



# 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.

## 6 Weird Brain Exercises That Help You Get Smarter

Giving your brain new experiences that combine physical senses: vision, smell, touch, taste, and hearing—with emotional “sense” stimulates more connections between different brain areas, causes nerve cells to produce natural brain nutrients that dramatically help memory, and makes surrounding cells stronger and more resistant to the effects of aging. Try these brain exercises during your morning routine or your down time and see if you feel the difference.

### Brush teeth with your non-dominant hand

Brain Exercise: Open the tube and apply toothpaste with your non-dominant hand, then brush with that hand too.

### Shower with your eyes closed

Brain Exercise: Try using just your tactile senses (although, use common sense to avoid burn or injury). Locate the faucet solely by feel, and adjust the temperature. Then wash, shave, and so on with your eyes shut.

### Switch around your morning activities

Brain Exercise: Get dressed after breakfast, walk the dog on a new route, or change your TV or news station. Even watching a kids' program like Sesame Street, for example, may arouse the brain to notice how much of what you take for granted is explored in depth by children.

### Turn familiar objects upside down, Literally

Brain Exercise: Turn pictures of your family, your desk clock, or an illustrated calendar upside down.

### Switch seats at the table

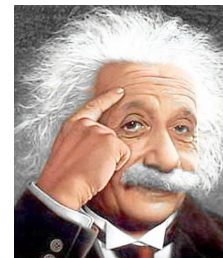
Brain Exercise: Around the family table, switch seats to change whose position you occupy, who you relate to, your view of the room, and even how you reach for salt and pepper.

### Make a new connection with your nose

Brain Exercise: Keep an extract of your favorite scent near your bed for a week. Open it and inhale when you first wake up, and then again as you bathe and dress. ■

“We cannot solve our problems with the same thinking we used when we created them.”

~ Albert Einstein



## Vaccinations - Informed Choice

by: Dr. Chris Edwards

The issue of vaccines is one of the most passionately held beliefs people hold in their lives next to politics, religion and money. What you don't know about this topic can actually hurt you. We believe you deserve to have access to accurate information so that you can make an informed decision about your health and the consequences vaccines may have on you and your family. Come to this informative discussion about vaccinations. Learn the truth behind the research and then make an informed choice for your family about vaccinating.

**TUESDAY, MARCH 21st - 6:30 PM - AT STUCKY**

**Please register with the front desk**

## Vitamin K - Good For Your Health



Vitamin K and Vitamin D3 work together to support your cardiovascular health, your bone health, and your immune system among many other functions.\*

Vitamin D3 can't work properly without Vitamin K, and Vitamin K can't perform its actions without enough vitamin D. You need both, and in the proper amounts.

With awareness of its many potential benefits for health, health-conscious individuals are now taking steps to make sure they're getting plenty of Vitamin D3.

However, here's something many may not realize:

When you take high doses of oral Vitamin D3, you must also get more Vitamin K, either from good food sources (green leafy vegetables, broccoli, Brussel sprouts) or a high-quality supplement.

If you fail to get enough K, you can raise your risk of arterial calcification – and your vascular age. And that can have serious effects on your health and your longevity.

You see, Vitamins K and D play an intricate dance together...

While Vitamin D helps strengthen your bones by helping your body absorb calcium, it's Vitamin K that helps make sure the calcium ends up in the right place. You want calcium in your skeleton, and not in the linings of your arteries, heart valves, and organs. ■



## How & Why Spring Allergies Develop

Allergies are your body's reaction to particles that it considers foreign (aka allergens). The first time your body encounters an allergen, your plasma cells release immunoglobulin E (IgE), an antibody specific to that allergen.

IgE attaches to the surface of your mast cells, which are found in great numbers in your surface tissues, such as your skin and nasal mucous membranes, where they help mediate inflammatory responses. Mast cells release a number of important chemical mediators, one of which is histamine.

So, the second time your body encounters a particular allergen, within a few minutes your mast cells become activated and release a powerful cocktail of histamine, leukotrienes, and prostaglandins, which trigger the entire cascade of symptoms you associate with allergies, such as sneezing, runny nose, sore throat, hacky cough, itchy eyes, etc.

To minimize your allergy symptoms, the ACAAI (American College of Allergy, Asthma, and Immunology) reducing your exposure to pollen by:

- Avoiding clothing made of synthetic fabrics, as they can produce an electric charge when rubbed that attracts and makes pollen stick to you. Better options include natural fibers like cotton.
- Exercising outdoors either before dawn, in the late afternoon, and/or early evening, as pollen counts are at the



lowest at these times. Intense exercise may be best done indoors, as your increased breathing rate could make you inhale more pollen.

