very important. The following tips can help you and your partner create and maintain a healthy relationship:

- **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
- **Respect Each Other.** Your partner's wishes and feelings have value, and so do yours. Let your significant other know you are making an effort to keep their ideas in

mind. Mutual respect is essential in maintaining healthy relationships.

- **Compromise.** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.
- **Be Supportive.** Offer reassurance and encouragement to each other. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
- **Respect Each Other's Privacy.** Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

Even healthy relationships can use a boost now and then. You may need a boost if you feel disconnected from your partner or like the relationship has gotten stale. If so, find a fun, simple activity you both enjoy, like going on a walk, and talk about the reasons why you want to be in the relationship. Then, keep using healthy behaviors as you continue dating.

If you're single (and especially if you're a single parent), don't worry if you need a boost too! Being single can be the best and worst feeling, but remember relationships don't just include your significant other and you. Think about all the great times you've had with your parents, siblings, friends, children, other family members, etc..



Try going out with the people you love and care about the most — watch movies together, go out to eat, take a day off from your busy life and just enjoy being you! If it helps, also talk about your feelings about the relationships in your life. ■

LED LIGHTS (From Pg. 1)

health. Near-infrared frequencies are what is missing in non-thermal artificial light sources like LEDs and fluorescents. Importantly, it appears to promote age-related macular degeneration (AMD), which is the leading cause of blindness.



Since LEDs have virtually no infrared and an excess of blue light that generates reactive oxygen species (ROS), this explains why LEDs are so harmful for your eyes and overall health

(ranging from metabolic disorder to cancer.)

The **healthiest indoor** lighting includes clear incandescent light bulbs (a 2,700 K incandescent, thermal analog light source), low-voltage halogen lights operated on DC (not AC, which generates dirty electricity) and/or fragrance-free candles.

Be particularly mindful to only use incandescent lights at night. After sunset, consider it is best to put on a pair of blue-blocking glasses. ■

CALENDAR OF EVENTS



Thursday - February 9 - 6:30 PM
MOVE WELL - Take control of your life. Learn simple steps to healthy movements. (90 minutes)



February 15 - 12:30 PM
Discover how chiropractic can help your animals & pets live longer & healthier lives. (1/2 hour talk)



Tuesday - March 9 - 6:30 PM
THINK WELL - Discover how thinking affects your health and what you can do to improve yours. (60 minutes)



February 17-19 SEE US AT
The Home & Garden Show

Reserve your seat (715) 835-9514

10 Reasons To Move Well

10 *You'll Improve Your Memory*

Ever feel like you think a bit more clearly after a good workout? Not only is your brain getting more energy and oxygen, but many studies show exercise can boost your **memory**.

9 *You'll Have Better Posture*

Good posture is important, and one of the best ways to fix your posture is to exercise the muscles holding your back. Regularly exercising your abs, back, and other muscles can go a long way into fixing your posture, both sitting and standing.

8 *You'll Boost Your Confidence*

Obviously, exercise can improve your appearance which can improve confidence, but there's more to it than that. Exercise can also help you feel more accomplished and social.

7 *You'll De-Stress*

We all have stress in our lives, whether it's the occasional rough day or a more serious, chronic problem. Endorphins, natural stress-fighters made during exercise, and the exercise groove itself will help get your mind off the things stressing you out.

6 *You'll Sleep Better*

If you ever have trouble falling asleep at night, the National Sleep Foundation says that regular exercise can help you sleep better. The best time to work out is in the morning or the afternoon, rather than before bed—if you exercise too closely to bedtime, it can actually have the opposite effect!

5 *You'll Have More Energy*

It may seem counter-intuitive—after all, working out can drain your energy quite a bit—but regular exercise can actually make you feel more energized throughout the day.

4 *You'll Have Better Sex*

Do we have your attention yet? Studies have indeed shown that regular exercise can increase arousal and decrease men's risk for erectile dysfunction, likely because exercise improves circulation (which is pretty important when it comes to sex).

3 *You'll Get Sick Less Often*

Nobody likes getting sick, and exercise can help. A recent study found that people who exercised regularly were half as likely to get a cold than people who didn't - Great Odds!

2 *You'll Live Longer*

It's no secret that healthy living will keep you alive longer, but you might be surprised at how much. One study found that exercise improves life expectancy as much as quitting smoking.

1 *You'll Just Be Happier*

All this put together equals a much happier you. It's not just those "runner's high" endorphins—regular exercise can actually improve your life in oh-so-many ways. All you need to do is make it a habit.

