



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.

Supplement of the Month



<https://drjockers.com/collagen-benefits/>

What is Collagen?

Collagen is a structural protein and the most abundant protein in our bodies. It forms connective fibers in tissues such as skin, ligaments, cartilage, bones and teeth. It also gives bulk, shape, and support to bones, blood vessels, and organs such as the heart, kidneys and liver. Finally, it is the intracellular "glue" that holds your body together.

Collagen and Aging

Collagen is constantly destroyed and regenerated as part of our body's natural cycle. Our bodies are continually making it to maintain and repair connective tissues. As we get older, we get faster degradation on top of slower production from the body. This is when we begin to see and feel the effects of lower collagen.

In addition to the natural aging process, there are environmental causes of reduced collagen. Environmental factors contributing to its destruction include UV rays from the sun, stress, and toxins in food and water. Smoking and eating a diet high in sugar and processed foods also contribute to this.

Antioxidants play a protective role from free radical damage. They also support the formation and incorporation of collagen into various tissues. The most important antioxidant for this is Vitamin C which protects and boosts its production. Coenzyme Q10 and vitamin E are also key players.

Non-Drug Solutions for Pain Relief

Excerpts from Dr. Mercola

Boswellia: Also known as boswellin or "Indian frankincense," this herb contains powerful anti-inflammatory properties, which have been prized for thousands of years. This is one of my personal favorites, as I have seen it work well with many rheumatoid arthritis patients.

Astaxanthin: One of the most effective oil-soluble antioxidants known, astaxanthin has very potent anti-inflammatory properties. Higher doses are typically required and one may need 8 milligrams or more per day to achieve this benefit.

Curcumin: Curcumin is the primary therapeutic compound identified in the spice turmeric. In a study of osteoarthritis patients, those who added only 200 milligrams of curcumin a day to their treatment plan had reduced pain and increased mobility.

Ginger: This herb is anti-inflammatory and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into vegetable juice.

Bromelain: This protein-digesting enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form, but eating fresh pineapple may also be helpful. Keep in mind that most of the bromelain is found within the core of the pineapple, so consider leaving a little of the pulpy core intact when you consume the fruit.

<https://articles.mercola.com/sites/articles/archive/2017/05/23/chiropractic-care-for-chronic-pain.aspx>

The Ultimate Guide to Antioxidants

Excerpts from Dr. Mercola

What are antioxidants?

Antioxidants are a class of stable molecules that are capable of inhibiting the harmful effects of free radicals, which are unstable and highly reactive molecular species that target lipids, nucleic acids, proteins and other important molecules. Your body naturally circulates a variety of nutrients for their antioxidant properties and manufactures antioxidant enzymes in order to control oxidative stress. Some antioxidants are produced by your body, but some are not. As you age, your body's natural antioxidant production can decline. Since antioxidants play a significant role in delaying the aging process by fighting free radicals, losing your body's antioxidant defense could speed up aging.

6 Antioxidant Food Sources You Should Add to Your Diet

Fresh, organic vegetables — Most of the vegetables you eat, especially the green leafy ones, are loaded with potent phytochemicals, which are plant compounds that act as antioxidants. Phytochemicals can reduce inflammation and eliminate carcinogens. However, to maximize the antioxidants in vegetables, you must consume them raw, in a state closest to when they were harvested. I highly recommend juicing as one way to absorb all the nutrients in the vegetable.



<https://articles.mercola.com/antioxidants.aspx>

Sprouts and microgreens — They're powerful sources of antioxidants, minerals, vitamins and enzymes, and they allow you to get the most benefit from a plant in the most biologically concentrated and bioavailable form. My top favorites are pea shoots, sunflower sprouts and broccoli sprouts.

Fruits — Fresh berries like blueberries, blackberries, cranberries and raspberries are the best antioxidant-rich fruits you can consume, as they contain powerful phytochemicals that may help reduce the risk for inflammatory disorders, cardiovascular diseases and cancer.

Nuts — Pecans, walnuts and hazelnuts are excellent antioxidant foods that may help boost your heart health and overall well-being. Look for nuts that are organic and raw, not irradiated or pasteurized.

Herbs and spices — Aside from being an abundant source of antioxidants, herbs and spices may have potential anticancer benefits. Herbs and spices differ mainly by source, as herbs typically come from the plant's leaves while spices come from the bark, stem and seeds. Both have been used for thousands of years to flavor foods and help treat illnesses. Some of your best choices are ground cloves, ground cinnamon, oregano, turmeric, ginger and garlic. Ideally, you should opt only for fresh herbs and spices, as they are healthier and have higher antioxidant levels than processed, powdered versions.

Organic green tea — This antioxidant-rich drink contains epigallocatechin-3-gallate (EGCG), a catechin polyphenol that's considered one of the most powerful antioxidants known today. EGCG helps lower your risk of heart attack, stroke, glaucoma, high cholesterol levels and more. Studies have also found that it may help improve your exercise performance, increase fat oxidation and even reduce the risk for obesity due to its regulatory effect on fat metabolism. However, remember that not all green teas are created equal. Some processed green tea brands can contain very little or no EGCG at all.

5 Lifestyle Changes That Help Maximize Your Antioxidant Intake

- Exercise
- Avoid smoking
- Reduce and eventually eliminate sugar (especially fructose) and grains from your diet
- Get enough sleep
- Manage your stress

Statistics on...

