

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.

Stucky Chiropractic Invites You To Share With Local Families

This time of year can bring with it a myriad of emotions for people, depending on the circumstances of their life. One of the best ways to have joy in your heart, is to give joy away! The Stucky Team invites you to help us collect gifts and winter wear for the local organization called **Helping Kids Around the Chippewa Valley**.

Stucky Patients Are The Most Generous in the Valley. Thanks!



Simply look for this tag on the Stucky Christmas Tree.



- Choose a tag from the Stucky tree for a child's need or want.
- Replace your tag on the tree with a bow (provided)
- Then, purchase the gift, bring the tag and the gift back to Stucky by December 11th
- There are also monetary tags so that if you're not a shopper, you can provide a financial offering to help ■

Thanks for helping!



Infant Adjustments Are Safe & Helpful

The doctors of Stucky Chiropractic evaluated and adjusted their own babies when they were just hours old to reduce any interference to their nervous system as a result of the birth process. The intimate connection between a well-functioning nervous system and a newborn's health is well understood by health-oriented chiropractors.

Chiropractic for children is so gentle and safe, infants often sleep right through their adjustment.

Birth in it's many different forms can be quite traumatic. While each birth is unique, there is always a chance that the baby suffers some sort of strain due to a variety

of reasons. Even the most natural births can result in trauma that goes undetected.

Effects of trauma can show up as colic, trouble nursing, ear infections, reflux, frequent spitting up, sleeping difficulty, allergies and more.

Keep in mind, chiropractic is also helpful for mom while she's pregnant and after the birth to relieve stress on her nervous system.

Chiropractic care is focused solely on removing nerve dysfunction (which improves brain-body communication) so a new baby can grow, develop and function at it's highest potential. ■



Dr. Hall and His Family





Coach's Corner

Being a coach gets especially tough and sometimes uncomfortable around the holiday season. Sometimes, I have to make a tough call, or say things that people don't necessarily want to hear, but it's in their best interest to hear.

As you might imagine, we typically don't see a lot of new clients committing to the Ideal Protein program, or focusing on their wellness goals or cleaning up their eating with holiday parties and delectable foods everywhere. But for many of my clients, they find this time of year (and I wholeheartedly agree), is the best time for extra accountability. A friend of mine reminded me "As coaches, our role is not always cheerleading."

My responsibility as coach does not end when I punch out of work. All of my clients start day one with my cell phone number so that they can get support at any moment. I take that support and responsibility very seriously as it's not just weight we are working on, but ultimately it's about over all well-being.

Everyone's individual situation matters to me and my attention is given to understanding each client's unique needs. I can completely relate as I was on the program 7 years ago at this exact time of year and still have to focus more on my health and wellness during the season of delicacies. We can find so many reasons "not to"... I know, because at one point I convinced myself they were true.

A myriad of excuses...Any of these sound familiar?:

"We're just too busy"

"I don't want to miss out on all the traditional foods"

"We have so many holiday parties it's too hard to stay on the program"

"I can wait until everything calms down"

I've learned that our excuses will convince us there is never "a good time" to start. It's not just the holidays, there is always one more reason "why not to."

Let me assure you, the hardest times in our lives are the times we need, and deserve, extra support and accountability.

Let us help you take the first step. Together we can make small steps and then with each subsequent step it becomes easier to take the next one. Soon, the way you were feeling, and the choices you were making will fade away & new actions will transform your life.

Do you experience any of these negatives?:

Hiding behind layers of clothes, missing gatherings due to lack of energy or embarrassment, poor lab results and blood tests

Trade the negative for a new you. For me, I didn't want to miss out on photos with my family, laughing until we cried because grandma spilled her plate all over her shirt AGAIN, or talking about my dad's family holidays when they were kids because I was so full, uncomfortable, or in a "food coma."

This year, I challenge you to remember why we want to be our best selves in these moments. It's about focusing on making memories, and participating in all the important moments.

Let's get serious about our health today so we can have quality of life for many more years to come! Bless your holidays!

**You can make
EXCUSES
or YOU can make
PROGRESS
Your Choice.**

Attend a free open house for more information. See the kiosk or website for dates/times. ■

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DECEMBER SPECIAL

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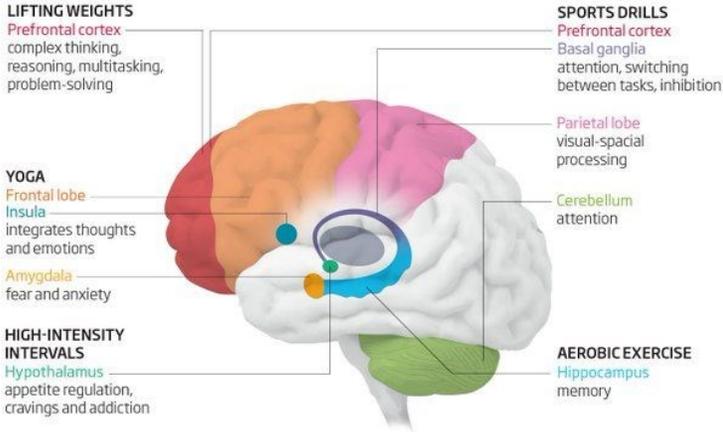
Initial plus 1 follow-up reading \$57

Monthly readings for year (12) \$299



The Ultimate Brain Workout

Different physical exercises can bring specific mental gains, from improving memory to dealing with cravings or reducing stress



Do you want to feel more energy? Do you want to improve your brain function? The brain is one of the most important muscles in your body and one that is frequently overlooked when it comes to exercising.