Take The Water Test

Research reveals that as a country we are severely dehydrated. This simple test will emphasize that fact:

The recommended amount of water intake is 1/2 your weight in ounces.

WATER INTAKE SELF-TEST:

Your body weight ÷ 2 = Your recommended ounces

_____ pounds ÷ 2 = _____ ounces of water intake



How did you do? If you weigh, for instance, 140 pounds, your water consumption should be 70 ounces of water daily. That's just over 2 quarts each day. If you are like most Americans, you fell short of the recommended water intake.



Tips for increasing your water consumption:

1. Know your target. Write it down and chart your daily intake. Focusing is the first step.
2. Keep water with you at work and at home. (Get a Stucky Water Bottle to help measure)
3. Add a small scoop of Dynamic Greens to flavor the water (incentive to drink more)

Remember, dehydration can be the cause of many ailments. Your body is made up of mostly water, and requires water for every process. We can exist without food for about two months or more, but we can only survive for a few days without water. ■

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Vitamin D



Vitamin D Deficiency as the Cause of Seasonal Flu

- Vitamin D deficiency has been shown as a likely candidate for the cause of the flu as well as other diseases.
- Vitamin D has profound and multiple positive effects on human immunity.
- Inadequate Vitamin D nutrition is endemic among the elderly in the winter.

- The sun is a primary source of our Vitamin D production.
- The elderly only produce about 25% of the Vitamin D that 20 year-olds do after exposure to the same amount of sunlight.
- Seasonal variations (lack of sun) cause Vitamin D deficiencies in people. ■

TALK WITH YOUR CHIROPRACTOR TODAY

BRAIN TEASER - LOGICAL LETTERS

U.S. Presidents - Happy President's Day

To successfully complete this teaser, you'll need to select the correct letter for each of the nine clues. Note: There will be several possible answers for each clue, but you'll need to select the right combination of letters to spell the two-word answer. For an extra challenge, there is a trivia question too!

- | | |
|--|---|
| 1. The first letter is in FORD but not in COOLIDGE. _____ | 6. The sixth letter is in LINCOLN but not in JACKSON. _____ |
| 2. The second letter is in NIXON but not in JACKSON. _____ | 7. The seventh letter is in REAGAN but not in PIERCE. _____ |
| 3. The third letter is in MONROE but not in MADISON. _____ | 8. The eighth letter is in ADAMS but not in WASHINGTON. _____ |
| 4. The fourth letter is in BUSH but not in BUCHANAN. _____ | 9. The ninth letter is in HAYES but not in HOOVER. _____ |
| 5. The fifth letter is in TRUMAN but not in VAN BUREN. _____ | |

BONUS TRIVIA QUESTION: Do you know which president did not have one of these?

Answer At The Bottom of This Page



Ingredients

Cooking time: **15 minutes** : Preparation time : **45 minutes** : Servings: **6**



- ◆ 3 large free-range eggs
- ◆ 1 large ripe avocado
- ◆ 1 organic roma tomato, sliced in half with the ribs and liquid removed
- ◆ 1 organic jalapeno, sliced lengthwise with the seeds and the ribs removed
- ◆ 1/2 tsp. cumin
- ◆ 1/4 tsp. turmeric
- ◆ Salt and pepper to taste
- ◆ Diced jalapenos and sliced chives for garnishing

Directions:

Hard Boiled Eggs made easy: Instead of boiling the eggs, try steaming them. Use a double boiler, or steam basket. Place about an 1 1/2" of water in the bottom of the pan. (Enough to boil for 15 mins. without running dry, but not so much that it touches the eggs.) Place the eggs in the top pan or steamer basket. Cover. Place on burner over high heat. When the water first starts to boil, set the timer and continue steaming for 15 minutes. Remove the eggs and immediately place them in ice bath for 10 minutes. Refrigerate until ready for use.

Peel the eggs, slice them in half lengthwise, then remove the yolks (place in blender) and put the whites to the side.

Add the egg yolk, jalapeno, cumin, tomato, avocado, salt and pepper in a blender.

Blend the ingredients on high speed until a chunky, creamy guacamole mixture appears.

Using a spoon, gently scoop the mix into each egg white cavity.

Sprinkle each egg with turmeric then sprinkle with diced jalapeno and chopped chives as desired.

Puzzle Answer: FIRST LADY; James Buchanan has been the only single U.S. President to date.