



# 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.

## Eating Organic Has Long-Term Benefits

excerpts from Dr. Mercola

One of the strongest selling points for eating organic foods had been to reduce your exposure to pesticides and insecticides. Now, a recent study demonstrates that organic foods hold more benefits to your future health and the health of your children.

The study conducted by the European Parliamentary Research Service reviewed existing research and made several determinations.

From their analysis they concluded that eating organic foods reduces pesticide exposure, improves the nutritional value of the food, lessens disease risk and improves early childhood development.

They also found those who ate organic foods tended to have healthier dietary patterns than those who ate foods treated with chemicals.

In other studies, researchers found data demonstrating the negative effects of pesticide exposure on the cognitive development of children and determined these effects would be minimized eating organic foods, especially during pregnancy and during early infancy. For more information, attend Dr. Kyle's seminar *Maximize Your Children's Nutrition* on September 14th. Learn how to maximize nutritional values in each meal. Then, put all that great information into action with Dr. Chris' *Shop With the Doc* event on September 19th. Get off to a healthy school year!

Source: <http://articles.mercola.com/sites/articles/archive/2017/01/23/more-reasons-to-eat-organic> ■



**Take Care of Your Body  
It's The Only Place You Have To Live**  
Jim Rohn

### FALL EDUCATION OPPORTUNITIES

**Maximize Your Children's Nutrition - 9/14 6:30 PM**

Presented by: Dr. Kyle Anderson at Stucky Chiropractic

Improve the family meals ♦ Healthy snack options ♦ Packing healthy school lunches ♦ Taste healthy options ♦ Much more!

**Shop With The Doc - 9/19 6:30 PM**

Presented by: Dr. Chris Edwards at Woodman's in Altoona

Planning for back to school meals ♦ Reading nutrition labels  
Navigating the grocery store for healthy choices

**Workshop Coming Soon...**

**Save the Date... November 7th - 6:30 PM**

**HOW TO IMPROVE YOUR MIND GAME**

Presented by: Dr. Brian K. Becker at Stucky Chiropractic



**September 18th**  
**CHIROPRACTIC IS 122 YEARS OLD!**

## Attend

# Maximize Your Children's Nutrition Stay afterwards and get a complimentary BIA

### Bioelectrical Impedance Analysis

- Will help you understand why good nutrition is important
- Machine measures fat to lean mass and much more
- You'll receive a printout of your results

## ...Follow up with *SHOP WITH DOC*

### at Woodman's (River Prairie Road)

SHOP WITH THE  
DOC  
Focused on Children's Nutrition  
September 19  
6:30 PM  
With Dr. Chris Edwards



• GROCERY SHOP WITH THE DOC!  
• LEARN HOW TO EASILY READ FOOD LABELS  
• DISCOVER GROCERY STORE MARKETING TRAPS  
• TIPS FOR HEALTHY "BROWN BAG" LUNCHES

MEET AT THE EAU CLAIRE  
WOODMAN'S  
2855 Woodman Avenue  
Altoona, WI

What's In Your Cart?  
Grocery Shop  
Better, Faster, Healthier  
REGISTER: 715-835-9514

Hold @ Woodman's - Sign Up @ Front Desk

Shopping with Dr. Chris - focusing  
on Children's Nutrition

Dr. Kyle Anderson, Stucky Chiropractic Presents:

## Maximize Your *Children's Nutrition* SEPTEMBER 14 at 6:30 PM

COME EXPLORE HOW TO IMPROVE THE FAMILY MEALS

- ◆ How breakfast and lunch affect the school day
- ◆ Could school lunches be sabotaging your child's education?
- ◆ Discover healthy snack options (even taste test some options)
- ◆ Basics of healthy supplementation

SAVE YOUR SEAT TODAY



REGISTER: 715-835-9514

Held @ Stucky Chiropractic - Sign Up @ Front Desk

# 7 Back To School Immunity Tips

Prepare your family for back to school immunity. School-aged children should have a routine of:

- 1). Regular chiropractic adjustments
- 2). Getting plenty of sleep (Ages 6 to 13 year-olds require 9-11 hours of sleep according to The National Sleep Foundation)
- 3). Staying well hydrated (1/2 your body weight in ounces per day)
- 4). Wash your hands often; avoid touching your face
- 5). Eat healthy and supplement with vitamins
- 6). Turn off the electronics at least one full hour before bed-time
- 7). Take Congaplex (see benefits next column)

