



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.

The Evolution of Chiropractic

By Dr. Becker, on behalf of Stucky Chiropractic Center

As you learned in last month's newsletter, in 1895, chiropractic was discovered when D.D. Palmer put a specific force into Harvey Lillard's spine and restored his hearing after 17 years of deafness. Let's fast forward nearly 100 years later. What have we learned about chiropractic over the past 30 years? When I graduated from chiropractic college in 1991, we were taught the concept of the vertebral subluxation (a bone out of place and stuck causing pressure on a nerve root). We were told that the subluxation can be likened to the concept of someone putting a kink in a garden hose: the garden hose being a spinal nerve coming from the spinal cord that goes to supply tissue, cells, and organs. This concept was simple, basic, and easy to understand and explain. As research evolved over the years, we came to understand a more thorough concept of something known as the Vertebral Subluxation Complex. This complex consisted of five components: kinesiopathology¹, neuropathophysiology², myopathology³, histopathology⁴, and pathophysiology⁵. The research that supported the vertebral subluxation complex opened up the field of chiropractic to explain how not only were we relieving nerve pressure, we were having an impact on the overall function and well-being of the body and systems.

Now, thanks to the growth of the chiropractic profession, we are able to conduct better research into how and why chiropractic works. Not only to relieve someone's pain and discomfort, but more importantly improve someone's overall health and well-being. What we now know and can verify through research is that a chiropractic adjustment has its biggest impact on brain function. Your brain is responsible for virtually every function within your body. You may wonder how an adjustment to the bones in your back will affect your brain function. To keep it simple, your spinal joints have over 800,000 mechanoreceptors at each vertebral level. When a proper chiropractic adjustment is delivered to the vertebral unit, a proprioceptive (neuron pathway connection) occurs in the brain from the firing of spinal mechanoreceptors. This is why a chiropractic adjustment can impact a person's blood pressure, bladder function, fertility issues, immune system, etc., as well as positively impact a child's brain development and function, setting the stage for a bright future.

In closing, regular chiropractic care will continue to help you live a more pain-free life. However, remember chiropractic care is much bigger than that. Regular chiropractic care will positively stimulate your brain.



kinesiopathology¹ - abnormal position and movement of spinal segments
 neuropathophysiology² - abnormal nerve function
 myopathology³ - muscle changes such as spasm, tightness, and weakness

histopathology⁴ - tissue changes, like inflammation
 pathophysiology⁵ - arthritic changes and overall loss of normal function



Optional Red Light

By Chris Edwards, on behalf of Stucky Chiropractic Center

So recently I have noticed an unsettling trend in the Eau Claire area. I call it the optional red light. When I lived in the twin cities, I observed the traffic lights' meanings as followed: green means go, yellow means speed up, and red means two more cars can go through!

Be warned, this bad judgment practice is now here in Eau Claire and has infected some in our populace! I tell all my patients that are newly licensed drivers to make sure you check both ways before you proceed through an intersection because someone will decide that where they are going is so important they don't have to stop for red lights.

But even when we're careful, sometimes we still end up in a car accident. Often times right after the accident, high levels of adrenaline are running through your system and you may not feel much pain. Then in the next day or two, the pain and stiffness can really set in. So make sure you get checked out by your Stucky chiropractor to make sure there is no serious soft tissue or structural damage.

If you go to the emergency room to get checked out, be mindful they are looking for broken bones (including vertebrae), severe subluxation (twisted vertebrae that would require surgery to fix), and possible internal injuries. All of those are important to make sure they haven't happened. Once the seriousness of those possibilities is ruled out, you need to make sure the soft tissue and spine posture issues are addressed.

The doctors and staff at Stucky Chiropractic Center will make sure you are thoroughly evaluated and treated with drug-free care and therapies to speed the natural healing process of the body.

If left unchecked and untreated, there can be many long term effects. The damage to the soft tissue can result in loss of postural curves, putting stress on the nervous system. When the nervous system is stressed or blocked, it doesn't communicate well with the brain. When the brain doesn't get a good signal from the body, it doesn't adapt the body well to the stresses of day to day life. This can lead to muscle pain, headaches, altered gait, disturbed sleep, suppressed immune system, and chronic fatigue – to name a few.

So in the unfortunate situation you are in an accident, don't hesitate to call us and get checked out. Don't let an accident affect you now or in the future. And remember – drive safe out there because others don't!



Veteran's Day - Thank A Vet!

The first celebration of Veterans Day was on November 11, 1919, to commemorate the end of World War I. Hostilities formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. Until 1954, Veterans Day was known as "Armistice Day." To this day, we observe Veterans Day by remembering the men and women who've served this great nation, wearing the uniforms of the armed forces. We thank you for your efforts in keeping this country safe and free.

To help honor these men and women, Stucky Chiropractic Center launched its Military Care Program. Ultimately with chiropractic and wellness services, we seek to provide a reduction in veterans' stress and serve as an alternative to medications. Surveys indicate military personnel take advantage of chiropractic services up to seven times more often than civilians.

