



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.

Back To School - Put Us First On The List

by: Dr. Brian K. Becker, on behalf of Stucky Chiropractic Center

August is a busy time of the year, especially for families with children. Sometimes the list of to-dos seems overwhelming.

As you prepare your children for back-to-school, we would like you to consider this question.

“Have you been a chiropractic patient for years, but never thought to bring in the children for a check-up?”

Stucky Chiropractic Appointment For Children



Let's face it, children work hard and play hard as well. And, after all, they also have spines that can become subluxated (misaligned).

Stucky Chiropractors are experienced with chiropractic care for all ages from infant through seniors. Check out our Stucky web page for information about Children and Chiropractic. Ask your Stucky doctor if chiropractic is right for your children.

Make chiropractic part of your back-to-school routine starting this year! ■



Stucky Chiropractic Healthy Lunches For Children

Did you know that *Fruits and Greens* powder and a Stucky shaker make a great healthy drink for the lunch box? Simply put a scoop of powder in the shaker and add water at lunch time. Your child will be getting 20 servings of healthy fruits and vegetables from one eight ounce shake. Best part is they taste great as well! Switch from the sugary juice boxes today!

Comes in 7 delicious flavors: Strawberry-Kiwi, Grape, Pink Lemonade, Green Tea Melon, Chocolate, Espresso, and Mint.

All flavors are on special this month (20% off). Not sure which flavor to choose? Ask for a sample at the front desk. ■



Chiropractic Helps With Workout Injury

by: Dr. Kyle Anderson on behalf of Stucky Chiropractic Center

Several months ago, Karla came in with debilitating pain from an injury sustained in a workout facility. She couldn't stand, sit, sleep, or move without severe pain.

Karla did not have any experience with chiropractic, and was trying every other option she could think of to help alleviate her symptoms. She went through physical therapy, which actually intensified the pain. She tried pain medication, urgent care, and the emergency room without relief.

It was then that she met Dr. Kyle at an event their children were in together. Desperately trying to avoid surgery, she came into Stucky Chiropractic for a consultation. She found pain relief after just a few visits. Today, just 10 weeks after her initial visit, she has restored health, no pain, and no need for surgery! Check out the whole story on YouTube: ■



<https://www.youtube.com/watch?v=aOGI3xhzBX4>

FUN FACTS

- ◆ 34 chiropractors conservatively give 16,320 to 27,200 adjustments to America's football players in just 120 days (profootballchiro.com)
- ◆ An average professional football game lasts 3 hours and 12 minutes, but if you tally up the time when the ball is actually in play, the action amounts to a mere 11 minutes.
- ◆ Stucky Chiropractors have helped little ones from birth on up, to resolve ear infections, colic, latching issues, and more
- ◆ The oldest public school in the United States is the Boston Latin School, which was founded in 1635.
- ◆ The average family spends \$700 in school supplies every year, adding up to \$80 billion in annual sales!
- ◆ The first corn maze was created in 1993 at Lebanon Valley College in Annville, Pennsylvania. Its creator, Don Frantz, has also been responsible for producing Super Bowl halftime shows and Broadway musicals like The Lion King and Beauty and the Beast.

HAVING **SUBLUXATIONS**
IS LIKE HAVING
POOR CELL PHONE
RECEPTION BETWEEN
YOUR **BRAIN & BODY**

SUBLUXATED

UNSUBLUXATED

NO SERVICE



www.DrSchluter.com

"CHIROPRACTIC,
LIKE GRAVITY,
WORKS WHETHER
YOU BELIEVE IT
OR NOT."

SID E. WILLIAMS D.C.

Strategy For Feeding the Finicky

by: Excerpts from Mark'sDailyApple.com

So, you've tried everything to get nutrition into your picky eaters. Here is one strategy we used with our children. Make certain foods or meals "roaming" approved. In other words, the parent grants freedom to skip sitting at the table if the kid will eat the healthy fare. Lay it out in a fun, festive, or otherwise eye-catching buffet style. Put on music. Teach and practice conventional manners at easier meals.

