



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.

TOP traits **happy** PEOPLE have in common

Excerpts from Dr. Mercola

Story at-a-glance:

- A 2010 study found a strong link between less small talk and more substantive conversations and increased happiness
- A follow-up study revealed moderate associations between life satisfaction and the amount of alone time, conversation time and substantive conversations among the subjects
- Meaningful conversation increased life satisfaction in virtually every group they studied, but small talk was less impactful, showing little effect one way or the other
- Personality type didn't dictate the results, either, such that both introverts and extroverts stand to benefit from meaningful talks

The pursuit of happiness is more a choice than something that occurs by happenstance, but there are verifiable traits that those who achieve happiness tend to share.

In 2010, in a study titled "Eavesdropping on Happiness," researchers equipped nearly 80 college students with an Electronically Activated Recorder (EAR), which randomly recorded snippets of ambient sounds taken while the participants went about their daily lives.

(See "Top Traits Happy People Have in Common" Pg. 4)

Boswellia: Bank on This Herb for Better Health

Excerpts from Dr. Mercola

Boswellia serrata is abundant in benefits such as reducing body inflammation and helping treat conditions like osteoarthritis, rheumatoid arthritis and inflammatory bowel disease. It's also a painkiller, and can help inhibit cartilage loss. Boswellia can be used to alleviate asthma and may have protective effects against diseases like leukemia and breast cancer.

<https://articles.mercola.com/herbs-spices/boswellia.aspx>

Supplement of the Month: Boswellia, ProOmega, and Inflammation Intensive Care



April is National Stress Awareness Month

Excerpts from Dr. Mercola

Stress is so widespread as to be "pandemic" in today's modern world, but suffering ill effects from stress is not an inevitable fact. A lot depends on how you respond to these day-to-day stresses. And as you learn how to effectively decrease your stress level, your health will improve as well. There are many different stress reduction techniques. The key is to find out what works best for you, and stick to a daily stress-reduction program.

<https://articles.mercola.com/sites/articles/archive/2016/04/10/how-stress-affects-body.aspx>

Stress management techniques:

- Regular physical activity
- Meditation
- Social connectedness
- Spend time in nature
- Adequate sleep
- Yoga
- Aromatherapy
- Schedule time to have fun
- Mindfulness training
- Laughter
- Music

IS THE FLU VACCINE REALLY 'WORKING WELL' THIS YEAR?

Excerpts from Dr. Mercola



- According to interim estimates, the overall adjusted effectiveness of the 2018-19 flu vaccine against all influenza virus infection associated with acute respiratory illness (ARI) needing medical attention was 47 percent
- Among adults over 50, the vaccine had a mere 24 percent effectiveness against all influenza types, and an abysmal 8 percent against influenza A(H1N1)pdm09 infection, which was by far the most common type
- Of all who came down with ARI, only 14 percent actually had influenza. In the vast majority of cases — 86 percent — their respiratory illness was caused by something other than an influenza virus
- There are more than 200 viruses that cause influenza-like illness with identical symptoms as influenza, such as fever, headache, aches, pains, cough and runny nose. The flu vaccine does not prevent these illnesses
- Research published last year found people who had received a flu shot and contracted influenza shed a greater amount of influenza viruses through their breath than unvaccinated people

The influenza vaccine contains only three or four type A or B vaccine strain influenza viruses. Even if those vaccine strain viruses are a perfect match for influenza viruses that are circulating in a given flu season, the vaccine does not prevent the majority of other respiratory infections that are experienced by people. As noted by the Cochrane Collaboration:

“Over 200 viruses cause ILI (influenza-like illness), which produces the same symptoms (fever, headache, aches, pains, cough and runny nose) as influenza. Without laboratory tests, doctors cannot distinguish between ILI and influenza because both last for days and rarely cause serious illness or death.”

Continue reading the full article at: <https://articles.mercola.com/sites/articles/archive/2019/03/06/effectiveness-of-flu-vaccine.aspx>

Exercise as We Age

“Top Tips on How to Get Fit After 50”

Excerpts from Dr. Mercola



Walking is perhaps one of the easiest forms of exercise there is, and it's plenty effective despite its simplicity. Health benefits include improved blood flow and fat burning, improved heart health and increased longevity.

Yoga works your connective tissue and increases your flexibility in functional movement patterns, while simultaneously acting as a form of moving meditation; Tai Chi, which may be particularly beneficial for the elderly, stimulates your central nervous system, lowers blood pressure, relieves stress and tones muscles while being very low impact.



Strength training only becomes more important with age, not less. Working your muscles will help you shed excess fat, maintain healthy bone mass, prevent age-related muscle loss, improve perimenopausal symptoms in women, and counteract postural deficits that occur with age.

Slowing your breathing through meditation and/or using breathing exercises increases your partial pressure of carbon dioxide, which has enormous psychological benefits and tones your parasympathetic nervous system, thereby inducing relaxation and calm.



Poor flexibility and mobility can greatly impair the quality of your movement and raise your risk of injury, so stretching is an important fitness component. Stretching can also go a long way toward preventing and treating pain stemming from poor posture, overweight or excessive sitting.

<https://fitness.mercola.com/sites/fitness/archive/2019/02/15/how-to-get-fit-after-50.aspx>

Top 4 Herbs to Reduce Inflammation Instead of NSAIDs

Excerpts from Dr. Jockers

Eating an anti-inflammatory, nutrient-dense diet is crucial to reduce inflammation and prevent or recover from inflammation-related pain and disease. Using anti-inflammatory herbs plays an important role in an anti-inflammatory diet.

