



# HEALTHY LIVING NEWSLETTER

*February Valentine's Day*

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.

## The Reasons We Need Probiotics

by: Dr. Axe

Probiotics may hold the key not just for better health and a stronger immune system, but also for treating digestive issues, mental health illness and neurological disorders. Research continues to prove that probiotics benefits go far beyond what we previously thought.

### What Are Probiotics?

Probiotics are bacteria that line your digestive tract and support your body's ability to absorb nutrients and fight infection. In fact, there are actually 10 times more probiotics in your gut than cells in your body!

### Your good gut bacteria is responsible for:

- ◆ Producing vitamin B12, butyrate and vitamin K2
- ◆ Crowding out bad bacteria, yeast and fungi
- ◆ Creating enzymes that destroy harmful bacteria
- ◆ Stimulating secretion of IgA and regulatory T-cells

If you don't have enough probiotics, the side effects can include digestive disorders, skin issues, candida (yeast infection), autoimmune disease, and frequent colds and flus. ■

"More than 170 diseases can be helped or treated with probiotics!"  
~Dr. Joseph Mercola

**80% OF YOUR IMMUNE SYSTEM** is in your gut...  
...probiotics strengthen it!

**Essential For...**

- ✓ Optimal digestion of food
- ✓ Absorption of nutrients
- ✓ Helps your body produce vitamins
- ✓ Aids in the elimination of toxins

**Ensure optimal gut flora with probiotic supplement**

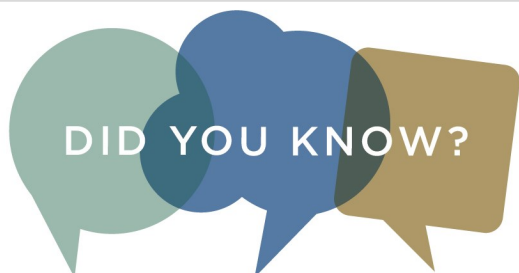
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STUCKY CHIROPRACTIC CENTER - EDUCATION AVAILABLE @ [www.stuckychiropractic.com](http://www.stuckychiropractic.com)



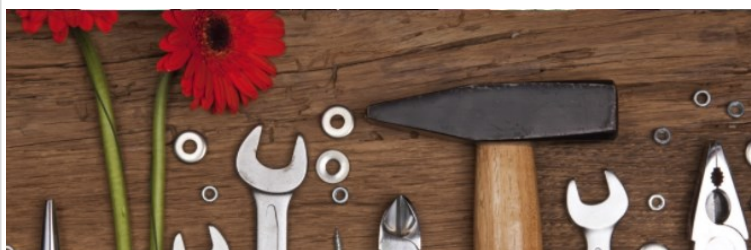
## DID YOU KNOW?

This Newsletter is available electronically.

Sign up to receive it monthly right to your email!

[Stuckychiropractic.com](http://Stuckychiropractic.com)

(Scroll to middle of home page and subscribe)



See us at the 40th Anniversary Event  
Home & Garden Show

February 23-25

Complimentary InBody Scans  
(Body Composition Analysis)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Peak 8

Rest

Functional Training

Rest

Strength

Rest

Rest

## “Move” To Love Yourself - no More Excuses

Our physical bodies were made for movement. Movement is a necessary way of life for healthy bodily function. Properly performed, exercise can stimulate metabolic functions within the body that powerfully promote anti-aging characteristics.

Our ancient ancestors had very strong and fit bodies. Survival depended upon both good endurance and the ability to perform feats of incredible strength and speed for short periods of time. They constantly moved as nomads and tribesmen and they had to endure short periods of very high intensity activity in order to hunt, battle, and run for their lives.

### Functional Movement vs. Real Fitness:

There is a significant difference between movement and exercise. Movement is an essential nutrient for the body because it brings proprioceptive information from joint receptors to the brain. Additionally, it helps improve circulation, oxygenation and lymphatic drainage of the body. We must certainly incorporate regular movement into our lives but it is not the same as exercise.

Most people assume that walking, casually riding a bike, gardening, and strolling along on an elliptical machine are adequate forms of exercise. These are more accurately considered forms of movement. Movement regimes typically get the heart

rate between 50-75% of maximum. The proper form of exercise should get the heart rate between 85-100% maximum for optimal results.

### What is True Fitness:

Real exercise must be focused on stimulating natural anti-aging hormone secretion within our body. This is done by overloading our joint and muscular systems with a challenging resistance. This could be done with resistance training and different forms of sprinting and surge training exercises.

For More Information: <https://drjockers.com/exercise/>



### IDEAS FOR GETTING STARTED:

Websites With Workout Plans:

- ⇒ Visit [stuckychiropractic.com/healthy-living/move-well/](http://stuckychiropractic.com/healthy-living/move-well/)
- ⇒ <https://fitness.mercola.com/fitness-plan/beginner/workout-plan.aspx>

### Other Tips:

- ⇒ Pick up a MaxT3 Video (available @ Stucky)
- ⇒ Ask your Stucky Chiropractor for custom exercises ■

### LIKE US ON FACEBOOK



Are you on Facebook? Have you liked the Stucky Chiropractic page? We have lots of posts you can share with friends and family...Health tips, videos, fun events, contests with fabulous prizes, recipes, links to our favorite resources, supplement specials, and much more! ■

### IDEAL PROTEIN OPEN HOUSE DATES

#### Wednesdays (12:30 PM)

- ⇒ February 7th
- ⇒ February 28th
- ⇒ March 7th

#### Monday Nights (6:30 PM)

- ⇒ February 12th
- ⇒ February 19th

Get all your questions answered at this no obligation meeting. Seating limited. Call to reserve your seat. (715) 835-9514. ■



# COACH'S CORNER - SO WHAT'S THE DIFFERENCE?

**W**e get this question all the time, “How does Ideal Protein and Stucky’s protocol for weight loss differ from any other program?” There are so many programs out there, how does one discern which program is right for them? My response is almost always the same, “Our program just doesn’t compare! There are so many aspects of things we do that just are not a part of other programs.”