Resolving Lower Back Pain for Good With NST

Excerpts from Dr. Mercola

Without doubt lower back pain is one of modern man's most frequent, challenging and unremitting problematic health conditions. In this age of modern medical and scientific research, new discoveries are being made at a rapid rate; yet, nothing is emerging to quell the seemingly worsening state of affairs accompanying the undeniable fact that this global health condition is on the increase. Some salient information:

- Approximately 80 percent of the world's population, ranging from adolescents to the elderly will suffer from lower back pain — LBP at some point in their lives.
- Currently 1 person in 10 is suffering from LBP, making it the world's leading cause of disability.
- The number of adult individuals affected by LBP in the USA alone is on the rise year on year and the 65 and older age group appears to be more prone.
- In the U.S. around 30 percent of women and 26 percent of men suffer from LBP.
- More than half of Americans who experience LBP spend the majority of their time at work sitting.
- Various surveys performed over the last decade confirm that LBP sufferers report their condition negatively effects their work, daily tasks, exercise regime, sleep, social activities, emotional status and ultimately quality of life.
- The direct cost to the U.S. economy in treating back per year is \$50 billion, and when another 100 billion isn is added to this by way of indirect costs such as lost wages and productivity, insurance and legal costs and impact on the family, it is easy to appreciate just how serious this condition is and how urgently we need to find better solutions.
- Popular treatments utilized in the U.S. that produce relief from LBP but without any long-term guarantee of nonrecurrence, include medication, chiropractic and physical therapy.
- According to the editors of a series of papers in the prestigious medical journal The Lancet: Lower back pain impacts an estimated 540 million people across the globe, and most are treated in a manner that is not consistent with best practice treatment guidelines.
- Ultimately, 1 in 10 sufferers of LBP discovers the primary cause of their condition with a staggering 90 percent left completely in the dark as to its cause and origin.

Continue reading the full article at <https://articles.mercola.com/sites/articles/archive/2019/03/15/resolving-lower-back-pain-with-nst.aspx>

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 one of our Ideal Protein coaches!

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



Samantha

Crossword Answers
Down
1. Sis
2. Watch
3. Breeze
4. Note
5. September
6. Solo
7. Sunny
10. Catch
13. Hobbies
14. Trailer
15. Summer
18. Best
21. Water
22. Nest
23. Lotion
24. Humid
26. August
30. Late
31. Are
32. Sit
Across
1. Shower
3. Bean
8. One
9. Hopscotch
11. June
12. Eat
13. Hot
16. Zoo
17. July
19. Beach
20. Swimming
25. Tar
27. Rest
28. Retreat
29. Muggy
32. Sandals
33. Thunder
34. Exciting



Happy Father 's Day

from all of the S tucky dads !



Annika, Dr. Chris, & Sara



Dr. Luke & Sawyer



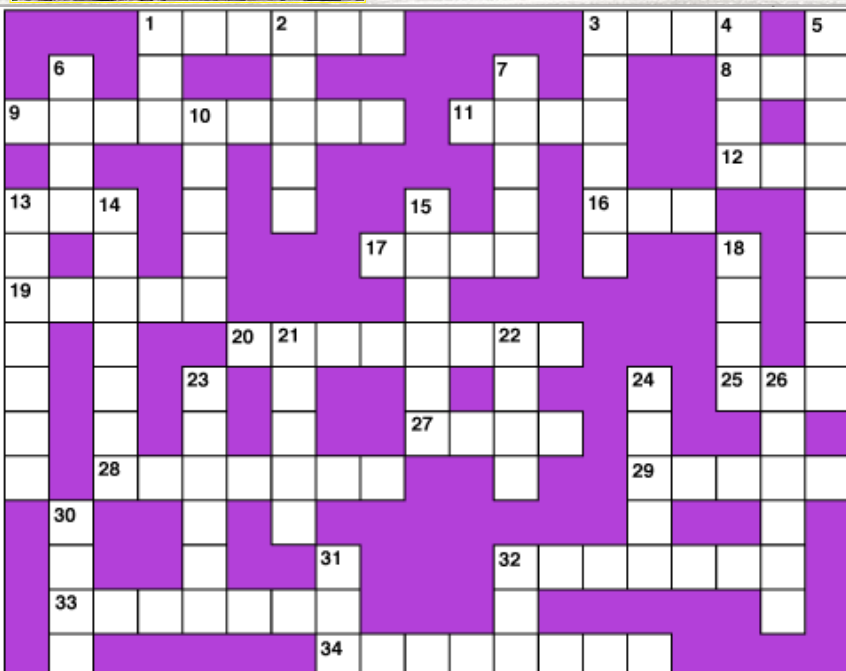
Dr. Becker & Jake



Dr. Kyle, Hadley,
Piper, & Bryndel



Dr. Hall, Kinsley, & Dr.
Alyse



June Crossword Puzzle

Across

1. Light rain
3. String ____
8. Single
9. Jumping & hopping game
11. Summer month
12. Have lunch
13. Very warm
16. City home for wild animals
17. Summer month
19. Sandy spot
20. Water sport
25. Used to pave roads
27. Relax
28. Step back
29. Very humid weather
32. Warm weather foot wear
33. ____ storm
34. Thrilling

Down

1. Short form of sister
2. Time piece
3. Cool wind
4. Musical symbol
5. Summer month
6. Go alone
7. Weather word
10. Capture
13. Leisure activities
14. Follows a car
15. June 21
18. Always do your ____
21. Pools are full of this
22. Birds home
23. Suntan ____
24. Hot & ____
26. Summer month
30. Better ____ than never
31. ____ you sleeping?
32. Take a seat