

**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.

## Supplements of the Month

### NutriDyn Fruits & Greens

NutriDyn Fruits & Greens is an easy-to-mix, great tasting, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It provides a super blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and symbiotic intestinal flora—high in antioxidants, lignans, and phytonutrients. This blend supports the body's natural energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity.

### Dream Protein

Dream Protein leads the "whey" with its proprietary Hormone Free, Ultra-LowTemp™ Whey Protein Isolate. Dream starts with hormone free whey from New Zealand cows that are "Meadow Fed" and not given any rBGH or BST Hormones! Dream Protein is also made with an Ultra-Low Temp™ process, which is beneficial because the protein is not denatured (damaged) from an extensive heat treatment. This means that you'll receive all the essential and non-essential amino acids plus the full complement of whey proteins! Dream Protein also contains a soluble fiber (FOS) that has been shown to encourage growth of favorable bacteria which help to strengthen the immune system, assist in digestion of food, as well as, to help promote regularity.

### Standard Process Whey Pro Complete

Whey protein is a complete source of protein containing all nine essential amino acids. Amino acids, like cysteine and tryptophan, are important to many biological activities. Cysteine is involved in the formation of glutathione, an antioxidant that protects cells from free radical damage. Tryptophan is involved in the process of producing serotonin, a neurotransmitter that regulates things like mood, appetite, and sleep. Whether you are dieting, training, or just want additional protein, Whey Pro Complete is a great option. Whey Pro Complete provides 15 grams of protein per serving, plus calcium, other minerals, antioxidants, and immunoglobulins.



## 60th Celebration!

Stucky Chiropractic Center and Kristo Orthodontics are celebrating our 60-year anniversary of serving the Chippewa Valley with the Eau Claire Express. Join us in celebrating our anniversary with a baseball game on **August 7th** at Carson Park.



**Trax Will Be At Stucky  
Chiropractic Center!**

Monday, July 22<sup>nd</sup>  
Stucky Chiropractic Center

# Smartphones are making our kids grow horns... or maybe it's just bad posture?



The study out of the University of the Sunshine Coast in Queensland, Australia, says there's evidence that frequent use of mobile devices is changing our bodies. Researchers looked at 1,200 X-rays covering a wide variety of ages. One-third of them showed horn-like bone spurs growing at the base of the skull. These bone spurs are more common and larger in size in younger people. They get smaller and less common with age. The study appears in Scientific Reports. Researchers believe the bone spurs are the body's reaction to people slumping over their phones and tablets. So, it's not really the cell phone's fault, just poor posture when using them.

"Our findings raise a concern about the future musculoskeletal health of the young adult population and reinforce the need for prevention intervention through posture improvement education," the study says. "An important question is what the future holds for the young adult populations in our study, when development of a degenerative process is evident in such an early stage of their lives?"

The bone spurs were only factored into the study if they measured 10 millimeters or greater. That's about two-fifths of an inch. That's big enough to feel if they're developing at the back of your skull. The good news is you can change the way you hold your head and lower your risk of developing them. After all, who really needs "head horns?"



Continue reading more research at <https://www.weau.com/content/news/Smartphones-are-making-our-kids-grow-horns-Or-maybe-its-just-bad-posture-511630421>.  
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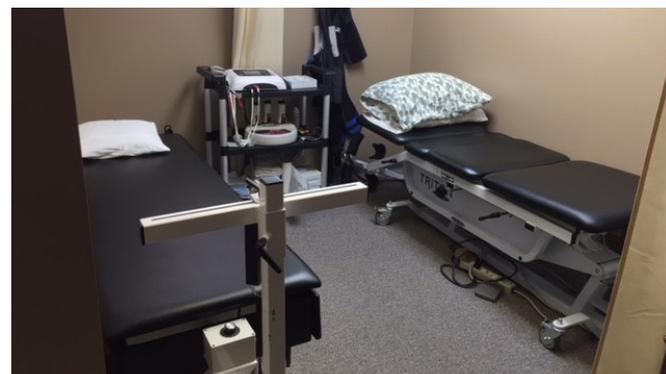
## Decompression Table

Spinal decompression therapy is a practice that utilizes spinal decompression tables to relieve pain by creating a scenario in which bulging or herniated disc tissue is able to move back into place and heal, alleviating the pain this condition causes.

Spinal decompression therapy aims to help patients who suffer from debilitating pain due to bulging, degenerating, or herniated discs. It can also be used for the pain management and treatment of many causes of sciatica, injured or diseased spinal nerve roots, and worn spinal joints.

The therapy itself works to stretch the spine, using a specialized spinal decompression table, in order to create negative pressure and space within the disc to allow disc fluid to move back into place. This creates an environment in which the disc can receive more nutrients and therefore heal itself more quickly and effectively. The ultimate goal of spinal decompression therapy is to relieve the patient's chronic back, arm, neck, and/or leg pain, and to heal the source of said pain.

Spinal decompression therapy is also referred to as non-surgical decompression therapy, since it is often used as a safe, affordable, and extremely effective alternative to spinal surgery. The distinction between surgical and non-surgical spinal decompression is an important one, as surgical spinal procedures are often considered a last option, while spinal decompression therapy is a safe treatment at any stage of back pain. The most common spinal decompression surgeries are laminectomy and microdiscectomy, which present a greater risk of complication or failure.



<https://www.hilldtsolutions.com/spinal-decompression-table-info>

# The Benefits of Cupping Therapy

Excerpts from Dr. Mercola

In cupping, suction cups of varying sizes are attached to the body. The suction draws stagnant blood to the surface of the skin and improves blood circulation through the tissues, which can speed healing

## Cupping May Offer Relief for Many Painful Conditions

A 2016 study published in Evidence-Based Complementary and Alternative Medicine found cupping significantly reduced chronic neck and shoulder pain, compared to no intervention. In the cupping group, the intensity of the neck pain was reduced from a severity score of 9.7 to 3.6.

