

# 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 Center Invites You to Share with Local Families

Christmas can be a wonderful break in the daily routine that pervades the rest of the year, or it can be the most stressful of times. Stress can be found from facing financial difficulties, health issues, or unrealistic expectations of the “perfect” holiday. This time of year can become overwhelming, even under the best circumstances.

More than 1,000 children in the Chippewa Valley may not receive a Christmas gift this year, as many families struggle purchasing the bare necessities during a Wisconsin winter. For the second year, Stucky Chiropractic Center is teaming up with a local organization to collect gifts and winter wear for local families. We invite you to join us and **Helping Kids Around the Chippewa Valley** to make sure no local child goes without during the Holiday season.



Last year, we helped 6 families, which was close to 15 children! Thank you for all your help and support. We are so lucky to have such generous patients!

### Here's How You Can Help:

- Choose a tag from the Stucky tree for a child's need or want
- Replace your tag on the tree with a bow (provided)
- Purchase a gift or provide a financial offering
- Bring the tag and gift back to Stucky Chiropractic Center by Monday, December 17<sup>th</sup>

## Have You Heard? Dr. Hall is Back!

As of November 19, Dr. Hall has returned back to Stucky Chiropractic Center! Dr. Hall's return is on a limited basis, until he regains full strength.



“I look forward to seeing you soon so I can continue to serve my purpose, and the purpose of Stucky Chiropractic Center, which is helping our community through the power of chiropractic care.”

Let's give Dr. Hall a warm welcome back!

## Santa's Coming to Stucky!

Save the date and bring the whole family! Direct from the North Pole, Santa Claus will be at Stucky Chiropractic Center on **Saturday, December 15<sup>th</sup> from 8:30 — 10 a.m.**



# The Dangers of Christmas Decorations

Excerpts from Dr. Mercola

More than 80% of Americans decorate their homes as part of their holiday celebrations. For many, Christmas wouldn't be the same without colored lights, garland, stockings hung from the mantel and, of course, a carefully decorated Christmas tree. For the most part, holiday decorations are a source of joy that only adds to the spirit of the season, but it is important to take some safety precautions to avoid unnecessary health risks during this special time of year.



## Christmas Tree Fires

Every year, Christmas tree fires occur in an average of 240 home. So while any Christmas tree can pose a fire risk, natural trees are more likely to catch fire than artificial trees. This is especially true if they dry out, so remember to water your tree.



## Candles

December is a "busy" month for candle fires, which often start because combustible seasonal decorations are kept too close to the flame. Remember to never keep candles unattended.



## Holiday Light Fires & Christmas Lights Containing Lead

Each year, about 150 home fires occur due to holiday lights. This is the result of electrical failures or malfunctions. However, some Christmas lights contain lead, so be sure to wear gloves and then wash your hands whenever you handle them.



## Tinsel & Other Choking Hazards

Holiday decorations, with all their shine and glitter, are especially tempting to infants, who can choke on items like tinsel, small ornaments, tiny pinecones and pieces from nativity scenes. Be sure to keep all such hazards out of the reach of children.



## Falls

Falls while holiday decorating send about 5,800 people to emergency rooms every year. Most often, injuries result from falling off a ladder or roof.



## Sugar/fructose in Candy Canes & Other Treats

Scientific studies have linked fructose to about 78 different diseases and health problems, including obesity and diabetes.



## Spray-On Snow

Many sprays contain chemicals, including acetone and methylene chloride. Common symptoms that can result if you inhale spray-on snow include nausea, headache and lightheadedness.



## Mistletoe & Holly

Eating any part of the mistletoe and holly plant can lead to gastrointestinal upset, while some varieties contain toxins that can lead to blurred vision, blood pressure changes and even death.

<https://articles.mercola.com/sites/articles/archive/2012/12/13/christmas-decoration-dangers.aspx>

## 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 Workshops.

Ideal Protein is designed to benefit you!

- ✓ Effective Weight Loss
- ✓ Medically Developed
- ✓ Delicious Foods
- ✓ Individual Coaching

Start down the path to a happier, healthier you!  
Visit [stuckyweightloss.com](http://stuckyweightloss.com) for more information.



Monday, December 3 · 6:30 p.m.



Tuesday, December 11 · 12 p.m.



Monday, December 17 · 6:30 p.m.



Thursday, December 27 · 6:15 p.m.



# Movement is the Essential Nutrient

By Dr. Eddie Hall on behalf of Stucky Chiropractic Center

Exercise and movement are required nutrients that industrialized societies are deathly deficient in. These deficiencies and toxicities, with respect to exercise and movement, are primary causal factors in diseases such as cancer, heart disease, obesity, diabetes, and osteoporosis.

At present, human genes and human lives are incongruent: daily physical exertion was obligatory to our biochemistry and physiology demands. This begins to explain how inactivity can lead to chronic illness, which has increased more than ever, while our human genome requirements haven't changed. This is why exercise is the essential nutrient.

