



# 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.

## October: National Chiropractic Month

October is designated as National Chiropractic Month! This month's acknowledgement to the largest natural healthcare profession in the world follows a September anniversary, which marks the beginning of chiropractic 124 years ago.

The discovery of chiropractic is credited to Daniel David Palmer, who delivered an adjustment to a deaf man, Harvey Lillard. As story tells, Harvey Lillard developed his deafness following a trauma to his spine. Following his adjustment, Lillard reported an improvement in his hearing. This marked the start of a drug-free profession that improves the health and wellness of others.

From the simplest beginnings, chiropractic has taken on the role of the world's largest natural profession. The future of health in this country, and in the world, must reflect a more vitalistic definition in which health is a state of optimum physical, mental, emotional, and spiritual well-being. We must maintain an environment that focuses on reductions of stress, removal of neurological interferences, compassion for others and constant personal improvement. Ask how our doctors at Stucky Chiropractic Center can help!

*"There is no effect without a cause, chiropractors adjust causes, others treat effects."*

- B.J. Palmer



NATIONAL  
**CHIROPRACTIC**  
HEALTH MONTH

## Supplements of the Month: Congaplex, Immuplex, and Vitamin C



### Congaplex

Congaplex contains essential vitamins and minerals that support the production and protection of immune cells, along with other nutrients to support healthy energy metabolism and provide antioxidant protection. The immune system is a complex network of organs, cells, and tissues that help defend against microscopic invaders. Since we are regularly exposed to environmental and lifestyle stressors, congaplex provides the body with the best defense.

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## Immuplex

(Available to order upon special request)

Our immune system is a complex network of organs, cells, and tissues that provide defense against physical stress. Specialized cells called lymphocytes and phagocytes are immune cells that recognize and destroy microscopic invaders. These, along with other parts of the immune system, help support our health. The constant pressure from environmental factors, poor eating habits, stress, and lack of sleep and exercise can compromise immune function. Immuplex contains several nutrients that are well known for their important roles in immune system health and function, and is designed to provide ongoing nourishment to the immune system.

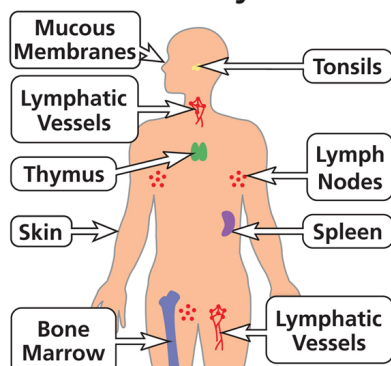
### Vitamin C

Ultra Potent-C 1000 is scientifically shown to promote function of white blood cells to aid in fighting infection, provide potent antioxidant protection, and support the production of collagen and connective tissue.

### Importance of the Immune System

Our immune system is essential for our survival. Without an immune system, our bodies would be open to attack from bacteria, viruses, parasites, and more. It is our immune system that keeps us healthy as we drift through a sea of pathogens. The immune system is spread throughout the body and involves many types of cells, organs, proteins, and tissues. Crucially, it can distinguish our tissue from foreign tissue — self from non-self. Dead and faulty cells are also recognized and cleared away by the immune system.

### Immune System



<https://www.medicalnewstoday.com/articles/320101.php>

## Why the US spends more on health care than other countries, but doesn't fare better

Americans pay more for health care and get fewer results, according to a new analysis. The U.S. spends more money than any other country on health care, yet life expectancy is shorter, obesity is higher, and the rate of maternal and infant death is higher as well. The study published in the Journal of the American Medical Association on Tuesday takes a closer look at how health dollars are spent, and some of the findings might be surprising.

### Where is the health care money going?

Researchers at Harvard University analyzed data from international organizations on types of spending and performance outcomes between the U.S. and other high-income countries: Canada, Germany, Australia, Japan, Sweden, France, Denmark, The Netherlands and Switzerland.

By comparison, one of the main drivers of the high health care costs in the U.S.: brand name prescription drugs. In the U.S. people spend, per person, nearly double on pharmaceutical drugs -- \$1,443 -- compared to the average of other countries, \$749. For example, long-acting insulin for diabetes has a monthly cost of \$186 in the U.S., but costs a third of that in Canada. Crestor, a common cholesterol-lowering medication, will cost patients \$86 in the U.S., but less than half in Germany.

Authors found the total spending on generic drugs in the U.S. is less than 30 percent of the total dollars spent on pharmaceuticals, suggesting that brand name medications are a major driver of costs for the U.S. health care system.

### The U.S. spends more, but fewer people are covered

In 2016, while only about 90 percent of the population had health care coverage, the U.S. spent about 18 percent of its GDP on health care. Other countries spent much less of their GDP on health care, ranging from 9 percent in Australia to 12 percent in Switzerland -- while they had more than 99 percent of the populations with health care coverage.

Contrary to popular belief, health care utilization, or how many go to the doctor, and social spending, or how much government spent to improve health, did not differ in the U.S. compared to these countries.

Two-thirds of the difference in health care costs between the U.S. and other countries were rolled up into medication costs, expensive tests and procedures and administrative costs.

"As the U.S. continues to struggle with high health care spending, it is critical that we make progress on curtailing these costs. International comparisons are very valuable — they allow for reflection on national performance and serve to promote accountability," said first author Irene Papanicolas, visiting assistant professor in the Department of Health Policy and Management at Harvard T.H. Chan School of Public Health.