Learn more about our Military Care Program and see if you meet the criteria! For more information, visit stuckychiropractic.com/military-care-program.



**THANK YOU
FOR SERVING
OUR COUNTRY
PROTECTING
OUR FREEDOMS**

Halloween Candy Decreases Immunity

Candy during holidays seems almost inevitable: there are candy and sweets at every single one of them. Which do you prefer? The chocolate Easter bunny, Valentine heart-shaped variety box, or the decorated Christmas sugar cookies? Perhaps, Halloween is the worst of the bunch, because the primary celebration includes sending costumed children to go trick-or-treating for handfuls of wrapped sugar.

Do you ever wonder why everyone starts getting sick near the beginning of November? Maybe it's because the kids are well into school or that the seasons are changing, but Halloween candy does not help matters. According to 2013 data collected by Coupon Follow, the average child will eat about 3 cups of sugar on Halloween, which results in almost 16 times the recommended amount of sugar they should consume.

Excessive sugar consumption can immediately suppress your immune system and make you more vulnerable to colds, flu, and other infections, as well as cause the following effects to your health:

- Overloading and damaging your liver
- Tricking your body into gaining weight and affecting your insulin and leptin signaling
- Causing metabolic dysfunction
- Increasing uric acid levels

Keep you and your children from indulging in too much sugar. Our recommendation? Allow your kids a few pieces of candy and then give the rest away. Most young children will move onto something else and forget all about the candy. Help them reduce their daily sugar consumption – it will help them stay healthy year-round.

<https://articles.mercola.com/sugar-side-effects.aspx>



30 Insights for a Life of Acute Brilliance - Continued...

By Robin Sharma

- Learn from the past, but don't wallow in it.
- Remember that your income will never exceed your self-identity. And that your outer results mirror your inner story.
- When you fall, get back up. When you win, decide how you'll make it even better.
- Work hard on being more present. Presence is rare these days, and a phenomenal gift to give those who intersect your days.
- Laugh at yourself. Life's too short to take yourself too seriously.
- Trust that blaming others is excusing yourself.
- Know that success lies around a brilliant execution on the fundamentals.
- Having a grand vision is cool. Being amazing at getting it done is far Hipper.
- Be good at living your own life + values versus great at living everyone else's.
- Don't miss the so-called ordinary pleasures every day brings to the wise soul who notices them...the singing birds or the beautiful coffee or the inspirational poem or the laughing child or the clean water or breezes winding through the lush trees...witnessing these forges a life gorgeously lived.

That is Robin's great wish for you! Start by optimizing your health and living your life. So start where you are, use what you have, and do what you can.

Source: <https://www.robinsharma.com/article/30-insights-for-a-life-of-acute-brilliance>

Ideal Protein Open House Dates

Ideal Protein isn't a diet, it's a lifestyle. Learn how you can get back to your healthy self by attending one of our complimentary Ideal Protein Workshop.

Monday, November 5 · 6:30 p.m.

Tuesday, November 13 · 12 p.m.

Monday, November 19 · 6:30 p.m.

Tuesday, November 27 · 6:30 p.m.

Spots are limited - call to reserve your seat today! **(715) 835-9514**



Should You Throw Away Your Pillow?

Excerpts from Dr. Mercola

How long have you been sleeping on your pillow? If you can't remember, it's probably been too long...the average person keeps their pillow for more than three years, and more than half only replace their pillow and bedding when they notice it starts wearing out.

Should you be replacing your pillow much sooner? The Sleep to Live Institute in America recommends replacing your pillow every six months, but a more reasonable approach may be to use the folding test: fold your pillow in half, and if it stays folded instead of springing back into shape, it's time to find a new one.

More than 90% of Americans say that having a comfortable pillow is important to getting a good night's sleep, but what constitutes as "comfortable"? You probably have a preference for a firm or fluffy pillow, and you might even stack up two or more. If you wake up pain-free and feeling well rested, your pillow situation is probably fine...but if, on the other hand, you're waking up with back and neck pain, or struggling with snoring or acid reflux, adjusting your sleep position, including your pillow, may help.

Your pillow should, ideally, fill the gap between your head and shoulders when you lie down. If you keep your pillow for too long, it will flatten out, leaving your head and neck without adequate support night after night, and this could lead to pain and restless nights.

Your Stucky chiropractor can help you find the best pillow and sleeping posture for sound sleep and good health.

Source: <https://articles.mercola.com/sites/articles/archive/2014/08/28/keeping-pillow-too-long.aspx>



Quit counting sheep...

Get a good night's sleep with the right pillow and see the difference:

- Made to offer support
- Helps with headaches
- Supports a healthy posture

**ALL PILLOWS
NOW 20% OFF!**
25% FOR WELLNESS MEMBERS



HAPPY Thank's giving



DOWN

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. Indian who taught the Pilgrims many things

ACROSS

2. 4th Thursday of November
3. A traditional Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indian tribe that was present at the first Thanksgiving
12. Bright orange squash used to make pie

Answers on page 3