

**STUCKY**  
CHIROPRACTIC

# 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.

## 60 Year Celebration!

Stucky Chiropractic Center is celebrating our 60 year anniversary of serving the Chippewa Valley! Stucky and Kristo Orthodontics, who is also celebrating their 60 year anniversary, are teaming up to sponsor an Eau Claire Express baseball game in honor of our anniversary. Join us on August 7th for a night of baseball and celebration. The first 100 attendees of the Express game will receive a tumbler and other fun giveaways will occur throughout the night!



## Supplement of Month: Magnesium

You don't hear much about magnesium, yet an estimated 80 percent of Americans are deficient in this important mineral and the health consequences of deficiency are significant. One reason could be because magnesium, like vitamin D, serves so many functions.

Magnesium guides a large number of important physiological functions, including creation of ATP, the pumping of your heart, proper bone and tooth formation, relaxation of your blood vessels, and proper bowel function. Magnesium has been shown to benefit your blood pressure and help prevent sudden cardiac arrest, heart attack, and stroke. Magnesium also plays a role in your body's detoxification processes and therefore is important for helping to prevent damage from environmental chemicals, heavy metals and other toxins.



<https://articles.mercola.com/sites/articles/archive/2012/12/17/magnesium-benefits.aspx>

# 10 Signs Of Magnesium Deficiency

Excerpts from Dr. Jockers

- 1 Poor Cognitive Processing**

If you are dealing with frequent bouts of brain fog, poor concentration, or constant memory issues, you may have a magnesium deficiency. Structures within every cell of the body, called mitochondria, are responsible for producing the energy that the body uses for everything.
- 2 Headaches & Chronic Migraines**

It has been found that sufferers of chronic migraines often have lower levels of magnesium in their bodies. Considering how important magnesium is for proper nerve function, this makes a lot of sense. Magnesium also plays the additional key role of regulating neurotransmitter production, which can also influence migraines.
- 3 Constipation & IBS**

Constipation is one common digestive issue. Proper magnesium intake actually softens stools by drawing water into the bowels, supporting healthy elimination. If stools become too hard, they move slower through the colon and become a problem. Additionally, magnesium plays a major role in regulating muscle contractions in the intestines and this is why a magnesium deficiency often results in constipation.
- 4 Fatigue**

Magnesium is highly involved with energy production. The mitochondria in your cells heavily rely on magnesium to produce energy. Your mitochondrial function primarily determines your energy levels. Additionally, magnesium supports the adrenal glands which can play a huge part in energy production as well.
- 5 Insomnia**

Insomnia is one of the big conditions where a lot of improvement happens when beginning magnesium supplementation. This is because magnesium is involved in the production of GABA in the brain. GABA is what is known as an inhibitory neurotransmitter. This just means a chemical that promotes relaxation. If you don't have enough magnesium to produce adequate amounts of GABA, your sleep will likely suffer.
- 6 Muscle Spasms & Cramping**

Because magnesium is so important for proper nerve transmission, it comes as no surprise that it also plays a vital role in muscle contraction. When magnesium is depleted, muscle contractions can become weak and uncoordinated, leading to involuntary spasms and painful cramps. This is actually one of the most common early signs of magnesium deficiency.
- 7 Chronic Pain & Fibromyalgia**

Chronic pain and related conditions like fibromyalgia are heavily related to tension carried in the body. When magnesium stores are low in the body, the nervous system can become hyper excitable (meaning easily overstimulated) which can increase muscle tension. Magnesium can play a role here by helping to elicit an overall calming effect on the mind and body while soothing and relaxing the muscles.
- 8 Heart Arrhythmia**

The heart is a muscle that constantly contracts inside our bodies without needing to be consciously controlled. Just as with other muscles in the body, the heart relies heavily on magnesium for proper contractility. This is thought to be due to its role in regulating calcium and potassium concentrations in the muscle tissue.
- 9 Numbness and Tingling**

If you often feel numbness or tingling sensations in your body, such as in the hands and feet, this is likely due to a change in nerve activity. Because of its role in healthy nerve transmission, magnesium deficiency may be at least in part playing a role here.
- 10 Mood Disorders**

Magnesium plays a crucial role in regulating neurotransmitter balance. Neurotransmitters are chemicals in the brain that regulate thought patterns and behaviors ranging from motivation to sleep to focus.

<https://drjockers.com/10-signs-magnesium-deficiency/>

# Chiropractic Care Is Contributing Toward A 50 Percent Reduction In Opioid Prescriptions

by Dr. Scott Zack

According to a recent study carried out by the Yale School of Medicine at Yale University in New Haven, Connecticut, chiropractic care is today contributing toward an almost 50 percent reduction in opioid prescriptions issued in the United States. A highly experienced chiropractor based in West Bloomfield Township, Michigan, Dr. Scott P. Zack takes a closer look at the news.

"Recent news reports have revealed that, based on research from the Yale School of Medicine, patients who have visited a chiropractor for musculoskeletal pain and associated conditions are currently 49 percent less likely to be issued and to receive an opioid prescription," explains Dr. Zack, "when compared to their counterparts who sought help from other healthcare providers."

