



# 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: Vitamin D3 and K2

A growing body of research shows that when it comes to bone health, ensuring optimal intake of vitamin K is a critical piece of the puzzle. New research is focusing on the synergistic relationship between vitamin K (specifically, vitamin K2) and vitamin D3, especially in terms of bone strength and cardiovascular health.

A group of naturally occurring and structurally similar, fat-soluble vitamins, vitamin K is essential for the proper utilization of calcium. Through its activation of the protein osteocalcin, vitamin K helps to bind newly absorbed calcium to the mineral matrix in bone. In addition, vitamin K has been found to help maintain bone mineral density by decreasing the activity of osteoclasts, a cell that breaks down the bone matrix. Therefore, vitamin K and vitamin D not only share similar qualities, but they also act in synergy within the body.

Vitamin D3 is structurally similar to cholesterol, and is converted via the liver and kidneys to its active form calcitriol. Calcitriol goes on to perform a multitude of roles in the body, and is particularly crucial for proper absorption of the minerals calcium, iron, magnesium, phosphate and zinc. Calcitriol also regulates bone growth and regeneration, as well as immune, cardiac, and neuromuscular functions.

Given the importance of adequate Vitamin D levels in the body and many people's lack of exposure to direct sunlight, supplementation can help users in a variety of ways.



## *Thank You for Your Help!*

For the third year, Stucky Chiropractic Center has teamed up with Helping Kids Around the Chippewa Valley to collect gifts and winter wear for local families.

We are happy to say that 11 children had gifts under their Christmas trees this holiday season!

What an amazing, joyful experience it has been to bless 2 large local families. The generosity of everyone has filled our office and our hearts. We cannot thank our patients enough for their help and charity. That is the true meaning of Christmas.

Thank you! Stucky Chiropractic Center has the best patients!

## Five Natural, Safe and Easy Cleaners You Can Make

Many people don't even realize the number of lethal chemicals they have in their home and think that certainly those products must be approved as safe before being released into the marketplace. Sadly, this is far from the truth.

In fact, if you use cleaning products once a week for 20 years, it could be the equivalent of smoking 20 cigarettes a day for 10 to 20 years. Cleaning agents and personal care products are also the second and third most frequent cause for calls to poison control in the U.S.

Long-term exposure to household cleaners and disinfectants has been linked to increases in asthmatic symptoms, nervous system damage, low sperm count, irregularities in menstruation and miscarriage.

The most dangerous of all cleaning products are drain cleaners, toilet bowl cleaners and oven cleaners. Household cleaning products also contribute to air pollution, not just inside the home but outdoors, as well.

Surprisingly, in urban households, where the use of cleaning products is usually more prevalent than in rural homes, there were more types of fungi, aka mold. Human fungal infections are increasing, which may be explained by environmental change, more immunocompromised people and the excessive agricultural use of fungicides. Fungal resistance to cleaning products and chemicals may be the reason for the greater amount of fungi in urban areas.

Urban homes are warmer and typically have reduced air exchange and lower levels of natural light than rural homes, which could also explain the higher levels of fungi.

Ditch the dangerous chemicals and make your own safe, natural cleaning products. Here are five natural products that are most likely already in your home that you can use for all types of cleaning jobs.

1. **Lemon juice** — This is a great for whitening or adding a "fresh" scent to your cleaning jobs.
2. **Hydrogen peroxide** — Mix with white vinegar and it becomes both a disinfectant and sanitizer. It's also an excellent stain remover.
3. **White vinegar** — Mix with water to make an excellent window cleaner or pour into a garbage disposal, along with some ice cubes, and turn on disposal to get rid of foul smells.
4. **Baking soda** — Use as a scrubbing agent in your bath and kitchen, to deodorize your carpet, to clean your oven or, mixed with vinegar, to unclog drains.
5. **Organic essential oils** — Use in place of toxic deodorizers or do away with dryer sheets and fabric softeners and simply put a few drops of your favorite essential oil on wool dryer balls to give your laundry a light, natural scent.

Excerpts from Dr. Mercola

## Meditation Alters Your Brain Structure

Excerpts from Dr. Mercola

### STORY AT-A-GLANCE

- Using EEG, researchers have shown that when an athlete is in the flow, their brainwaves are in phase. If you look at the EEG of someone who is angry or frustrated or processing a negative emotion, you find their brainwaves are desynchronized
- Delta brainwave frequencies have been shown to trigger cellular regeneration. Telomere regeneration is sparked by ultra-slow brainwaves at 0.19 cycles per second
- Certain types of meditation will generate delta brainwaves. EFT will also generate delta frequencies
- Certain theta frequencies stimulate stem cell production; 7.8 hertz is a "magic" frequency generated through meditation that is associated with a number of beneficial changes in your body
- EcoMeditation that combines HeartMath's quick coherence technique with tapping and mindfulness. Meditation is defined as the ability to sustain an alpha state for 15 seconds or more. EcoMeditation can get you into a coherent alpha state in about four minutes

Continue reading the full article at: <https://articles.mercola.com/sites/articles/archive/2019/11/24/meditation-alters-your-brain-structure.aspx>



Join us for the 42<sup>nd</sup> annual Home & Garden Show!