Some people might cringe at the idea of a toddler run amok and family dinner down the tubes – especially if there are other, older children. It highlights another important point. We all have our personal priorities, our chosen compromises, our sacred cows, our deal breakers as parents. This goes far beyond issues of decorum to the food itself. As I've said often, don't let the perfect be the enemy of the good. Getting your kids to eat better

isn't an all or nothing proposition. It's your call. Maybe you're a solid no-GMO above all else. Maybe you're first and foremost anti-gluten or grains. Perhaps your main goal is promoting veggie intake. Whatever goal you commit to, you're making a positive difference in your children's health and opening your mind – and theirs – to the idea that food choices matter. ■

Source://www.marksdailyapple.com/raising-your-kids-on-primal-foods-plus-mealtime-strategies-for-picky-eaters/



Brooklyn shows orthotic & foot monitor

Highlighting Another Stucky Service ...ORTHOTICS...

Did you know that your feet should reflect your general health? Foot pain is not normal. If you have the proper fitting footwear, and give your feet some attention, your feet can be pain-free.

At Stucky Chiropractic Center we offer the latest in foot scanning technology that measures your foot size, arch type and pressure points.

Our chiropractors will help you understand the results of the foot scan, and provide you with a customized plan to keep your feet pain-free. If orthotics are recommended for you, we will properly fit them to your foot; this includes custom-ordered high quality inserts as needed. ■

CUSTOM FOOT ORTHOTICS HEAL THE ENTIRE BODY

An infographic titled "CUSTOM FOOT ORTHOTICS HEAL THE ENTIRE BODY". It features several diagrams and illustrations. On the left, a grid of foot conditions includes: Supination, High Arch Foot, Pronation, Flat Foot, Hammertoes, Calluses & Corns, Bunion, Diabetes, Achilles Tendonitis, Plantar Fasciitis, Bunions, and Heel Spur Syndrome. In the center, a diagram of a human leg and foot shows various ailments: Lower Back Pain, Piriformis Syndrome, Ilio-Tibial Band Syndrome, Patella Femoral, Shin Splints, and Morton's Neuroma. On the right, two human figures are shown: one with a red spine labeled "Without orthotics With pain" and one with a green spine labeled "With orthotics No pain". Below this, two foot diagrams are shown: "Without Orthotics" and "With Orthotics". At the bottom right, two foot diagrams are shown: "Uncorrected (left foot)" and "Corrected (left foot)" with an "Orthotic Device" label.

September is Drug Free Pain Management Awareness Month

By: Your Chiropractors at Stucky Chiropractic

Looking Ahead... Drug Free Care...

Did you know 91 Americans die every day from an opioid overdose? Did you know that 80% of drug abusers began the downward spiral with prescribed painkillers?

Find out more about drug-free pain management next month at Stucky Chiropractic!

Happy Birthday, Stucky is 59!



Are You Getting
ENOUGH
Veggies?

Lunch Box Special
Whey Protein
Powder *plus...*
DYNAMIC GREENS
20 Servings
of organic fruits/veggies
in One 8 oz. Shake!
Improved...

Energy

Immunity

Digestion

Fruits And Greens
Recipes Available Here

Now 20% Off
25% Off for Wellness Club Members
GOOD FOR THE WHOLE FAMILY!



STUCKY WORD SEARCH

(Find the list of words in the puzzle. Circle them as you find them)

- ADJUSTMENT
- AVOCADO
- BLUEBERRY
- BOSWELLIA
- CHIROPRACTIC
- COCONUT-OIL
- GRASS-FED-MEAT
- HEALTHY
- INFLAMMATION
- NUTRITION
- OMEGA
- PROTEIN
- STUCKY
- VEGETABLES

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

SOLUTION:

(Over,Down,Direction) Adjustment (13,1,SW), Avocado (8,12,E), Blueberry (15,3,N), Boswellia (11,10,NW), Chiropractic (1,13,E), Coconut-Oil (5,2,SE), Grass-Fed-Meat (3,12,N), Healthy (8,10,NE), Inflammation (4,1,NE), Nutrition (13,11,W), Omega (14,6,SW), Protein (6,1,SE), Stucky (2,6,S), Vegetables (1,1,S)