



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.

A Tribute To Our Founder

August 6, 1936-July 19, 2012

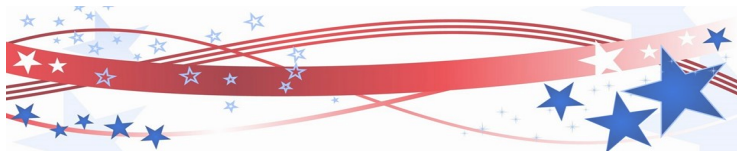


Dr. Stucky, founder of Stucky Chiropractic is missed in daily life, but is remembered in the hearts of all those whom he touched while he was here, and whom is still touching now.



This lovely group of ladies represents all of the current Stucky Chiropractic office staff who had the privilege of working with Dr. L. Joe Stucky. We are grateful for their combined total of 93 years of service to Stucky Chiropractic!! Read on, as they share their memories and thoughts of our founder.

(Story Pg. 2)



Auto Accident - Sports Injury

11 REASONS TO SEE US FIRST...

Chiropractic Care Helps...

1. Realign your spine
2. Remove nerve interference
3. Restore joint mobility
4. Reduce pain
5. Reduce inflammation
6. Improve circulation
7. Relax contracted muscles
8. Improve soft tissue repair
9. Speed up healing
10. Limit scar tissue
11. Increase energy

STUCKY CHIROPRACTIC CAN HELP WITH INJURIES

If you've been involved in sports or have been in an auto accident, you may have sustained a soft tissue injury with nervous system interference that you are unaware of...and we can help! The sooner after an injury that you seek care, the better chance of complete recovery. See our YouTube explanation and video testimony for more information. (Search the title "Help for Injury from Car Accident or Work Injury"). YouTube Link: https://www.youtube.com/watch?v=XEAyYbY4_E4



A Tribute To Our Founder

The month of July holds significance for this great nation. As we consider the impact of our founding fathers and the contribution they made to all that Americans have, here at Stucky Chiropractic, we are also remembering our founding father, in this the anniversary month of his passing. Dr. L. Joe Stucky lived a life of significance that was far-reaching, and the legacy of his life is still having a positive influence on his family, his patients, chiropractors around the world, and even the present Stucky staff.

Dr. Stucky was born on August 6, 1936 in Rochester, Minnesota. He was involved in multiple sports in high school as well as valedictorian of his graduating class. His Doctor of Chiropractic degree was from Northwestern College of Chiropractic in 1957. He moved to Eau Claire and began his practice in downtown Eau Claire in 1959.

His real love was Chiropractic. He was known throughout the world as a speaker on Chiropractic philosophy and teacher of

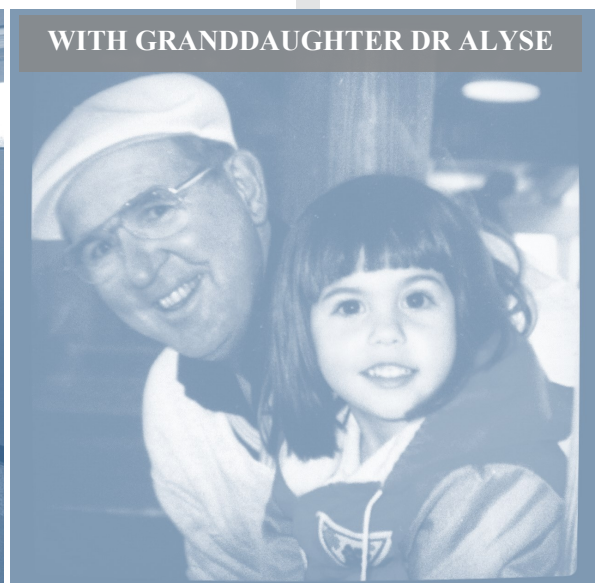
chiropractic and the health that provides to them.”

Katie: “I remember Dr. Stucky’s passion for chiropractic. He loved spending time mentoring new & future chiropractors! He was so kind and loving with everyone; he had a way of making each person feel like they were his ‘favorite!’ He was also the best hugger!”

