



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: Omega

Omega 3 fatty acids are some of the most important nutrients you can put in your body. Not only are they anti-inflammatory, but they actually make up some of the most important structures of your body like your brain and nervous system. Not getting enough in your diet increases your risk of many chronic illnesses so it is important that you understand the benefits of omega 3 fats.

Every single cell in your body and especially the tissues of your brain require omega 3 fatty acids in order to function properly. The two most important that are often deficient in people today are EPA and DHA which can be derived from fish and certain types of algae.

The top 9 health benefits of Omega 3 fatty acids are:

1. Cellular health
2. Fights depression and anxiety
3. Improves sleep
4. Improves eye health
5. Strengthens immunity
6. Promotes brain health during pregnancy
7. Improves joint and bone health
8. Supports heart health
9. Fights inflammation



<https://drjockers.com/omega-3/>

Blue LED's Confuse the Brain

Excerpts from Dr. Mercola and Dr. Jockers

Although screens have become an integral part of most modern lives, the blue LED light from devices can be damaging to your sleep. Present in smartphone, computer and television screens, blue light can disrupt melatonin levels because the brain confuses the phone's artificial light with daylight. This can shut off melatonin production and inhibit sleep.

When your brain "sees" blue light at night, the mixed message can add up to serious health issues, and widespread ones at that, since a National Sleep Foundation (NSF) survey found that nearly everyone who responded used a television, computer, cell phone or other electronic device within one hour of going to bed at least a few nights each week. Looking at a tablet for even two hours in the evening is enough to suppress your body's natural nighttime rise of this hormone, while bumping it up to four hours leads to reduced feelings of sleepiness, increased time to fall asleep (by about 10 minutes) and lower quality sleep compared to those who read paper books for the same period.

It's best to turn off electronics with LED light at least two hours before bedtime and charge your phone outside of your room in case notifications wake you up. Alternatively, consider downloading a dimmer on your electronics that eliminates the blue tone in their screens as the sun goes down.

Tight Muscles: 8 Steps to Relax and Reduce Pain

Chiropractic care and physical therapy: Chiropractic care treats the musculoskeletal system, including your bones, joints, cartilage, muscles, and tendons that protect your internal organs and allow mobility.

Massage therapy: Deep tissue massage is a popular and effective way to relieve tight muscles. Deep tissue massage uses firm, deep pressure along with various techniques to treat deeper layers of the muscle and fascia.

Regular stretching and yoga: Stretching is a way to deliberately flex or stretch certain muscles or tendons in order to improve muscle elasticity, flexibility, a range of motion, and muscle control.

Take magnesium: Magnesium is an essential mineral that is necessary for your entire body in order to maintain normal muscle and nerve functions, to keep your bones strong, to keep your heart rhythm steady, and to help with other major biological body processes and bodily functions.

Optimize sleep habits: Good quality sleep provides an opportunity for your body to fully relax and repair tissues. Sleeping can help your body to relax, reduce pain, and improve tight muscles.

Anti-inflammatory diet: Research has found that an anti-inflammatory diet can lower the risk of early death, certain diseases, and pain, including tight muscles in your body.

Optimal hydration: Water transport nutrients in your body, improves oxygen delivery to cells, lubricates your joints, regulates body temperature, flushes out toxins and wastes, improves cell-to-cell communication, and enhances tissue repair and recovery from illness.

Reduce stress levels: When you experience stress, chances are you end up holding your breath. Instead, try to take a few deep breaths, and you may notice your stress levels ease, your body and mind relax, and the tight muscles disappear.

<https://drjockers.com/tight-muscles-reduce-pain/>

Simple Stretches for Lower Back Pain

Your back and spine support much of your body's weight while your abdominal core muscles help support your spine. Once you experience lower back pain, it may be a challenge to get up and move, but you'll find low-impact activity often helps reduce the pain. It also speeds healing. Exercise and movement help to loosen tense muscles that cause pain. Consider these three stretches to mobilize your lower back:

- **Cobra pose** — The goal is to strengthen the spine while opening the chest. It is also an excellent counter activity to relieve overstretched upper back and tight chest muscles that often occur because of working over a desk. Begin by lying on the floor on your stomach, stretching your legs behind you and placing the tops of your feet on the floor. Put your hands under your shoulders and keep your elbows close to your body. Press the tops of your feet, thighs and lower pelvis firmly into the floor while straightening your arms to lift your chest. Go only as high as you can while maintaining connection from your lower pelvis through your toes on the floor. Hold this for 15 seconds to begin with, and then build to 30 seconds as you grow stronger. Inhale on the way up and exhale with your release on the way down.



