



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.

Introduction to Thai Massage

Thai massage is a wonderful relaxation, and stretching experience. The therapist guides your body in a combination of yoga movements and stretching. We want everyone to experience this wonderful therapy. On **Thursday, April 20 at 6:00 PM**, Tracie (Stucky Chiropractic Massage Therapist) will host a **complimentary** introduction to Thai. Registration is limited! All participants should wear comfortable clothing as you will get an opportunity to experience the movements of the therapy. All participants will also receive a 10% discount coupon to schedule an individual Thai Massage follow-up appointment. Save your place today with the front desk or call us at (715)-835-9514. ■



Spring Cleaning For The Body

Dr. Joseph Mercola's blog on the 10-day detox diet has great tips for 'spring cleaning' your body and ridding yourself of food addictions. Food addiction is a pervasive challenge, and one that can prevent you from implementing strategies you know would benefit your health.

In the featured interview, Dr. Mark Hyman discusses his new book, *The 10-Day Detox Diet*, a New York Times bestseller, which focuses on detoxing from sugar and eliminating food

(See "Spring Cleaning" Pg. 3)

Chiropractic Helps Bring New Life Into The World

Typical reasons that people come to see a chiropractor, include symptoms like headaches and back pain. But did you know, that we can scan for abnormal functioning of your nervous system to find interferences that may not be causing you pain?

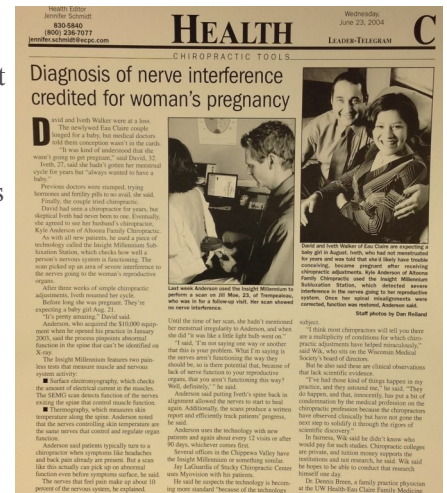
An example of this comes from a newlywed couple in Eau Claire who had longed for a baby, but were unable to conceive. Medical doctors had told them that conception was not in the cards for them.

When Dr. Kyle, of Stucky Chiropractic Center, examined the woman, the findings revealed nerves that were improperly functioning; specifically the nerves connected to the reproductive organs.

After receiving chiropractic adjustments from Dr. Kyle, the couple's conception problem was resolved and they brought a new life into the world! This is just one of the many success stories from Stucky Chiropractic Center!

We have a wealth of experience, state-of-the-art equipment, and the knowledge to help! Do you know anyone who has been given a hopeless diagnosis from the medical doctor?

Please invite them to call our office to see how chiropractic may benefit them! Thank you for your referrals. ■



The year was 2004. Dr Kyle featured in the Leader Telegram Health page.



Help For Seasonal Allergies

We have help for those who suffer from seasonal allergies. Talk with your chiropractor about the supplements that would be suited for you. Allerplex is on special the whole month!



Ask Us How To
Fight Back Naturally

Allerplex (for Adults)

D-Hist Jr. (for Youth)

Both products contain Vitamin C

-Support the body's natural ability to manage allergy & sinus symptoms

-Maintain healthy lung & respiratory function



THIS MONTH 20% OFF—25% FOR WELLNESS CLUB MEMBERS

Be A Tourist In Your Own Home Town

Sometimes, you can live in an area all your life, or for a long time and never truly experience all the fun activities in your own backyard. Here are some fun options to explore with your family this spring. For more ideas, check out "Visit Eau Claire" website.



- 🌸 Visit the **Beaver Creek Reserve** - Trails to walk, science center to learn in, butterfly house and more!
 - 🌸 **Eau Claire's Children's Museum** (Just opened FAIL-SAFE: NEW FAB LAB + MAKERSPACE! - Visit their website for more details. This new area caters to older children as well)
 - 🌸 **Take a walk!** Chippewa Valley has numerous trails: Buffalo River State Trail, Lowes Creek County Park Mountain Bike Trail, Old Abe Trail, Pinehurst Park and more
 - 🌸 **Cabin Ridge Rides** - Horse-drawn wagon ride, catered meal, and bonfire
 - 🌸 **Craving Canvas & Ceramic Studio** - Make a piece of original art with your family. Ask Stucky Chiropractic for a 20% off discount coupon!
 - 🌸 **The Eau Claire Concierge** - Not feeling creative? This service will actually plan a guided excursion for you.
- Staying active in mind and body promotes overall health. Discover something new, and enjoy the Spring! ■



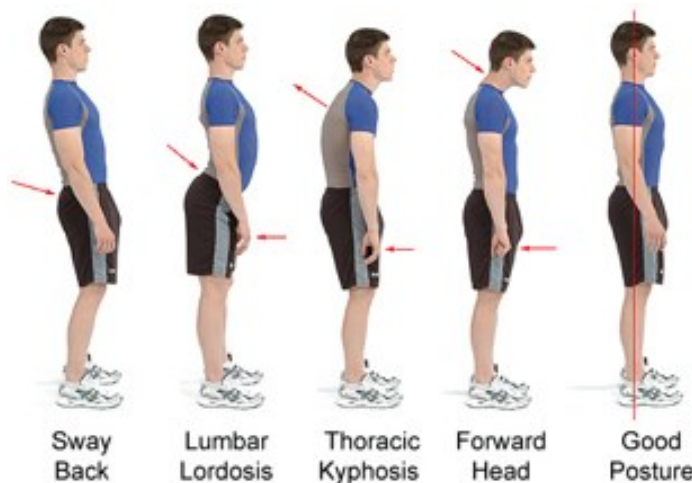
Puzzle Answers: Strong, Healthy, Spine, Butterfly, Stucky
Get Your Life Back At Stucky.

