



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.

Probiotics

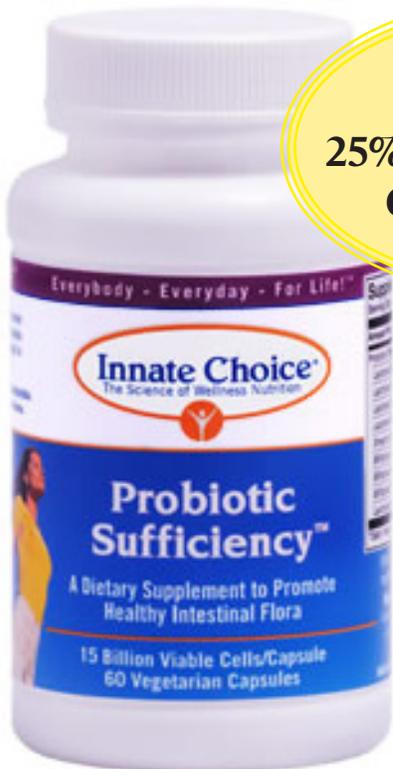
"Beneficial bacteria have a lifelong, powerful effect on your gut's immune system and your systemic immune system as well. More than 170 diseases can be helped or treated with probiotics!" -Dr. Joseph Mercola

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 our probiotic supplement!



20% OFF
25% off for Wellness Club Members

Humans are deficient in probiotics due to stress, sugar intake, prescription drugs, and processed foods. This deficiency is a factor in an alarming number of preventable illnesses from infancy to old age.

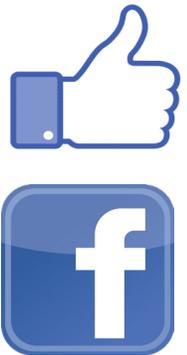
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Home and Garden Show 2019

Join us for the 41st annual Home & Garden Show!

February 22 - 24

YMCA Sports Center

Hours:

Friday, February 22nd 1pm - 8pm

Saturday, February 23rd 9am - 5pm

Sunday, February 24th 10am - 4pm

An Ounce of Prevention is Worth a Pound of Cure

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

How many of you remember the old adage “an ounce of prevention is worth a pound of cure?”

When I ask my younger patients if they have ever heard this, most often they respond no. I certainly believe that this adage fits well into health, wellness, and chiropractic. I would like to share a clinical experience that I recently had that often repeats itself the longer I have been in practice. Approximately 10 years ago, a woman in her 30’s had come into our office following a motor vehicle accident. She followed a recommended treatment plan and had a very good outcome/recovery from her injuries. Once the patient was returned to pre-injury status, I made a series of recommendations which included regular chiropractic care, home spinal rejuvenation rehab which included stretching, traction and curve molding. Unfortunately, my recommendations were not followed.

Fast forward 10 years and this patient returns with significant radiating symptoms and moderate levels of arthritic degenerative joint disease in the cervical spine (neck). A focus on prevention most likely would have prevented or at least minimized this condition.

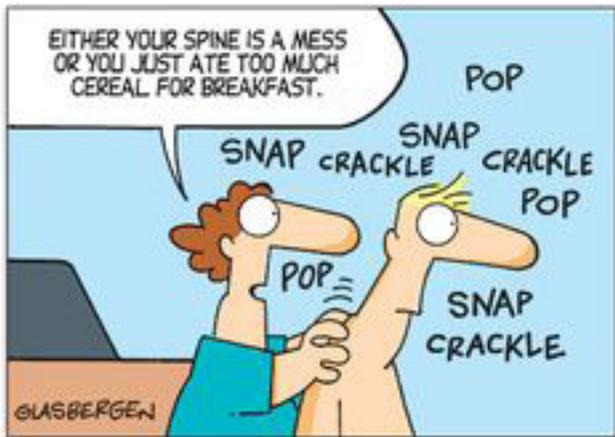
So what other things can we do to take advantage of preventative measures to avoid poor health and early onset of chronic disease?

How about improving our dietary choices. If we make better choices on what we choose to eat we can avoid obesity, type II diabetes, cardiovascular disease etc. What if we choose to regularly take vitamin supplements to enhance our nutritional status. An overwhelming number of studies support how certain vitamins can help to avoid and/or improve chronic illness. Just for example, vitamin D3 not only supports bone health it also impacts nearly every cell in the body. Vitamin D regulates genes that control immune function, metabolism, and even cell growth and development. Other key supplements that should be part of everyone’s daily routine include omega 3’s, probiotics, multivitamin/multimineral and magnesium to name a few.

What about regular exercise to prevent chronic illness and disease. We should all know the benefits that can be achieved from participating in some form of regular exercise. Find what works for you, yoga, Pilates, running, high intensity interval training (HIIT), strength training etc. Get started and enjoy the benefits.

If you need any assistance in establishing healthy habits we are here to help. Remember, it is always easier to prevent a problem than it is to fix it.

