



# 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.



## Product of the Month: Pillows

Sleep is fundamental in all our lives. Sleeping is not a luxury, but a physiological necessity. Our physical and emotional equilibrium depends greatly on this function. A good night's sleep has therapeutic benefits: stress and blood pressure are reduced, cellular damage is repaired, risk factors for disease, obesity and depression may be reduced. Mood, memory and concentration are improved and some believe you can even increase your lifespan.

Deep and Rem (rapid eye movement) sleep are the two most vital stages of sleep. Creating the right environment for sleeping will maximize the benefits received from deep and Rem sleep. The correct pillow is an essential factor of your sleeping environment. Your pillow needs to provide support and comfort in the correct size when either back or side sleeping. The Therapeutica pillow has been designed to provide the utmost comfort and support, helping you to achieve the maximum benefit from a good night's sleep.

[https://www.therapeuticainc.com/why\\_thera.html](https://www.therapeuticainc.com/why_thera.html)

## Top 3 Immune System Strategies to Be Healthy

Excerpts from Dr. Jockers

### 1. Minimize Emotional/Mental Stress

- Fear and worry are very low energy thoughts that negatively effect immunity. Thoughts either arise out of an underlying fear or insecurity or a level of love and security. Taking control of our thought life is one of the key immune system strategies to stay healthy! Fear based thinking is an expression of insecurity and these thoughts increase circulating cortisol which impairs immune coordination. Love based thinking is an expression of security and comfort with one's identity and these thoughts bolster immunity and allows your body to function at its peak

### 2. Minimize Chemical Stress

- Chemical stress comes from bad diet, environmental pollutants, damaged gut lining and nutrient deficiencies. It is imperative to eat an anti-inflammatory diet that is low in sugar, processed grains & fats and artificial ingredients. Drink purified water and reduce exposure to environmental toxins.

### 3. Reduce Physical Stress

- The body needs good posture, deep breathing and a well trained muscular and cardiovascular system for optimal physical well-being. Poor posture and trauma leads to spinal subluxations that distort nerve impulses and malcoordinate the immune system. Additionally, sedentary lifestyles restrict healthy lymphatic flow and cellular oxygenation leading to poor immune control.

<https://drjockers.com/immune-system-strategies/>

# A Healthy Heart Starts with A Healthy Gut

Heidi Toy, RDMS, RVT, RDCS, NTP, FMP

Heidi Toy Functional Medicine

Do you have heart disease or a family history of heart disease? Do you want to heal or avoid heart disease without having to take pharmaceutical grade drugs? Then finding the real issue is the answer.

The real causes of heart disease are; poor nutrition, environmental toxins, lack of or poor sleep, stress, physical inactivity, and vertebral subluxations. All of these contribute to what is called leaky gut or intestinal permeability. Heart disease is not the lack of a pharmaceutical-grade drug like a statin or high blood pressure medication, it is the health of your gut, and the answer is healing your gut.

The body produces a protein molecule called Zonulin. Zonulin opens the spaces between the cells in the intestinal lining so that nutrients and other molecules can exit the intestines. When a leaky gut is present, these spaces open too much allowing too large of foods particles, protein molecules, and bacterium to pass into the bloodstream. When this happens, an immunologic reaction occurs, and the body is now primed to react to these foods and bacteria every time they appear. Two of the primary triggers that swing the zonulin door wide open are gluten and anaerobic gut bacteria. This happens to those people who have Celiac disease and to those who do not, in short everyone is affected and therefore everyone, even nonceliac people are susceptible to leaky gut syndrome. Leaky gut means inflammation and inflammation is the root of all diseases, including cardiac and vascular disease. So, we now know that gluten can contribute to leaky gut and there are other food and substances that also contribute to a leaky gut syndrome which are; wheat, barley, rye and alcohol.

Another contributor to leaky gut is that of decreased melatonin production. However, this is not a melatonin problem, it is a sunshine problem. Forget the myth that the sun is bad. Sunshine is the giver of life and the creator of melatonin. When sunshine hits the retina of the eye, melatonin is produced. It is stored in the pineal gland in the brain and released at night when we are in total darkness. Get out in the sun and when it is time to go to sleep, sleep in a room that is completely dark, with no lights, no cell phones, and no alarm clock (put it in a drawer).

Stress is another major contributor to leaky gut, and healing the adrenal glands is crucial to managing stress, healing the gut and ending diseases that are linked to poor gut health. Testing for adrenal fatigue is easy and healing the adrenals is effective in many chronic health issues including leaky gut, heart disease, autoimmune, female hormone health, chronic fatigue, weight issues and many more.

## Welcome Heidi Toy



Introducing Heidi Toy, founder of Heidi Toy Functional Medicine/ Educated Nutrition. Heidi gained her certification as a Functional Nutritional Therapy practitioner in 2013. She was mentored and trained by Dr. Dan Kalish of the Kalish Institute for Functional Medicine. Stay tuned for more exciting development in 2020 at Stucky Chiropractic in conjunction with Heidi Toy.



## 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

# 5 Key Sleep Benefits You Need to Know

1

**Stress Regulation:** One of the most important reasons to get good sleep at night is the influence it has on your HPA axis. The HPA axis consists of your hypothalamus, pituitary, and adrenal glands. This system constantly monitors your body for stress feedback and helps determine how you should respond in a given situation. The connection between sleep and HPA axis has been studied for some time and it has been found that lack of sleep can actually interfere with our ability to regulate stress. Poor sleep has been shown to throw off normal cortisol production and disrupt the HPA axis.