Bad Posture Results in Bad Health

(by: Excerpts from Dr. Jockers)

Bad posture is a modern day health epidemic that is much worse than most people naturally assume. Posture is the window into your spine. The spine has a powerful relationship with the brain, spinal cord, and overall organ function. This intimate connection means that poor posture and spinal health will lead to an overall decrease in brain and organ function.

One of the worst types of health problems people experience is a loss of the natural curves of their spine. For more information see <http://drjockers.com/bad-posture-bad-health/> ■



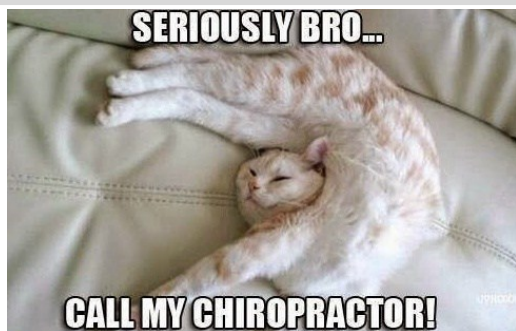
Spring Cleaning (from Page 1)

addictions. Dr. Hyman also authored the book *The Blood Sugar Solution*. He's become increasingly aware of food addictions, caused by the addictive nature of sugar, refined carbs, salt, and trans fats. These substances act just like heroin or cocaine, giving you pleasure by triggering an innate process in your brain via dopamine and opioid signals.

Americans eat about 152 pounds of sugar per person per year. The average American also eats an additional 146 pounds of refined flour per year, and flour has a higher glycemic index than table sugar.

No matter what disease you're trying to conquer, you have to address the basics of diet. At Stucky Chiropractic Center, we can help you get back to basics and 'spring clean' your body.

Ask us about the 21-Day Purification Program from Standard Process. Your Chiropractor has training to guide you through a healthier eating plan. ■



Ghee - Try Making This (by: the Kitchn Website) Used in the Rhubarb Recipe on the Back Page

GHEE...What It Is? - How to Make It

Butter is composed of three ingredients: butterfat, milk solids, and water. Remove the milk solids and water, and you're left with ghee, a type of clarified butter. The absence of milk solids leaves ghee with a much higher smoke point, which makes it a lot easier to cook with over high heat. Its smoke point is actually higher than most cooking oils, like grapeseed, canola, and coconut oil.

Ghee is made by melting butter over medium-low heat until simmering. As the water in the butter slowly evaporates, the milk solids sink to the bottom of the pan. After all the water has evaporated (the butter will stop making a sputtering sound), it's removed from the heat, and poured through a cheesecloth-lined strainer to remove the milk solids. You're left with pure butterfat (aka clarified butter).

What makes ghee different than regular clarified butter is that the butter is simmered just a tiny bit longer, to the point where the milk solids just start to brown. It's strained again to remove those lightly caramelized solids for pure butterfat.



Because the milk solids are slightly toasted when making ghee, it has a more golden color than regular clarified butter and is a bit deeper in flavor. It's not as rich and fragrant as brown butter, where the milk solids are cooked even longer and often not strained out, but it does deliver a mellow nuttiness. ■

For more, see: <http://www.thekitchn.com/what-is-ghee-228487>

Puzzle Directions: Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.



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RHUBARB SEASON IS COMING - TRY THIS PALEO COFFEE CAKE

Ingredients (cake):

- ½ cup lard
- ¾ cup honey
- 1 egg
- ¾ cup less 1 tablespoon coconut cream
- 1 tablespoon apple cider vinegar
- 2 teaspoon baking soda, divided
- 1 2/3 cups Otto's cassava flour (available at WalMart)
- ½ teaspoon allspice
- ½ teaspoon cardamom
- ½ teaspoon salt
- 3 cups finely diced rhubarb

Ingredients (crumb topping):

- 2 Tbsp. ghee (clarified butter), melted
- 2 Tbsp. maple sugar
- ½ tsp cinnamon
- ¼ cup Otto's cassava flour
- Optional: ½ cup chopped pecans

Directions:

Preheat oven to 325F. Grease a 7" x 10" or an 8" x 8" baking dish with lard, coconut oil, or ghee.

Add lard, honey and egg to the bowl of a standing mixer. With whisk attachment at medium speed, cream together until light and fluffy, about 3-4 minutes.

Meanwhile, combine apple cider vinegar and coconut cream (tip: add vinegar to the bottom of a measuring cup and then pour in coconut cream to the ¾ cup line). Add 1 tsp baking soda and let sit for 2 minutes. (Caution: it will froth and expand, so use at least a 2 cup size measuring cup or do this step in a mixing bowl.)

Combine cassava flour, spices, remaining baking soda and salt.

With mixer on low, add thirds of flour mixture and coconut cream mixture, alternately. Once fully incorporated, remove whisk attachment and fold in rhubarb by hand.

Pour batter into prepared baking dish.

Make the crumb topping. Combine ghee, maple sugar, cinnamon and cassava in a small bowl. With your fingers, gently drop crumbs onto the surface of the cake batter, breaking up any bigger pieces as you go.

Sprinkle chopped pecans over the top of the cake, if using.

Put in the oven. Set a timer for 10 minutes. After 10 minutes, increase oven temperature to 350F. Cook for a further 50 minutes. Remove from oven and let cool before serving.