CONGAPLEX is a great supplement to help strengthen the immune system. **Benefits include:**

- Supports healthy immune system function
- Provides ingredients with antioxidant activity
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells
- Contains a combination of key ingredients from Cataplex A - C, Thymex, Calcium Lactate, and Ribonucleic Acid
- Good source of antioxidant (contains Vitamin C)

## Is It The Flu?

### Influenza vs The Common Cold

FLU	CHARACTERISTIC	COMMON COLD
Sudden	ONSET OF SYMPTOMS	Gradual
Occasional	SNEEZING	Common
Early	SORE THROAT & COUGH	Mild Course, Peaking Day 2-3
Often Severe	MUSCLE ACHES	Slight
Severe	MALAISE, FATIGUE	Usually Mild
Substernal, Burning, Common	CHEST SYMPTOMS	Mild If Any
6-7 Days	DURATION	3-4 Days
High (102° - 104°)	FEVER	None or Mild (Less Than 100°)

DRJOCKERS.COM  
TURNING PAIN INTO HEALTH

**HAPPY & HEALTHY**

**Congaplex On Sale Now!**

20% OFF (25% for Wellness Club)

Standard Process  
CONGAPLEX®  
Dietary Supplement  
Suggested Use: Three capsules per meal, or as directed.  
40 CAPSULES 2900  
WHOLE FOOD SUPPLEMENTS SINCE 1929

# September is Drug-Free Pain Management Month

## What's An Opioid?

Opioids are a class of drugs that include the illicit drug heroin as well as the licit (legal) prescription pain relievers, oxycodone, hydrocodone, codeine, morphine, fentanyl and others.

## Staggering Fact!

Of the 21.5 million Americans age 12 or older that had a substance use disorder in 2014, 1.9 million had a substance abuse disorder involving prescription pain relievers and 586,000 had a substance abuse disorder involving heroin.

*"For acute and subacute pain, the guidelines recommend non drug therapies first, such as applying heat, massage, acupuncture, or spinal manipulation, which is often done by a chiropractor."*  
— Wall Street Journal

**A**re you or someone you know dependent on prescription pain medications? Chiropractic is and has always been a drug-free pain management alternative.

Today, at least half of all U.S. opioid overdose deaths involve a prescribed opioid.

Overdose deaths involving prescription opioids have quadrupled since 1999, as have the sales of these prescription drugs. From 1999 to 2014, more than 165,000 people --- three times the U.S. military deaths during the twenty years of the Vietnam War -- have died in the U.S. from overdoses related to prescription opioids. In 2014, more than 14,000 people died from overdoses involving these drugs, with the most commonly overdosed opioids -- Methadone, Oxycodone (such as OxyContin®), and Hydrocodone (such as Vicodin®) -- resulting in death. Regrettably, overdose deaths resulting from opioid abuse have risen sharply in every county of every state across the country, reaching a new peak in 2014: 28,647 people, or 78 people per day – more than three people per hour.

The newest estimates on the cost of opioid abuse to U.S. employers is estimated at \$18 billion in sick days, lost productivity and medical expenses. An important non-pharmacologic approach in helping to solve this crisis is **chiropractic care**.

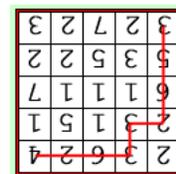
## AMERICANS WANT AND DESERVE CHIROPRACTIC CARE

For the overwhelming number of people who suffer with chronic pain, chiropractic care offers a drug-free, non-invasive and cost-effective alternative to opioid drugs. Chiropractic is the largest, most regulated and best recognized of the complementary and alternative care professions.

Patient use of chiropractic in the United States has tripled in the past two decades. The importance of chiropractic care is further amplified since many individuals are prescribed opioids for back, low back and neck pain, headaches, neuro-musculoskeletal conditions and other related conditions. An estimated 126.6 million Americans (one in two adults) are affected by a musculoskeletal condition.

At Stucky Chiropractic Center, we are here to help! Refer someone you know to check out chiropractic care as a safer alternative to their pain medications. In our thorough examinations, we look for and address the cause of the pain; and then work to correct the source of pain allowing the body to heal itself! ■

Stucky Chiropractic welcomes Dr. Luke Bruflat to our team. Currently, he is assisting our doctors and chiropractic technician team as he completes licensing requirements. He and his wife Erin just had their first child; a baby girl named Sawyer. Stay tuned for more details!