- Wearing gloves and a mask when gardening. To filter pollen, wear a National Institute for Occupational Safety and Health (NIOSH)-rated 95 filter mask. Also avoid touching your eyes, and when done, be sure to take a shower and wash your clothes.
- Reducing your exposure to indoor allergens may also help reduce spring allergy symptoms.
- To improve your indoor air quality, regularly vacuum your home, including furniture, ideally using a HEPA filter vacuum cleaner; leave shoes by the door to avoid trekking dirt through the house; and use a dehumidifier and/or a HEPA filter air purifier. ■

## 20 Best Anti-Aging Tips

by: Dr. Mercola

Our favorite expert, Dr. Mercola, posted this great blog on his website filled with great tips to move your health forward this year. Implementing some or all of these could help protect your health and well-being for years to come. Check out the full story at:

<http://www.stuckychiropractic.com/health-tips/20-top-health-tips-2016/> ■



---

## Power of Positive Thinking!

By: James Clear - Excerpts from *Huffington Post*

Positive thinking sounds useful on the surface. (Most of us would prefer to be positive rather than negative.) But “positive thinking” is also a soft and fluffy term that is easy to dismiss. In the real world, it rarely carries the same weight as words like “work ethic” or “persistence.”

But those views may be changing.

Research is beginning to reveal that positive thinking is about much more than just being happy or displaying an upbeat attitude. Positive thoughts can actually create real value in your life and help you build skills that last much longer than a smile. ■

**Reserve Your Seat Today**

**“YOU ARE WHAT YOU THINK”**

**~ COME EXPERIENCE ~  
THINKING WELL**

**Tuesday, March 7 - 6:30 PM @ Stucky**

**This experiential workshop will demonstrate techniques for thinking well that you can implement immediately.**

## Put The Spring Back In Your Step! *Help For Your Feet*

The feet are a very common source of pain, with 8 in 10 Americans experiencing some form of problem with their feet. One in 4 says they're unable to exercise due to foot pain.

This isn't so surprising when you consider that 25 percent of your bones are located in your feet and ankles, and your feet are the foundation of your body, carrying all your weight.

With 26 bones and 33 joints in each foot, there's plenty of opportunity for something to go wrong — especially if you fail to walk and run with proper form and posture. Certain footwear, including flip-flops, and tight-fitting or high-heeled shoes may also damage your foot structure and aggravate the situation.

Moreover, few people pay attention to exercising their feet, and without proper muscle strength in your feet, your body may become imbalanced, which can lead to pain in other areas.

Simple foot exercises can make a big difference for problems such as bunions and hammertoes. Other common foot problems include plantar fasciitis (heel pain), ingrown toenails, and fungal infections, and in these instances other remedies are warranted.

Your Stucky Chiropractor can help. We offer orthotics and custom orthotics, as well as adjustment techniques to help. All of the orthotics are on sale this month. (see back cover for details) Ask your doctor today! ■

---

## 15 Year Old Helped With Bed-Wetting



“I took my 15 year-old twin sons (both daily bed-wetters) to a chiropractor, and within a month, both boys were completely cured of their bed-wetting. Regular medical doctors could not help them.”

Chiropractic can help, because the spinal column contains the nervous system, which in turn runs all systems of the body, including the bladder. Chiropractic adjustments can remove the interference causing the issue. Ask your Stucky Chiropractor for more information. We appreciate your referrals! ■

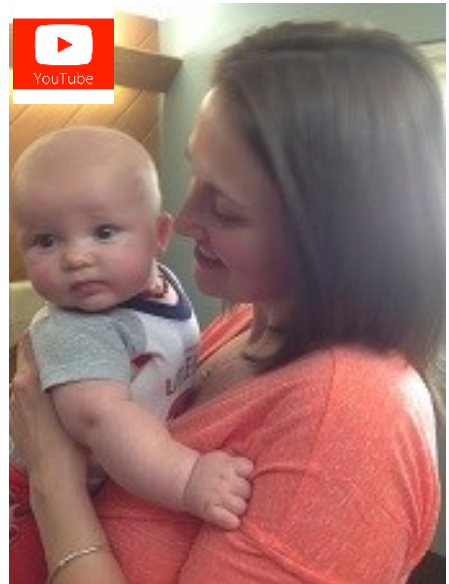


## STUCKY SPRING WORD SEARCH

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



**Testimonial Tuesday! Coming Soon!**  
 Join us on Facebook where we are featuring health success stories told by real people, just like you! Would you like to tell your story too? Email or call Susan Joy, our Community Outreach Coordinator to set up a time for you to tell your story! Be a part of Stucky History! [marketing@stuckychiropractic.com](mailto:marketing@stuckychiropractic.com) ■



### FIND THESE WORDS IN THE PUZZLE ABOVE

- |           |          |          |
|-----------|----------|----------|
| AWAKENING | BLOOMING | ENERGY   |
| FLOWERS   | HEALTHY  | NEW LIFE |
| ORTHOTICS | OUTDOORS | RAIN     |
| SKY BLUE  | SPRING   | STUCKY   |
| TUNE-UP   | UMBRELLA |          |



Ask your Stucky Chiropractor to fit you for Orthotics today! You will receive 20% off all orthotics (including special order). Save 25% if you are part of the Stucky Wellness Club.