## THE FOOD

Although we do use partial meal replacements, the main goal of the Ideal Protein protocol, is to use the pre-packaged food as a tool in the beginning of the process as we learn how to plan, prep and make food in the real world. The pre-packaged food launches the initial desired bodily changes, and helps to motivate us into lifestyle maintenance with actual food and healthy habits.



**My Story With Food:** When I was younger, I tried many different programs for managing my weight with the goal always being short-term... Fit into my prom dress, or look better in my sports uniform, and the list goes on for me. I would have short-term success, but lacking the right motives, and not placing enough importance on myself, the weight battle was constantly looming over me. Granted at age 15, I didn’t have the fortitude to understand all the ramifications of my unhealthy lifestyle, so I never made lasting

changes. Learning Ideal Protein’s protocol finally turned my mindset in the right direction.

## THE EDUCATION

People who have the most success with reaching their goals, and making impactful lifetime changes, are those who are willing to learn, committed to their reason why, and are willing to be honest with themselves. We are here to help people have freedom in their life from bad eating habits, medications, and limited quality of life. Partnering with people, we see people grow and change in their habits and mindset. They develop more self-confidence. My favorite part of coaching is working with those who complete the program and are living their new lifestyle; Six to fifteen months later, they come in just to say everything is going well, and to double-check that they are successfully maintaining. Or those who gain five to eight pounds over the holiday and want to be sure they are doing the right things to get back on track.

**My Story With Education:** It started with my pregnancy. I finally had the big enough “why” to motivate me into the desire and willpower to create a healthy lifestyle. Wanting to be here and healthy for my baby boy, I was ready to embrace education. I realized my “new lifestyle” would replace my old habit of losing weight for the duration of a program, and then slipping back into old routines. One year later, I’ve read a lot of different lifestyle blogs, purchased some really good cookbooks and found a renewed appreciation for my new lifestyle. Freedom at last!

For a list of Jess’ favorite cookbooks, blogs, recipes, visit the Coach’s Corner blogs at [www.stuckychiropractic.com](http://www.stuckychiropractic.com) ■



## VALENTINE GREENS!

Join us for a Valentine’s Celebration on February 14th. We will have Fruits & Greens samples, snacks and recipes available.

Fruits & Greens give you 20 servings of fruits and vegetables in one 8 ounce shake! Convenient for the student’s lunch box, just add the powder to their water bottle, and they can add the cold water at lunch time. Great with protein powder as a quick afternoon or morning energy boost.

### Puzzle Answers:

a bundle of nerves, small potatoes, pinching pennies, back on one’s feet, the birds & the bees, a finger in the pie, one in a million, grey matter, too funny for words, not worth a red cent

# REBUS PUZZLE FOR FUN

Can you solve these word puzzles? Let your mind explore, and you should get there. The answers are on page 3

1. 	2. potato potato potato potato potato potato potato potato	7. <b>MILONELION</b>	8. <b>Matter</b>
3. <b>PENNIES</b>	4. <b>back</b>	9. funny funny word word word word	10. <b>Not = Cent</b>
5. b bird b bird bird b b b b b	6.  <b>PIE</b>	“Great minds have a purpose; others have wishes”	

## HEALTHY RECIPE

# Be the MVP of the Super Bowl Party



### Paleo Crab Stuffed Mushrooms

Prep time	Cook time	Total time
5 mins	30 mins	35 mins

These paleo appetizers marry the stuffed mushroom with the crab cake.

Author: Jaime Hartman  
Recipe type: appetizer  
Serves: 20

### Ingredients

- 3 tablespoons ghee, coconut oil, or red palm oil
- 30-40 white mushrooms, stems removed
- 4 slices bacon, diced
- 1 cup spinach
- 8 ounces jumbo lump crab meat
- Old Bay Seasoning (or just salt to taste for AIP)



### Instructions

1. Preheat oven to 450 degrees.
2. Melt ghee or oil. Spread mushroom caps on cookie sheet, stem side down. Brush with melted oil.
3. Roast for 12 minutes.
4. Flip mushroom caps and roast for 5-10 minutes more, until they are soft and water has mostly released.
5. While mushrooms are roasting, prepare the stuffing. Cook the bacon until crispy and fat has rendered.
6. Add spinach and crab meat to hot pan and mix. Allow spinach to wilt and crab meat to heat through. Season mixture with Old Bay or salt and pepper to taste.
7. Carefully fill each mushroom cap with the stuffing.
8. Return to oven for about 5 minutes, or until set and tops have begun to brown.
9. Serve warm or at room temperature.

Recipe by Gutsy By Nature at <http://gutsybynature.com/2013/12/27/paleo-crab-stuffed-mushrooms/>