Let's just think about this for a minute: too much sugar causes a cavity over time, right? The majority of people continue to consume things that are bad for their teeth, which is why we have the need to perform daily dental hygiene brushing, flossing, and get regular checkups. Sitting is actually more detrimental to your spine than sugar is to your teeth. When you sit for prolonged periods of time, you are causing a lack of motion, poor posture, inflammation, muscle spasms, muscle adhesions, and degeneration. Yet, we live in a society where we sit more during our jobs and even during our leisure time. So why aren't people doing their spinal hygiene daily?

At some point, you have gotten a hunger pain when you have gone a long time between eating. We also have hunger pains for movement: have you ever felt lethargic, fatigued, twitchy, depressed? Then you finally get up and go for a walk or go to the gym and feel fulfilled. This isn't just by chance - this happens because our genome requires movement as an essential nutrient. Prolonged sitting will lead to pain and decay of your spine. Counteracting the negative effects with sitting by sitting less and moving more will lead to less pain, inflammation, and degeneration.

Obesity and sedentary lifestyle are global epidemics with 90 billion in health care cost in the U.S. alone, not to mention 300,000 premature deaths caused by these. Physical inactivity is the third leading cause of death in the U.S. and contributing factor to obesity and many other health conditions. Instead of spending money on drugs that aren't getting people any closer to health, we should teach them how to eat well, move well, and think well so they can protect their greatest asset their health. We are expected to learn how to write, do math, perform a job; but people all of a sudden aren't competent to learn how to take care of themselves - and that's not through filling a prescription.

Never has exercise failed to make a positive difference in diabetes, anxiety, depression, heart disease, etc. The only negative to exercise is that you will live longer and you will have to do it more.

So ask yourself what's one thing you can do in terms of movement that would be easy for the next 30 days? How can we fill our body with the essential nutrient that so many of our population are deficient in? Skip sitting and go for a walk!

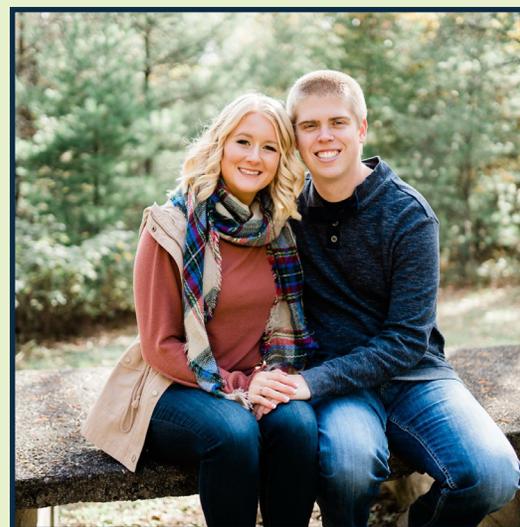
## Ideal Protein - Coach's Corner

We are happy to announce Stucky Chiropractic Center's newest Ideal Protein Coach - Amanda Ward!

Amanda graduated in 2017 with a B.S. in Athletic Training, and has successfully completed the Ideal Protein program. Here's her story:

"After I graduated college, I found myself at a very unhealthy state: physically and mentally. What seemed like every diet in the book, I found myself at the bottom. Then, a friend of mine recommended Ideal Protein. I was instantly intrigued, as I felt that I needed someone to keep me accountable. After a setback or two, I can successfully say that I have lost over 45 pounds with Ideal Protein and have kept the weight off! This program has changed my eating habits and my life, and made me a much healthier person overall."

Let Amanda help you succeed your health goals. Contact our office today!





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**Name That Christmas Carol**

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11	12	13	14	15
16	17	18 <b>DECEMBER</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 25 14 25 15 25 16 25 20 21 25 22 25 23 24 25 25 25 25 25 25 30 31	19	20



**Vote Stucky Chiropractic Center as the Best Chiropractor!**

**Voting Ends December 11**

- 01 JINGLE BELLS
- 02 WALKING IN A WINTER WONDERLAND
- 03 SANTA CLAUS IS COMING TO TOWN
- 04 FIRST NOEL
- 05 RUDOLPH THE RED NOSED REINDEER
- 06 LITTLE DRUMMER BOY
- 07 WHITE CHRISTMAS
- 08 I SAW THREE SHIPS
- 09 WHAT CHILD IS THIS?
- 10 WE THREE KINGS OF ORIENT ARE
- 11 DECK THE HALLS
- 12 HOLY NIGHT
- 13 FELIZ NAVIDAD
- 14 BLUE CHRISTMAS
- 15 SILVER BELLS
- 16 SANTA LOOKED A LOT LIKE DADDY
- 17 AWAY IN THE MANGER
- 18 TWELVE DAYS OF CHRISTMAS
- 19 ROCKING ROUND THE XMAS TREE
- 20 FROSTY THE SNOWMAN