- **Cat-cow pose** — This basic yoga pose is breath-synchronized and it warms up the spinal muscles. Begin with your knees and hands on the floor and your back straight in a table position. Your shoulders should be over your wrists, and your knees directly under your hips, with your weight balanced on all four evenly. Move into a concave position as you inhale through your abdomen, tipping your belly toward the floor and lifting your eyes toward the ceiling. Exhale while drawing your belly button toward your spine and slowly move into an arched back position with your chin resting on your chest. Do not hold in the cat or cow position but move gently and smoothly through both.



- **Child pose** — This pose is a resting pose used between more rigorous yoga exercises. Start by kneeling with your feet together while sitting on your heels. Move your knees apart so they are as wide as your hips. Exhale while lowering your body down between your thighs. Lengthen your lower back away from your pelvis and lay your hands on the floor, palms up along your body. In the beginning, start with 30 seconds and work up to two to three minutes as you're comfortable.



<https://fitness.mercola.com/sites/fitness/archive/2019/07/05/stretches-for-lower-back-pain.aspx>

Enzyme Fundamentals

Excerpts from Dr. Mercola

Enzymes are proteins composed of individual amino acids. They are necessary to speed up many cellular functions and biological processes. Your body secretes enzymes to catalyze biological reactions, making them vital to good health and longevity.

Digestive Versus Systemic Use of Enzymes

There are two primary ways of using an enzyme supplement: digestive or systemic, and the difference between them relates to timing. Taken with food, a digestive enzyme will help break down the food into smaller components.

When taken on an empty stomach, the enzymes will pass through your digestive system and enter your blood circulation, and when absorbed systemically, they serve as powerful proteases, dissolving things like fibrin and decreasing inflammation.

That said, whether you're using enzymes digestively or systemically, enzyme therapy will improve assimilation and elimination of components. In other words, the enzymes will break things down to their smallest constituent parts, making both assimilation of necessary components, and elimination of components your body does not need, easier.

Why Use Enzyme Supplementation?

As mentioned, your body naturally produces enzymes. So, why would you ever need an enzyme supplement? While it's true your body continually produces enzymes, certain factors can limit this capacity:

- Aging — Loss of enzyme activity is part of the aging process.
- Genetics — The blueprints in your DNA instruct your cells on which enzymes to make and how much, so genetic anomalies can affect your body's ability to produce certain enzymes. One example is lactose intolerance — the limited ability to hydrolyze or break down lactose, the sugar found in milk, due to an insufficiency of lactase, the enzyme that breaks down lactose.
- Lifestyle choices — Examples of choices that affect your enzyme capacity include the types of foods you choose to eat (whole food versus junk food, for example, or a vegan versus carnivore diet), the amount of food you eat (too much or too little) and whether or not you choose to fast or smoke.

While aging is inevitable and genetics cannot be altered, you still have a great degree of influence over your enzymes via your lifestyle choices. The healthier your lifestyle, the better your enzymatic activity will be, even without assistance from a supplement.

For example, eating plenty of fresh, raw and/or fermented foods will supply your body with healthy enzymes. Sprouts are a particularly excellent source of live enzymes.

Fasting has also been shown to conserve enzymes. If you do not eat, you will not produce digestive enzymes, allowing metabolic enzyme production and activity to proliferate instead. A supplement can still be valuable, however, to counteract genetics, aging and a less than ideal lifestyle.

<https://articles.mercola.com/sites/articles/archive/2019/07/29/enzymes-overview.aspx>

Ideal Protein Pre-Consults

Our Coaches

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.



Dr. Pam



Sam

Mark Your Calendars!

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





Are You Doing Microworkouts? Here's Why You Should.