The U.S. suffers from high prices and the same time it also deals with high volumes.

When it comes to testing, the U.S. performs more CT scans than any other country -- 1.3 million per year. Each scan costs 10 times more than in The Netherlands, for example. Even procedures like a cesarean delivery cost, on average, seven times more in U.S. than in The Netherlands.

<https://www.yahoo.com/gma/why-us-spends-more-health-care-other-countries-004500229.html>



## Sick? Keep Your Appointment!

Excerpts from The Weekly Sticky

Thought about canceling your appointment because you were sick and didn't want to spread germs to everyone in the office? Don't! It's actually the BEST time to come in.

The field of neuro-immunology has well-established the connection between a healthy nerve system and normal immune function. Chiropractic adjustments boost your ability to fight off colds and flus by unlocking your spine, clearing nerve tension and unleashing your immune potential!

Even if you're under the weather, try not to miss adjustments... and don't worry about the other folks in the office getting sick - everyone here will be adjusted, protected, and ready to serve you.

## Save the Date!

OCTOBER 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Business at the Gardens  
The Florian Gardens Conference Center  
Tuesday, October 8, 4-8 pm

## Teens are anxious and depressed after three hours a day on social media

By: Tanya Basu

A study published today in the journal JAMA Psychiatry suggests that teenagers who spend more than three hours a day on social media are more likely to develop mental health problems including depression, anxiety, aggression, and antisocial behavior.

The study: Nearly 6,600 12- to 15-year-old Americans self-reported how much time they spent per day on social media, as well as whether they had any mental health problems. The researchers found that three hours of social media correlated with higher rates of mental health issues, even after adjusting for a history of such problems.

How teens absorb social media: The effects of social-media consumption on teens manifest in two main ways, according to the study's authors: internally (depression and anxiety, for example) and externally (aggressive behavior or antisocial behavior). The latter were essentially nonexistent among teens who reported that they didn't use social media.

But this is old news ... right? Researchers have long struggled with understanding how social media, screen time, and other forms of personal technology affect child and adolescent brain development. Much of that is because that technology develops faster than it can be studied. It also doesn't help that researchers have come to conflicting conclusions. For example, this study from last month at the University of California, Irvine, suggested that there was no link between tech time and mental health. Social media, however, might be different: this study published earlier this year found a worrying link between social-media use and social-media addiction.

Social media is changing faster than we know how to understand it. The information was self-reported, which means the study is a pretty imprecise tool—the teens in the study might actually use social media more than they say they do, or their mental health issues might differ in type or severity from what they reported. But it's difficult to get an objective look at these kinds of things, especially as the services people use proliferate. Teens today are way less likely to use Facebook and more likely to flip through TikTok. They're also using social media differently, Snapchatting or Instagram DMing pals text-message style, which could explain why some teens are on social media so much in the first place.

Everything in moderation: Kira Riehm, a PhD student at Johns Hopkins and the lead author of the study, says the three-hour cutoff shouldn't be taken as a concrete rule. "I think this may be more of an artifact of the analyses than a meaningful cutoff," she says. "I don't know if, on its own, this means that much. Future studies could track, in real time, the amount of time spent on social media use, which would provide more precision in estimating some sort of cutoff." It's the study's broader point that Riehm says is worth remembering: excessive time on social media doesn't help people's mental state.



<https://www.technologyreview.com/f/614297/teens-are-anxious-and-depressed-after-three-hours-a-day-on-social-media/>

## Statins Shown to Extend Life by Mere Days

Excerpts from Dr. Mercola

### STORY AT-A-GLANCE

- A 2015 systematic review of statin trials found that in primary prevention trials, the median postponement of death was just 3.2 days. In secondary prevention trials, death was postponed 4.1 days
- A 2018 review presents substantial evidence that total cholesterol and LDL cholesterol levels are not an indication of heart disease risk, and that statin treatment is of "doubtful benefit" as a form of primary prevention for this reason
- Tactics used in statin studies to exaggerate benefits include excluding unsuccessful trials, cherry-picking data, ignoring the most important outcome — an increase in life expectancy — and using a statistical tool called relative risk reduction to amplify trivial effects
- If you look at absolute risk, statin drugs benefit just 1% of the treated participants. Out of 100 people treated with statins for five years, one person will have one less heart attack
- Statin trials minimize health risks by using a run-in period. Participants are given the drug for a few weeks, after which those who suffer adverse effects are simply excluded, thereby lowering the perceived frequency and severity of side effects

### What are statins?

Statins are a class of drugs often prescribed by doctors to help lower cholesterol levels in the blood.

Continue reading this article at <https://articles.mercola.com/sites/articles/archive/2019/09/11/do-statins-pro-long-life.aspx>

### Across

4. A tasty yellow vegetable with kernels.
5. Another word for gathering crops before winter.
6. Something people wear during autumn.
8. Another word for autumn.
9. Many animals do this in the autumn.
10. The way trees look during autumn.
11. One of the colors leaves turn in autumn.

### Down

1. A large orange squash that people carve faces into.
2. A sport that starts in autumn.
3. The middle month of autumn.
6. Used to scare birds away from the corn.
7. A crisp, red fruit.