CHIROPRACTIC HUMOR



Puzzle Corner Answers:
Volunteer
Donate
Celebrate
Holidays
Patience
Mission
Serenity
New Year

7 Ways to Improve Your Energy

Excerpts from Dr. Jockers

Have you ever struggled with your energy? You know what I mean, you struggle to wake up in the morning, depend upon caffeine and stimulants to get anything done, need an afternoon nap and then to top it off... you can't even fall asleep at night. We have a serious energy crisis in our country and much of it has to do with our digestive tract. When we have poor digestion, we assimilate less nutrients and accumulate more toxins. This process increases inflammation throughout our body and drains our energy reserves.

1 Drink 8-12 oz of Clean Water Every Day
Consistent hydration and electrolytes will give you incredible energy. Be sure to use clean filtered water and adding back trace minerals and anti-oxidants with a pinch of Himalayan Salt or a few drops of lemon juice.

2 Drink a Super Smoothie Everyday
Smoothies are one of the best ways to get nutrients into your body because they are pre-metabolized. This takes the stress off of your digestive tract and results in you being able to absorb more nutrition, compared to solid-foods.

3 Use Fermented Beverages
Fermented beverages contain organic acids, enzymes, B vitamins and potassium which all help to increase our energy and stimulate healthy bowel motility. The fermentation process reduces the sugar content of the beverage and increases the enzyme and B vitamin content.

4 Use Fennel Seed
Fennel seeds are a concentrated form of minerals like calcium, potassium, manganese, magnesium, selenium, zinc, copper, and iron. This helps reduce gas and bloating, gently stimulate bowel motility and improve overall digestive function.

Visit <https://drjockers.com/7-easy-ways-improve-energy/> to continue reading or to find many more informational articles.

5 Drink Aloe Vera Juice
Aloe vera juice is alkalizing and loaded with electrolytes, trace minerals, anti-oxidants, and polysaccharides. Pure aloe juice or gel gives one of the best ways to improve your energy and the motility of your bowels.

6 Snack on Celery or Cucumber
Water-rich veggies are an excellent acid neutralizer that contains the perfect electrolyte balance. Besides the benefits of quenching thirst and reenergizing the body, celery or cucumber stimulates the bowel. Specifically, the action of chewing can help your bowels move more effectively.

7 Intermittent Fasting
Intermittent fasting is one of the most powerful modalities for reducing inflammation, boosting immunity and enhancing tissue healing. Fasting helps our body build a level of metabolic flexibility and energy efficiency.

Chronic Fatigue Symptoms:

- Brain Fog
- Sinus Problems
- Swollen Glands
- Tender Lymph Nodes
- Sore Throat
- Stomach Pain, Bloating or Nausea
- Light Sensitivity
- Heat Shocks and Chills
- Unrefreshing Sleep
- Post-Exertional Malaise (PEM)
- Muscle/Joint Pain and Headaches



DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Ideal Protein Open House Dates

Ideal Protein is designed to benefit you! Learn how you can get back to your healthy self by attending one of our complimentary Ideal Protein Workshops.

Start down the path to a happier, healthier you!
Visit stuckyweightloss.com for more information.



Wednesday, February 6 - 12:30pm



Monday, February 11 - 6:30pm



Wednesday, February 20 - 12:30pm



OUNLEEVRT	
AETODN	
LCEARBTEE	
ALDHYOIS	
ETNPAEIC	
SIOIMSN	
STEIYERN	
EWNAEYR	

PUZZLE CORNER

Unscramble the letters to reveal the word.



“A negative mind will never give you a positive life.”

Healthy Super Bowl Recipes

Enjoy these *keto* friendly recipes to enjoy at your game day party!

Low Carb Chia Seed Crackers

The Preparation

- 1/2 cup chia seeds, ground
- 3 ounces shredded cheddar cheese
- 1 1/4 cups ice water
- 2 tablespoons psyllium husk powder
- 2 tablespoons olive oil
- 1/4 teaspoon xanthan gum
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt



The Execution

1. Grind chia seeds in a spice grinder, then add all dry ingredients and chia seeds into a bowl.
2. Add olive oil and mix into the dry ingredients, giving a wet sand consistency.
3. Pour water into bowl and mix extremely well. This may take a while, but you want a soild dough to form.
4. Add shredded cheddar and using your hands, mix the dough well. Set onto a baking mat and let sit for a few minutes.
5. Spread or roll the dough to the size of the baking mat. It should be quite thin.
6. Bake for 30-35 minutes, remove from the oven, and cut into individual crackers.
7. Return to the oven and broil for 5-7 minutes or until crackers are crisped on the top. Let cool and serve!

Bacon and Roasted Garlic Guacamole

The Preparation

- 2 medium avacados
- 4 slices bacon
- 1/3 medium red bell pepper
- 1/4 small onion
- 1 tablespoon roasted garlic
- 1/3 cup chopped cilantro
- Juice 1/2 lime
- Salt and Pepper to taste

The Execution

1. Slice bacon into small cubes using scissors. Add into a hot pan and cook until crisp. Set aside for later.
2. Slice avacados and take the pit out. Add to a bowl with the crushed roasted garlic.
3. Slice your vegetables and cilantro, then add to the bowl. Add your bacon and mix well.
4. Add lime juice and salt and pepper to taste, then give it one final mix.