By Mark Sisson

Let's talk about microworkouts. I'm talking here about dropping for a single set of deep squats in the office, hitting a set of max effort pull-ups whenever you pass under a bar in a closet doorway, or stocking your backyard with a hex deadlift bar or bench press and busting out a single set every time you pass by while taking out the garbage.

Microworkouts deliver two distinct and awesome benefits: First, when you add up the energy expenditure of these brief but frequent efforts, you obtain an incredible cumulative training effect. In essence, you are banking a lot of strength/power/explosiveness "mileage" without disturbing the necessary stress/rest balance of your official workout schedule or prompting the stress hormone production and cellular depletion that occurs from an extreme weekend warrior-type session. That is, a set of pull-ups, or even three sets over the course of 12 hours on a typical day, is not going to mess up the next day's CrossFit session or even an ambitious arms and chest session. Rather, these micro sessions (Dr. Phil Maffetone calls the concept, "slow weights") will raise the baseline from which you launch ambitious full-scale workouts.

The second benefit of microworkouts is perhaps even more profound: these short efforts help you combat the extreme health hazard of prolonged periods of stillness that characterize hyperconnected modern life. The adverse health consequences of stillness have been well-chronicled, and you've heard me talk about them for years. Studies show that even a few days of inactivity can generate a significant decline in glucose tolerance and increase in insulin resistance. In *Primal Endurance*, I quote Nutritious Movement queen Katy Bowman on the destruction of cellular health caused by stillness: "When you use a single position repetitively, such as curling your body into a comfortable work chair for hours every day, muscles, joints, and arteries will adapt to this repetitive positioning by changing their cellular makeup and becoming literally 'stiff,' with reduced ranges of motion and an actual hardening of the arterial walls in those areas."

Strange as it may seem, it's now becoming clear that increasing all forms of general everyday movement is a greater health priority than conducting ambitious workouts. Microworkouts takes on increasing importance as daily life gets more effortless. Even if you're a devoted gym rat, those few hours a week when you're pushing weight around isn't enough to combat a lifestyle of commuting, office work, and digital entertainment leisure time. The active couch potato syndrome is a scientifically validated concept revealing that devoted workout enthusiasts who lead otherwise sedentary lifestyles are subject to the same level of disease risk as inactive folks.



Why You Need to Eat More Vegetables

Excerpts from Dr. Mercola



To achieve high-level health, I believe we all need to eat ample amounts of fresh produce, especially vegetables every day. Vegetables have an even greater protective effect on your health than fruits. Greens and other vegetables are essential for optimal health. Unfortunately, Americans report a median vegetable intake of only 1.6 servings per day. As if that's not bad enough, half of those servings may be potatoes and tomatoes, often in the form of french fries and ketchup. And that may have serious implications for your health and well-being...

Most vegetables are low in net carbs (total carbs minus fiber) and calories. The fiber in fresh vegetables and certain fruits helps you feel "full" and suppresses your appetite, making it a useful tool for weight management. Fiber also supports healthy blood sugar and cholesterol levels, as well as blood pressure.

Both vegetables and fruits contain an impressive array of antioxidants that are hard to find in other foods. Plant chemicals called phytochemicals are essential for supporting healthy cells, bones, eye health, heart health, cognition and brain health, and much more. Researchers have discovered that leafy green vegetables activate a gene that produces critical immune cells called innate lymphoid cells in your gut. Vegetables and fruits contain fiber, which breaks down into short chain fatty acids by gut bacteria, which then nourishes your gut and beneficial bacteria. Fiber also helps you maintain regularity and avoid occasional constipation.

A revealing study found that those who ate five to seven servings of vegetables each day had a 36% lower risk of dying from any cause, compared to those who ate less than one serving. That number rises to 42% for those who ate seven or more portions. There are many good reasons to eat the recommended amounts of vegetables and limited amounts of fruits (only if you are not insulin resistant) each day.

<https://articles.mercola.com/sites/articles/archive/2014/09/08/vegetable-health-benefits.aspx>



September marks Stucky's official 60 year anniversary! We are so proud to be serving the Chippewa Valley for 60 years and counting.