



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.

Where Did the Year Go?

By Dr. Becker on behalf of Stucky Chiropractic Center

Do you find yourself saying this to your friends and family? According to Scientific American it is true that the older we get we perceive time as moving faster. This has to do with our perspective. If we are looking at things prospectively while the event is occurring or retrospectively after it has ended. It also matters but we are doing and how we feel about it.

It is true what they say, that time flies when we are having fun. However, If the event creates a long lasting memory, as we think about it retrospectively, it will seem to have lasted longer than more mundane experiences. So the more new memories we build in a certain time period, the longer that time will seem in hindsight. So if you want to make sure that your life doesn't just fly by, It seems to me that the best way is to live intently, make long lasting memories and have fun.

As we say goodbye to 2018 and hello to 2019, have a plan to make sure this year is filled with fun, adventure and life slowing memories.

From all of us here at Stucky Chiropractic, we hope you make 2019 an exceptional year!

1 Year = 365 Opportunities



Thank You for Your Help

For the second year, Stucky Chiropractic Center has teamed up with Helping Kids Around the Chippewa Valley to collect gifts and winter wear for local families.

We are happy to say that 12 children had gifts under their Christmas trees this holiday season!

What an amazing, joyful experience it has been to bless 4 local families. The generosity of everyone has filled our office and our hearts. We cannot thank our patients enough for their help and charity. That is the true meaning of Christmas.

Thank you! Stucky Chiropractic Center has the best patients!



Avoid New Year's Resolution Failure – Make It a Lifestyle Resolution Instead

Excerpts from Dr. Mercola

New Year's resolutions are notoriously apt to fail, for one reason or another. It's been estimated that only eight percent of people who make a New Year's resolution actually keeps it. So how about making a commitment to simply live healthier from here on? Little changes, across the board, can make a huge overall difference in your health.

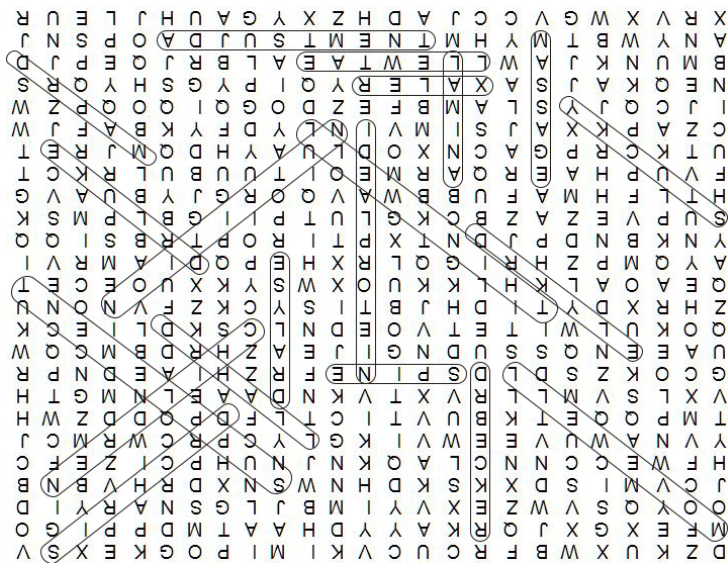
And when you commit to a lifestyle, it's no longer about meeting a particular goal, like losing 10 pounds. It's about making (usually small) alterations in how you live and go about your daily life that build upon each other as time goes on.

One of the key points that many people fail to appreciate for any goal, not just a New Year's goal, is to write that goal down on paper or on your computer. That simple yet widely neglected principle will dramatically increase your chances of success. With respect to health goals I thought I would give you a jump start by reviewing some possible ones to consider.

The Top 10 Lifestyle Changes to Implement for a New You

-  Drink Pure Water
-  Fine-Tune Your Wake/Sleep Cycle
-  Eat High-Quality Protein
-  Optimize Your Vitamin D Levels
-  Get Plenty of Healthy Fats in Your Diet
-  Tend to Your Gut
-  Move Your Body as Much as Possible Throughout Each Day
-  Take Control of Your Nutrition by Growing Your Own Food
-  Prioritize Your Emotional Health
-  Eliminate Toxins

<https://articles.mercola.com/sites/articles/archive/2014/01/27/new-years-resolution-lifestyle-change.aspx>



Word Search Answers:

Vitamin D: The Superhero of Vitamins

By Dr. Eddie Hall on behalf of Stucky Chiropractic Center

It was once believed that maintaining healthy Vitamin D levels was only essential for bone health, but we now know that nearly every type of tissue and cell in the body has Vitamin D receptors. That means Vitamin D is actually an essential hormone that plays a vital role in a large number of physiological processes. So how does it work?

When we ingest Vitamin D or produce it in the skin (as a result of sun exposure), it converts into its active form 1,25-dihydroxyvitamin D, or vitamin D3. This substance then interacts with and supports virtually every tissue type in your body, including your heart, brain, and even fat cells. Furthermore, research has demonstrated that Vitamin D also regulates genes that control immune function, metabolism, and cell growth and development.

As you can see, this vitamin deserves a lot more attention than it has been given over the last couple of decades. Fortunately, however, Vitamin D's vital importance and amazing benefits are becoming more and more widely known and accepted.

This super vitamin has many benefits, including:

- Supports Heart Health
- Preserves Insulin Sensitivity
- Maintains Healthy Brain Function
- Guards Against Cancer
- Maintains Steady Immune Health



Research shows that 25% of Americans have insufficient levels of Vitamin D and 39% are deficient, which means a surprising 64% of Americans have inadequate levels of Vitamin D. Why do so many people have low levels of Vitamin D?

Well, one reason is the fact that it's very tough to get adequate amounts of Vitamin D from a diet alone, and unless you have time to sunbathe every day, your only option is supplementation.

The most important thing to know is that in the vast majority of cases, Vitamin D deficiency is asymptomatic up to the point of serious illness. It's also important to know that symptoms are very poor indicators regarding the cause of illness.

Here at Stucky Chiropractic Center, "Your Health is our Mission." Our goal is to not only alleviate pain, but more importantly, inspire and educate our patients to become active participants in their own well being. Come in for a consultation so we can help you get your health back.

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.



Monday, January 7 • 6:30 p.m.



Wednesday, January 16 • 12:30 p.m.



Monday, January 21 • 6:30 p.m.



Wednesday, January 30 • 12:30 p.m.



Thursday, January 31 • 6:15 p.m.



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

Vitamin D3 + K2 now on sale!

- Avoid the flu
- Fight infection
- Help prevent winter blues
- Maintain immune function

20% OFF
25% OFF FOR WELLNESS CLUB MEMBERS

ARE YOU DEFICIENT?

Bone & Back Pain • Body Aches
Bone Density Loss • Chronic Fatigue
Depression • Gut Trouble
Muscle Pain • Often Sick or Infected



Lunch & Learn

Our doctors are committed to continuous learning and education. One of our doctors will come to your place of employment with a complimentary lunch and healthy topic! Topics include stress relief, nutrition, weight loss, exercise, posture, ergonomics, positive thinking, family health, and kids health. Topics can be tailored to your specific company needs!

Interested? Contact our office to learn more. (715) 835-9514



Stucky Chiropractic Center Word Search

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

ADJUSTMENT
ANIMAL
CHILDREN
DRALYSE
DRBECKER
DRCHRIS
DRHALL
DRKYLE
DRLUKE
DRPAM
EATWELL
IDEALPROTEIN
MASSAGE
MOVEWELL
NUTRITION
RELAX
SPINE
STUCKY
SUPPLEMENT
THINKWELL