Kelly (Office Mgr.): “Every day when Dr. Stucky got here he would open a squeaky drawer, throw his keys in the drawer and then come on into the insurance office. He would greet everyone, using their name. His personality and energy filled the room; and his kindness and gentleness put everyone at ease.”

Rebecca: “Dr. Stucky was a man of humility. He used to say ‘The initials are L.J. but that doesn’t stand for Lord Jesus.’

Amber: My favorite thing Dr. Stucky used to say is “You never know how far reaching something you think, say or do today will affect the lives of millions tomorrow. It is better to light one candle than to curse the darkness.”



the Chiropractic technique known as the Stucky Integrated Method. Dr. Stucky and his wife, Kay, were two of the original founders of Life Chiropractic College in 1974 (now called Life University, in Marietta, GA.) He was a mentor and an inspiration to thousands of Chiropractors over the years.

Remembering His Actions & Words

Dr. Pam Stucky-LaGuardia: “My Dad was the kind of person that lit up the room when he walked in. His energy was second to none. Not only all that, but he was the best *Green Eggs and Ham* reader. I was a lucky Daddy’s girl for all 47 years I had him.”

Jessica: “Dr. Stucky taught me to start by the patient and end by the patient. Also, the value of starting children young with

Tracie: “Not only did Dr. Stucky and I share a birth month, but we also both have vision in only one eye!”

Melissa: ‘Take care of the patients based on their needs, and your needs will be met’, is one of my favorite Dr. Stucky quotes.”


Dr. Becker: He shared with me “There is one power that moves the universe. That power is in you and that power is in your patients. It’s the power that you use and it’s the power that uses you. It is the power that heals your patients and it is the power that will run your life if you let it.” (Innate Intelligence)

The vast influence that Dr. L. Joe Stucky’s life has had is amazing and impactful! Thank you, Dr. Stucky!” ■

SALE

Are You Getting ENOUGH Veggies?

Summertime Special
Whey Protein Powder *plus...*
DYNAMIC GREENS
20 Servings
of organic fruits/veggies
in One 8 oz. Shake!
Improved...
Energy **Immunity**
Digestion
Now 20% Off
25% Off for Wellness Club Members
DYNAMIC GREENS
Recipes Available Here
GOOD FOR THE WHOLE FAMILY!



Dynamic Greens make a great "on the go" nutritional drink. Mix with your favorite choice of milk (Almond, Coconut, etc.), or even just plain filtered cold water and ice. They come in many flavors. Greens mixed with protein powder makes a meal replacement (breakfast or lunch on the go).
On sale now! Take some home today!

Lower Your Cancer Risk

Thousands of studies have been done on the health effects of **vitamin D**, and research shows it is involved in the biology of all cells and tissues in your body, including your immune cells. Your cells actually need the active form of vitamin D to gain access to the genetic blueprints stored inside.

This is one of the reasons why vitamin D3 has the ability to impact such a wide variety of health problems — from cancer to fetal development. Unfortunately, despite being easy and inexpensive to address, vitamin D deficiency is epidemic around the world.

The UVB in sunlight is what triggers your body to produce vitamin D. Get outside in the Summer sun! Sensible sun exposure is the ideal way to not only optimize your vitamin D3 level, but maximize your health as well.

As most people are deficient in vitamin D, likely this applies to you!



Ask your Stucky Chiropractor to discuss vitamin D with you. Taking a vitamin D supplement can help correct the deficiency and protect your body from cancer.

Trivia Answers (From pg. 4)

1. Buzz Aldrin, 2. 1776, 3. 1787, 4. Cleveland, 5. Hawaii, 6. Jimmy Carter, 7. 1941, 8. France, 9. Denver/Phile, 10. Lincoln, 11. \$5, 12. 67%, 13. 1 of 8, 14. 1.7 Cents, 15. Alaska, 16. 27

INVITE A FRIEND AND COME ON OUT FOR THIS GREAT INFORMATIONAL SESSION ON ERGONOMICS

All those bringing a friend will be in a drawing for a metal water bottle and heat/ice pack compliments of Ergo Insight.