Research led by Dr. Joie P. Jones of the University of California reinforces the traditional Indian beliefs behind super brain yoga. His research highlights that the success of the yoga practice stimulates acupuncture points on the ear. The ears are a major pressure point that stimulates the mouth, eyes, temples, testes, ovaries, forehead and brain.

The idea behind stimulating the earlobes is



that energy within lower extremities becomes stagnant and trapped. With super brain yoga, the energy takes a direct vertical line up the center of the body through the heart, then the throat, passes the tongue to the mouth and lastly the brain.

Science behind brain health shows that the brain hemispheres are oppositely, and unilaterally stimulated from the right ear and left ear. So the right ear stimulates the left brain and the left ear stimulates the right brain. When each earlobe is simultaneously stimulated, both the left and right side of the brain hemisphere becomes synchronized producing powerful brain activity.

Try Super Brain Yoga at home. Here are the simple steps:

1. Take left hand across your body and grab the right earlobe between your left thumb and forefinger
2. Take right hand across your body and grab the left earlobe between your right thumb and forefinger
3. Put your tongue on the roof of your mouth (stimulates the hypothalamus in the brain)
4. Then do a squat (inhaling on the way down and exhaling on the way up)

If you have knee problems just do a shorter squat. Do 10 repetitions.

Ideally do 2-3 times a day, and during stressful times or just before something stressful (i.e. taking a test, going into a new situation, etc.) ■

(See Dr. Jockers blog for more information "Use Super Brain Yoga To Improve Your Brain")

Best of The Chippewa Valley



IT'S TIME TO VOTE

VolumeOne's Annual "Best Of"

We encourage you to go to the **VolumeOne website** and vote for your favorite chiropractor & massage therapist. Stucky Chiropractic is listed under "Shopping and Spending" in the "Best Chiropractor"; "Best Place for Massage" and "Best Wellness Center" categories.

We thank you for past votes. We have been voted the "Best Chiropractor" for the past 9 years in a row!



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- ◆ Comforts joint pain
- ◆ Eases back, shoulder and neck pain
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BioFreeze is the #1 used and recommended topical pain reliever by chiropractors, massage therapists, physical therapists, and podiatrists.

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Cranberry and Almond Upside Down Cakes (Paleo)

- 2 1/2 cups almond flour
- 1/2 tsp Pink Himalayan Salt
- 1/2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1 tsp ground all spice
- 3 eggs
- 1/2 cup ghee (clarified butter), melted (or oil of your choice)
- 1/2 cup honey

For the cranberry layer:

- 1 1/2 cups fresh cranberries
- 1 TBSP freshly grated orange zest
- 1 TBSP freshly grated lemon zest
- 1/4 cup honey

Preheat oven to 350F and grease your muffin tin.

Combine flour, salt, baking soda, cinnamon and all spice in a bowl. In a separate bowl combine eggs, ghee/oil and honey. Combine wet and dry ingredients and set aside. Toss cranberries with orange zest, lemon zest and honey. Arrange mixture into a single layer at the bottom of each muffin cup. Top with cake batter and cover evenly.

Place pan into oven for 20-25 minutes or until tops are golden brown and fully cooked. If your cakes get too brown but need to cook another minute or two place a sheet of foil on top and continue cooking. ■



HEALTHY END OF THE YEAR SALE - 20% OFF ALL PRODUCTS



Stock Up Sale - Give Gifts -

DECEMBER 17 Thru DECEMBER 30

**END OF THE YEAR SALE
20% Off All Products***

25% Off All Products For Wellness Club Members

*Excludes MaxT3 Video and Ideal Protein Products

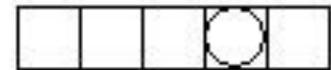


Save Even More! Join The Wellness Club Only \$20/Year

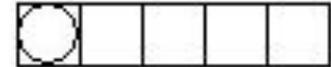
Also on special, BioFreeze - Buy any 2 for \$22

Instructions: Unscramble the words below. Then using the letters in the circles, fill in the answer to the question.

NAXNE



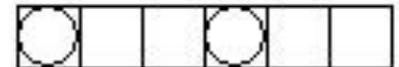
DYTRI



CYERLG



NEZEES



When the doe asked the buck to take out the garbage, his reply was... " "