Among controls, pain was reduced from 9.7 to 9.5. The study also evaluated measurable physical effects, including changes in skin surface temperature and blood pressure. Both measurements showed statistically significant improvements among those who received cupping.

A study published in 2013, which compared cupping to progressive muscle relaxation, found both treatments provided similar pain relief for patients with chronic neck pain after 12 weeks. However, those who received cupping did report significantly greater “well-being” and higher pressure pain thresholds compared to those who practiced progressive muscle relaxation.

Research published in 2012 also reported beneficial results on patients with arthritic knee pain, and a 2012 meta-analysis of 135 randomized controlled trials published between 1992 and 2010 found cupping “is of potential benefit for pain conditions, herpes zoster, and cough and dyspnea.”

## Cupping May Reduce Pain by Activating Your Innate Immune Response

Dr. Leonid Kalichman, a senior lecturer at Ben-Gurion University of the Negev in Israel, has written more than 150 papers on physiotherapy and rheumatology. He believes that by causing localized inflammation, cupping helps trigger cytokine production that modulate your immune system response.

In a review paper on cupping research, published in the Journal of Bodywork and Movement Therapies, Kalichman and his co-author Efgeni Rozenfeld note that:

*“Mechanically, cupping increases blood circulation, whereas physiologically it activates the immune system and stimulates the mechanosensitive fibers, thus leading to a reduction in pain.”*

*There is initial scientific evidence that dry cupping is able to reduce musculoskeletal pain. Since cupping is an inexpensive, noninvasive and low-risk (if performed by a trained practitioner) therapeutic modality, we believe that it should be included in the arsenal of musculoskeletal medicine.”*

<https://fitness.mercola.com/sites/fitness/archive/2019/05/31/cupping.aspx>

## Summer Days Word Scramble

1. cheab \_\_\_\_\_
2. ensrsecun \_\_\_\_\_
3. esbablal \_\_\_\_\_
4. oplo \_\_\_\_\_
5. iacnotva \_\_\_\_\_
6. rbueecba \_\_\_\_\_
7. reamwntelo \_\_\_\_\_

## 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

# 3 Ways Chiropractic Improves Brain Function



Excerpts from Dr. Jockers

## Chiropractic Improves Brain Function

The brain is the master control system for the entire body. It sends and receives a complicated frequency of signals with the body that dictate the function of the body. When there is interference in this neurological feedback loop it alters the environment the brain perceives itself to be in which consequently changes the adaptation process the brain orchestrates throughout the body. Chiropractic adjustments have been shown to enhance the sensorimotor integration of the brain with the body. This article goes into the detailed science of how chiropractic improves brain function.

## Stress and Disease

Many experts have hypothesized that increased stress cycles in the body produce the environment for disease and eventually disease within the body. Stress can come from a variety of sources in the mental/emotional form, chemical form, and physical realm. When the body is under increased stress it responds by increasing its sympathetic tone. This means the body shunts itself into 'fight or flight' survival based mode by altering cardiovascular & endocrine function to get itself ready for dynamic activity.

## Stress Response and Spinal Subluxations

Subluxations are a physical stress on the body and therefore increase the sympathetic tone so the body shunts its energy toward the fight or flight system. If the subluxation(s) are not corrected they continue to produce this increased stress response.

This increases cortisol causing greater joint & ligament laxity in the spine and extremities making them more susceptible to injury. Additionally, increased long-term stress on the body greatly accelerates the degenerative processes of the spine and joints leading to osteoarthritis.

## Chiropractic Improves Stress Response

Chiropractic adjustments have been shown to normalize spinal afferent/efferent processes to their proper resting tone. This is like hitting the reset button on the computer when it is malfunctioning. The computer is allowed to pause and reprocess itself. Chiropractic adjustments stop the stress response and restore normal hormonal and cardiovascular function the body. This allows the body to reset itself and begin healing the damage that was done in the body due to chronic stress cycles.

Research performed by Taylor, Haavik & Murphy demonstrated that chiropractic adjustments enhanced sensorimotor integration, the bodies ability to sense where it is in space and effectively coordinate complex movement patterns. This improves function in both the brain and the body. Improved spatial intelligence translates into better physical and mental balance, coordination, and mobility. Chiropractic adjustments make you think and move with better speed, skill, and finesse.

<https://drjockers.com/chiropractic-improves-brain-function/>

## Ingredients

## Hydrating Berry Popsicles

- 1 1/2 cups Blackberries
- 1 1/2 cups Blueberries
- 3 cups Strawberries
- 3 cups Coconut Water, unsweetened
- 2 Tbsp Raw Honey

## Process

- Place the blackberries, one cup of coconut water, and two teaspoons of honey into a blender. Blend until smooth.
- Strain the mixture through a fine mesh strainer to remove the blackberry seeds, and set aside.
- Repeat this process two more times with the strawberries and blueberries, using 1 cup of coconut water per flavor of berry, and 2 teaspoons of honey.
- Be sure that all three flavors are strained into separate bowls.
- Pour the blueberries in the first 3rd of your popsicle molds, and freeze until solid.
- Repeat with the strawberries and blackberries.
- Once you have filled the last flavor into your molds, freeze overnight, or for at least 6 hours.



## Summer Days Word Scramble

- |              |               |
|--------------|---------------|
| 1. beach     | 4. pool       |
| 2. sunscreen | 5. vacation   |
| 3. baseball  | 6. barbecue   |
|              | 7. watermelon |