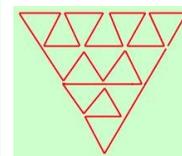
Puzzle 6

The first question asked was "Do you want to take an intelligence test?" - not "What is the color of the sky?!"

Puzzle 5

Puzzle 3  
November is the next month in the alphabetical arrangement.

Puzzle 4  
...era >> camera  
...oll >> pencil  
...uld >> should  
...nds >> tennis  
...nda >> agenda  
...phy >> trophy  
...may >> dismay  
...ese >> cheese  
...um >> museum  
...axy >> galaxy



Puzzle 2

Answer:  
HELIUM = HUM + LIE  
LATEST = LET + SAT  
ALMOND = OLD + MAN  
ELDEST = SET + LED  
SAFETY = FAT + YES  
RADIUM = AIR + MUD  
DESERT = RED + SET  
WEALTH = THE + LAM  
TRICKY = KIT + CRY  
FUNNEL = ELF + NUN

Puzzle 1

# GINGER CITRUS MARINADE OR DIP SAUCE

Original recipe from "One Degree of Change" The Standard Process 21-Day Purification Program Cookbook



## Ingredients:

- |  |                                   |
|--|-----------------------------------|
| 1/4 cup white wine vinegar                     | 1 Tablespoon fresh ginger, minced |
| 2 teaspoons whole-leaf stevia powder           | 3/4 cup olive oil                 |
| 1 medium orange, peeled, halved, seeds removed | 2 teaspoons sesame oil            |
| 1 lemon, peeled, halved, seeds removed         | 1/4 cup fresh parsley             |
| 1 lime, peeled, halved                         | 1/4 cup fresh cilantro leaves     |
| 1 Tablespoon green onion, chopped              |                                   |

## Directions:

Place the first 7 ingredients in a blender and secure the lid firmly. Blend for 30 seconds. And then remove the lid while continuing to run the machine. Slowly add the oils in a thin stream. Reduce the speed and add the parsley and cilantro. Blend for another 15 seconds. Use as a grilling marinade or as a dip for vegetables or your favorite variety of healthy chips.

## PUZZLE 1

Each of the 6-letter words below can be mixed up and then broken down into two common 3-letter words.

For example: NOTIFY = FIN TOY.

- HELIUM
- LATEST
- ALMOND
- ELDEST
- SAFETY
- RADIUM
- DESERT
- WEALTH
- TRICKY
- FUNNEL

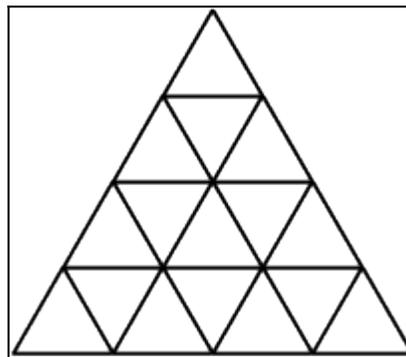
## PUZZLE 4

Below you will find 10 well-known six letter words, with only their endings remaining. Can you determine the words?

- |        |        |
|--------|--------|
| ...era | ...may |
| ...cil | ...ese |
| ...uld | ...eum |
| ...nis | ...axy |
| ...nda |        |
| ...phy |        |

## PUZZLE 2

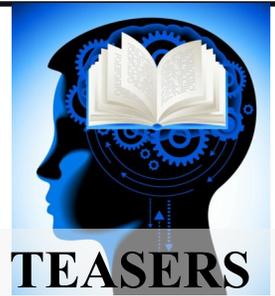
Can you draw this diagram in one continuous line, without crossing any lines, retracing your steps, or lifting your pen from the paper?



## PUZZLE 5

Do you want to take an intelligence test?

- What is the color of the sky?
- What number follows 6?
- Which animal goes moo?
- What is your favorite day?
- What is your favorite color?
- What was the first question you were asked?



## BRAIN TEASERS

## PUZZLE 3

Which month comes next in this sequence?:

July June March May \_\_\_??

## PUZZLE 6

Starting in the bottom left corner and moving either up or right, adding up the numbers along the way, what is the largest sum that can be made .

2	3	6	2	4
2	3	1	5	1
6	1	1	1	7
5	3	5	2	2
3	2	7	2	3