July 18 - 6:30 PM
AN ERGONOMIC PRESENTATION...

“ER’GO THE PAIN
Speakers Dr. Chris Edwards, Stucky Chiropractic & Carla Berscheit, OT of Ergo Insight - Eau Claire
IMPROVE YOUR FUTURE

TAKE CHARGE OF...
-Managing stress in the workplace
-Strategies for those who stand/sit a lot
-Workstation stretches, and proper set-up
-Countering the long term effects on your posture of poor workstations

BRING A FRIEND WIN ME!!

ERGO insight
STUCKY CHIROPRACTIC

SITTING IS TO YOUR SPINE LIKE Sugar IS TO YOUR TEETH.

STUCKY CHIROPRACTIC CENTER - EDUCATION AVAILABLE @ www.stuckychiropractic.com



Stucky Patriotic Trivia

- Who was the 2nd person to walk on the moon?
1) Neil Armstrong 2) Pete Conrad 3) Buzz Aldrin 4) Alan Bean
- The Declaration of Independence was signed in the year ___?
- When was the Constitution of the United States created?
1) 1776 2) 1787 3) 1789 4) 1796
- The US has had 45 presidents inaugurated; But only 44 men. Who served twice non-consecutively? 1) Adams 2) Cleveland 3) Monroe 4) Carter
- The last state to be ratified to the United States was _____.
- _____ was the first U.S. president born in a hospital.
- In what year did the Pearl Harbor attack occur? 1) 1940 2) 1941 3) 1942 4) 1944
- The Statue of Liberty was originally a gift from the country _____.
- Which of these cities have US Mints? (Check all that apply)
1) Denver 2) Los Angeles 3) Philadelphia 4) Chicago
- Who was the first president to get assassinated?
1) James Garfield 2) Abraham Lincoln 3) John F Kennedy 4) William H McKinley
- Ford Motor Company paid its auto workers \$_____ per day in 1914.
- _____% of all US \$100 bills are held outside the US.
- ___ out of ___ Americans have been employed by McDonald's at some point?
- It costs the U.S. Government \$_____ to mint a penny?
- Which State's coastline is longer than all other 49 State's coastlines combined?
- How many official versions have there been of the U.S. Flag?



(Answers Page 3)



Chocolate Berry Tart (GF, Vegan, Paleo)

Ingredients: (*Makes a 9" Tart*)

For the crust

- ½ cup (40g) unsweetened shredded coconut
- 1 ½ cups (190g) almond flour
- 2 tablespoons (30g) coconut oil, melted
- 2 tablespoons (30g) maple syrup
- ¼ tsp salt



DIRECTIONS: For the crust

Preheat oven to 350 degrees. In a food processor, pulse together almond flour, salt and shredded coconut until finely ground. Melt together coconut oil and maple syrup and add to almond flour and coconut mixture. Pulse until coarse crumbs form (dough should clump together when squeezed with fingers).

Transfer dough to a greased 9-inch tart pan with a removable bottom. Using a measuring cup or your fingers, evenly press dough in bottom and up sides of pan.

Bake in center of oven until golden and firm, about 12-16 minutes. Transfer to a wire rack to cool completely, at least 1 hour.

For the ganache

- ½ cup (120ml) canned full-fat coconut milk
- 6 oz. (140g) bittersweet chocolate, finely chopped
- ¼ cup raspberry preserves (100% fruit)



DIRECTIONS: For the ganache

Place finely chopped chocolate in a large bowl. In a small saucepan, just bring coconut milk to a boil. Pour hot coconut milk over chocolate and let stand 1 minute, then stir until smooth and creamy. Stir in raspberry preserves.

For the topping

Assorted fresh berries or fruit of your choice (suggest raspberries, blueberries and blackberries)

To assemble the tart

Pour warm chocolate mixture into cooled tart shell. Allow to cool for about 20 minutes, and then arrange the berries (or whatever fruit you are using) on top as desired. Chill or at least one hour or until set and serve.