Anti-inflammatory herbs are easy to use in your kitchen. You can also find them in supplements to boost your body's ability to reduce inflammation and repair any damage. My top four favorite anti-inflammatory herbs include turmeric, boswellia, ginger, and rosemary. I use them regularly, and once you learn their powerful benefits, I'm sure you will utilize them too.

Boswellia (Frankincense)

Boswellia, or otherwise known as Indian frankincense, is a potent herbal extract that comes from the boswellia serrata tree. You can take advantage of this anti-inflammatory herb in various ways. Boswellia is commonly used as a pill, resin, or cream. Research has found that boswellia can reduce inflammation in osteoarthritis and rheumatoid arthritis. Boswellia is particularly beneficial when used in combination with another anti-inflammatory herb, curcumin.



Turmeric/Curcumin

Turmeric is one of the most potent anti-inflammatory herbs. It's known for its unique, warm, and somewhat bitter taste. Turmeric is used to flavor and color various foods and condiments, including curry powder, mustard, butter, and even cheese. The secret of this anti-inflammatory herb lies in its active compound, a powerful antioxidant, called curcumin. Curcumin is known for its abundant medicinal properties. One of its top benefits is its ability to lower inflammation. Studies show that turmeric is able to reduce pain and inflammation just as well as ibuprofen without harmful side-effects. Other studies have shown that turmeric can improve inflammation in those with ulcerative colitis, diabetes, osteoarthritis, and lupus.



Rosemary

Rosemary is a fragrant, delicious, anti-inflammatory herb native to the Mediterranean and popular all over the world. Rosemary is not only a delicious herb commonly used in the kitchen, but it is also incredibly powerful. Rosemary is a rich source of antioxidant and anti-inflammatory compounds. It has been celebrated as a beneficial anti-inflammatory herb for its medicinal properties for centuries. Research has found rosemary to be a potent anti-inflammatory herb that may reduce inflammation in various conditions.



Ginger

Ginger is similar to another anti-inflammatory herb, turmeric. While ginger has over a hundred different chemical components, gingerol is its most important active compound providing its powerful health benefits. One of the most most important qualities of this anti-inflammatory herb is its ability to reduce inflammation.



<https://drjockers.com/herbs-reduce-inflammation/>

Ideal Protein Open House Dates



Monday, April 1 - 6:30 p.m.



Monday, April 15 - 6:30 p.m.



Wednesday, April 17 - 12:30 p.m.



Thursday, April 25 - 6:30 p.m.



Wednesday, May 1 - 12:30 p.m.

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.

1. A tune up
 2. For rent
 3. Looking high and low
 4. Merry go round
 5. Four square
- Puzzle Answers

TOP traits **happy** people have in common

Every 12.5 minutes, the EAR recorded 30 seconds of sound, which allowed the researchers to figure out if the participant was alone or talking with others, and, in the latter case, whether the talk was small talk or more substantive, deeper conversation.

The study revealed intriguing insights into how conversations and small talk weigh in on happiness. What's more, in 2018, researchers followed up on the study, recording new snippets and learning even more about the intricacies of what makes people happy.

More Meaningful Conversations Make People Happier Than Small Talk

Do happiness and well-being relate to the amount of small talk and meaningful conversations in your life? The 2010 study found a strong link, with less small talk and more substantive conversations linked to increased happiness. It turned out that less alone time and more time talking with others was linked to higher well-being. But happiness levels rose even higher when there was less small talk and more meaningful conversation. According to the study, compared to the unhappiest participants, the happiest participants spent 25 percent less time alone and 70 percent more time talking.

Positive Humor Helps Maintain Happiness

Along with regular, deep talks with friends and family, previous research has identified the four following personality traits as being associated with happiness: extraversion, control of behavior, self-esteem, optimism. "The happiness of 'happy people' does not depend on life circumstances. Rather, happy people seem to have personalities that allow them to find happiness even in the midst of adversity and challenging life conditions," the study noted. And humor, it turns out, makes an effective adaptive strategy to maintain happiness.

Kindness, Generosity and Gratitude: Additional Indicators of Happiness

There's a close relationship between being kind and being happy. Happiness levels increase when people count their own acts of kindness for a week. Further, kind people experience more happiness and have happier memories, with one study suggesting "happy people are more kind in the first place and ... they can become even happier, kinder and more grateful following a simple intervention [counting their acts of kindness]." As for why kindness makes people happy, this is still being explored, but it's known that your brain produces feel-good hormones and neurotransmitters like serotonin when you're kind, and kindness helps you to build strong relationships with others, fostering positive feelings and stronger, more meaningful social interactions all-around.

Sleep May Be an Overlooked Part of Being Happy

Most research into happiness has focused on its social ties, but research has also found that people who sleep well are more satisfied with life, even after controlling for other factors like personality. While sleep has long been linked to mood, researchers also suggested that people who sleep poorly are more likely to have a zero-sum view of happiness, which causes people to engage in more social comparisons and savor their positive experiences less, ultimately leading to less happiness.

Even the Happiest People Have Negative Moods Occasionally

Yet another study looking into the shared traits of very happy people found those at the highest level of happiness were highly social and had stronger romantic and social relationships than less happy people. In this case, the happiest people did not exercise more than the less happy people. Nor did they participate in religious activities more often or experience more "good events." However, they did tend to be more extraverted, more agreeable and less neurotic, and having good social relations was a necessary component.

<https://articles.mercola.com/sites/articles/archive/2019/03/07/traits-of-happy-people.aspx>

ATUNE	rent rent rent rent	LOOKING LOOKING
W E Y R R	FOUR FOUR FOUR	pigs pigs pigs

PUZZLE CORNER



We are shaped by our thoughts; we become what we think. -Buddha