2

**Sleep Benefits Motivation:** The brain recycles and flushes neurotransmitters during sleep for a fresh start in the morning. One specific neurotransmitter, dopamine, is responsible for stimulating feelings of alertness and motivation. One study observed a group of subjects and found a decrease in dopamine receptors in the brain after sleep deprivation. Without adequate receptor sites, dopamine cannot exert its full impact on the brain. In this way, getting consistent, restorative sleep benefits your motivation and can actually help you maintain high energy throughout the day!

3

**Sleep Benefits Heart Protection:** There are several ways that sleep can actually protect your heart and reasons why not prioritizing sleep could be a risk factor for some serious diseases. First of all, poor sleep is associated with blood sugar dysregulation and poor eating habits (tendency to eat sugar particularly). Therefore its not surprising that poor sleep also increases your chances of becoming obese by up to 89% in some cases! All of these peripheral effects of poor sleep will put unneeded stress on the heart. On top of this, poor sleep has been shown to increase your chances of stroke and coronary heart diseases significantly.

4

**Sleep Benefits Brain Health:** Contrary to what you might think, the brain is actually very active during sleep. When you fall asleep, the brain gets busy recycling and clearing neurotransmitters, circulating cerebrospinal fluid, and draining metabolic wastes that accumulate during wakefulness. This is one of the most profound sleep benefits. The brain is a powerful organ but can also become quite delicate if not taken care of. By getting good sleep, you are optimizing your brain's ability to make energy which naturally benefits many other processes in the brain.

5

**General Vitality:** Sleep is one of the key aspects to achieving optimal health. No matter how well you eat, exercise, or supplement, quality sleep cannot be replaced in the pursuit of wellness. Along with optimal sleep comes higher energy, motivation, a boosted metabolism, and much more. The compounding benefits are huge!

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

## Veteran's Day from a Vet's Perspective by Dr. Chris Edwards, SFC Army-Retired

Veteran's Day is observed on Monday, Nov. 11th this year and it is the day we honor those who served that are still with us. I hope everyone who knows men and women who have been in the military will take the time to simply thank them for their service.

As veterans, we served not to be recognized or receive accolades, but in support of our country's armed forces and the ongoing challenge of letting freedom ring around the world. Many soldiers sacrificed much in service of our country; time with family, their jobs, dreams, some are injured and scarred physically, and some carry mental and emotional scars with them for life. So, while veterans don't seek or expect gratitude from others, we all know a "Thank you" goes a long way toward showing appreciation and making their day.

So, ANY support you can give to those who served is appreciated and makes veterans proud of the people and the incredible country they represent. At Stucky we support veterans by working with the VA directly to provide a local chiropractic option for vets. We also have special plans for veterans who have no chiropractic coverage (call the office for details).

In closing, Stucky Chiropractic Center would like to say a big "THANK YOU!" to all who were able and accepted the call to be part of the armed forces and look forward to serving veterans in the future!





# How Your Body Uses the Nutrients in Pumpkins

The nutritional advantages include protein, minerals, vitamins and plant-based omega-3 fats, making this autumn veggie one of America's favorite and most health-benefitting foods. All combined, these vitamins, minerals and other nourishing qualities in pumpkins have a dramatic effect on your health. Huffington Post listed several, including:

- Heart health** — Pumpkin seeds, like nuts, contain impressive amounts of heart-healthy phytosterols. About the seeds, Research Gate noted: "From a nutritional standpoint, the high lipid content in the ready-to-eat snack is a potential source of polyunsaturated fatty acids such as oleic and linoleic acid, which have been shown to prevent cardiovascular disease."
- Re-energizes after a workout** — One cup of cooked pumpkin contains more potassium, a "refueling" mineral, than a banana, usually touted to have an impressive amount. In comparison, pumpkin contains 564 milligrams of potassium to a banana's 422.
- Skin protection** — Health.com says carotenoids in pumpkins contain wrinkle-fighting pigments, which help hydrate and zap free radicals in your skin and help prevent them from causing damage. The vitamins as well as powerful enzymes help clean your skin.
- Better eyesight** — All that vitamin A mentioned earlier may help improve your night vision and sight in dim light, the National Institute of Health says.
- Potentially lower cancer risk** — The beta-carotenes help fight cancer, because they contain an immunostimulant to activate better immune system function. Antioxidant activity in pumpkins has been shown to inhibit breast cancer, one study reported.

So there's a reason why pumpkins earn such high marks on the Aggregate Nutrient Density Index (ANDI). Pumpkins provide, in a 1-cup serving, 11 percent of the fiber you need on a daily basis to keep your system running smoothly.

Besides being incredibly rich in vitamin A, with 245 percent of the recommended dietary allowance (RDA), that same amount of pumpkin, cooked, contains 19 percent of the RDA in vitamin C and 16 percent of the RDA in potassium, as well as riboflavin, copper and manganese.

Thanksgiving Trivia Answers	
1. 3 days	4. Minnesota
2. Abraham Lincoln	5. Deer (venison)
3. Pults or turkeylings	

<https://articles.mercola.com/sites/articles/archive/2016/10/31/what-are-pumpkins-good-for.aspx>



1. How long did the first Thanksgiving celebration last?
2. Under which president did Thanksgiving become an annual holiday?
3. What are turkey chicks called?
4. What state raises the most turkeys?
5. What meat did the native Americans bring to the first Thanksgiving?



## Stucky Food Drive



Join us in helping us feed the hungry! Starting November 1-22, we will be taking donations of non-perishable food items. Stucky will then donate all items to local food pantries.