Clinical guidelines in the U.S. now recommend many non-pharmacological options, including chiropractic care, to be considered as so-called 'front line' treatments ahead of any medication, including opioids, according to Michigan-based chiropractor Dr. Zack. "What's more," he continues, "chiropractors, specifically, provide many of the treatments currently advised by clinical guidelines for the initial care of lower back and neck pain, as well as osteoarthritis of the hips, knees, and hands, which may otherwise be treated with opioid medication."

The findings of the Yale School of Medicine study were presented at the American Academy of Pain Medicine 2019 Annual Meeting. "Researchers selected a series of studies with a total of more than 60,000 patients to include in their analysis," explains Dr. Zack, "which was supported by the NCMIC Foundation, among several other organizations."

"Furthermore," he continues, "late last year, U.S. Congress also passed new opioid legislation directing the Department of Health and Human Services to review its payment policies."

"This was done so that doctors are no longer encouraged to prescribe opioids over more conservative options, such as chiropractic care," Dr. Zack adds, wrapping up, "which it's hoped will further drive down the prescription of opioid medications throughout the United States over coming months and years."

<https://www.circleofdocs.com/chiropractic-care-is-contributing-toward-a-50-percent-reduction-in-opioid-prescriptions-issued-in-the-united-states-according-to-yale-study/>

## Ideal Protein Pre-Consults

Ideal Protein is designed to benefit you! Call the office today at (715) 835-9514 to schedule your complimentary pre-consult with Dr. Pam or our Ideal Protein coach Sam.

We have a great system and protocol to get you to a healthier lifestyle called Ideal Protein. It is a nutritional ketogenic program developed for weight and lifestyle management. Our weight loss protocol can be tailored to just about any individual, regardless of the weight loss goals.

### Our Coaches



Dr. Pam



Sam

## Save the Date!

Stucky Chiropractic Center will be at the Kim Bentley Fit Expo on September 21, 2019 from 11 am - 4 pm. Stop by our booth and visit to learn more about Stucky's services and our Ideal Protein protocol.

Saturday, September 21, 2019, 11-4 p.m.  
YMCA Indoor Sports Center  
Eau Claire, WI



# Ultra-marathon not in the cards for you? Try a functional workout!

Written by, Dr. Chris Edwards, on behalf of Stucky Chiropractic

I was having a conversation with a patient the other day about the incredible transition she had made over the last year. A year ago, she had concerns she would not be able to do many of the activities she had done in the past like softball, running, and other activities. Her energy levels were low; she was in pain and starting to give up hope. After working a detailed care plan and her great follow through, she is able to do most of the things she could do before. She was absolutely delighted.

Then we began to discuss her future. She had come so far and didn't want to wreck what she had achieved by doing something to extreme. As we talked more she felt good about keeping a functional fitness level in her day to day routine.

What is functional fitness? These workouts are designed to keep you fit to do the day to day activities of life and work you may participate in while keeping you healthy. They can often be done right at home (if you want) and don't require you to belong to a gym and workout two and a half hours a day (although you can do them at a gym). 30 minutes, 3 times a week. Cardio, weights, yoga, or any number of activities could be part of your routine plus stretching to keep muscles flexible and strong.

In the world where the trend is to do 98 degree yoga, or run a marathon (sometimes over and over), and if that isn't enough then you do the Ultramarathon, Spartan races, Tough Mudders, Ironman competitions, or multi-day challenges with a mix of any of the above.

Now there is nothing wrong with pushing yourself to accomplish one of these many physical/mental challenges if you are healthy enough for it. But if you have a limiting condition, like joint or disc degeneration, the pounding that many of these challenges require for training and competition could put you at risk for injury.

I think that so many people feel if they aren't doing one or all of the above, their fitness routine isn't 'up to par' with today's trends and worth the time. But what if spending some time on fitness meant you SIGNIFICANTLY decrease your chances of dying a slow, painful, 10 year death that cost about \$750,000...would you reconsider?

So to help maintain good health; drink plenty of water, get 7-9 nine hours of sleep a night, eat well, get adjusted by your Stucky doc, and if you aren't able to do an amped up workout due to specific conditions, try a functional workout 3-5 times a week. It will help you be your best to keep doing the things you love for many years to come!

## Employee Spotlight - Meet Jared!



Jared is a chiropractic intern at Stucky Chiropractic Center. For the next three months he will be with Stucky as part of a clinical preceptorship.

Jared was born and raised in Eleva, WI, went to Eleva-Strum High School, and played basketball and baseball. After high school, he attended Winona State University and graduated with a degree in athletic training and nutrition. After college, he worked as an athletic trainer for two years. Throughout the time of being an athletic trainer he had two life altering experiences with chiropractic. After those experiences, he then knew chiropractic was meant for him and became a passion of his. Jared will be graduating from Palmer College of Chiropractic in October and he is looking forward to starting his chiropractic career.

Jared has an amazing fiancé, Katie, along with two fun loving dogs (a German Shepherd, Tucker, and a Great Dane, Kavik). When Jared is not working, he enjoys hunting, fishing, and spending time with family and friends. Jared is excited to be part of the Stucky team and to further his knowledge about chiropractic!