February 21 - 23

Chippewa Valley Expo Center  
5150 Old Mill Plaza, Eau Claire

#### Hours:

Friday, February 21<sup>st</sup> 1 - 8pm  
Saturday, February 22<sup>nd</sup> 9am - 5pm  
Sunday, February 23<sup>rd</sup> 10am - 4pm

### January Crossword Puzzle

#### Across

- 2) Icicle
- 7) Snowman
- 8) Christmas
- 14) Sledding
- 15) Fireplace

#### Down

- 1) Wonderland
- 3) Cocoa
- 4) Overcoat
- 5) Frost
- 6) Skating
- 7) Scarf
- 9) Shovel
- 10) Skiing
- 11) Shiver
- 12) Hockey
- 13) Chilly

## Why We Need Real Salt

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

Salt is essential for life. We cannot live without it. The Celtic word for salt meant holy, or sacred. In Roman times, soldiers were paid in salt, and that gave rise to the word “salary.” But today, there is a lot of confusion about salt. The American Heart Association (AHA) guidelines recommend consuming less than 1,500 milligrams of salt per day. However, in May of 2013, the Institute of Medicine (IOM) disagreed. The IOM said limiting sodium intake to below 2,300 milligrams a day has no health benefits and that low sodium intake can potentially be harmful for people with moderate to severe congestive heart failure and people over age 55 who have high blood pressure. In August 2014, the New England Journal of Medicine, published details from two different study groups which essentially concluded the AHA guideline would lead to about a 2-fold risk for major adverse events.

Figures vary, but the IOM says the average person consumes 3,400 mg or more of sodium a day – that’s 1 ½ teaspoons of salt. Most of it comes in processed foods. Even bread and cereal contain salt. Canned peas have 3 times more sodium than frozen peas, for example.

Why so much salt in processed food? Because salt, sugar, and fat are the “trio of bliss” that makes us come back for more. Salt works in tandem with fat and sugar to achieve flavors that grip the consumer and do not let go – an allure the industry has recognized for decades. The presence of salt/sugar/fat stimulates the brain to release dopamine and makes us want to continue eating. The salt/sugar/fat combo turn on the pleasure centers of our brains and turn off the switch that tells us we’re full.

The remaining percentage is used for preserving processes and ends up on your kitchen table. Refined salt has been dried at 1,200 degrees Fahrenheit. The excessive heat alters the natural chemical structure of the salt. What remains after typical salt is “chemically cleaned” is sodium chloride that has been stripped of most of its accompanying minerals.

Table salt is 97.5% refined sodium chloride and 2.5% chemicals such as moisture absorbents, calcium carbonate, magnesium carbonate, and aluminum hydroxide – added to improve the ability of table salt to pour. Aluminum is a light alloy that deposits into the brain, a potential contributor to Alzheimer’s disease.

The focus is not on health, but on having the salt pour easily from the shaker. After refining processes, table salt no longer combines easily with human body fluids – there is no free crossing of liquids and minerals. This can cause accumulated fluids to stagnate in joints producing edema, kidney and gall bladder stones, rheumatism, arthritis, and gout.

With processed food, the body often receives more refined sodium chloride than it can dispose of. Pure sodium chloride draws water to itself; this water retention leads to edema, high blood pressure, and poor circulation. Also, as the body tries to deal with the excess of sodium chloride, various harmful acids and gall bladder and kidney stones are formed.

Himalayan salt, also called crystal salt, comes from the Himalayan mountains in Pakistan where deposits laid down eons ago. Himalayan Crystal Salt is salt in its native form, with all its vibrational energy intact and it helps promote a healthy balance in your body. Promoting balanced electrolytes helps to keep your body in homeostasis -- the balance of chemicals that is conducive to the body’s function.

To continue reading more visit [www.stuckychiropractic.com/blog/](http://www.stuckychiropractic.com/blog/) where you will find this article and many others!

## Ideal Protein Seminar Dates

Ideal Protein is designed to benefit you! Call the office today at (715) 835-9514 to RSVP your complimentary seminar with Dr. Pam. 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.

### Seminar Dates:

Thursday, January 2 - 6:15 to 7:15 p.m. Thursday, January 9 - 6:15 to 7:15 p.m.  
Monday, January 6 - 12:30 to 1:30 p.m. Monday, January 13 - 12:30 to 1:30 p.m.  
Monday, January 6 - 6:15 to 7:15 p.m. Monday, January 27 - 12:30 to 1:30 p.m.

## Regained? Don’t fret, reset!

Come in for a tune-up session and reset your body to burn whatever it’s gained. You got this. We got you. And we can’t wait to show you all the new protocol updates designed to help you integrate long-term healthy habits into your lifestyle.

**IDEAL PROTEIN**   
POWERING life POSSIBLE

# Vitamin D3 + K2 now on sale!

## ARE YOU DEFICIENT?

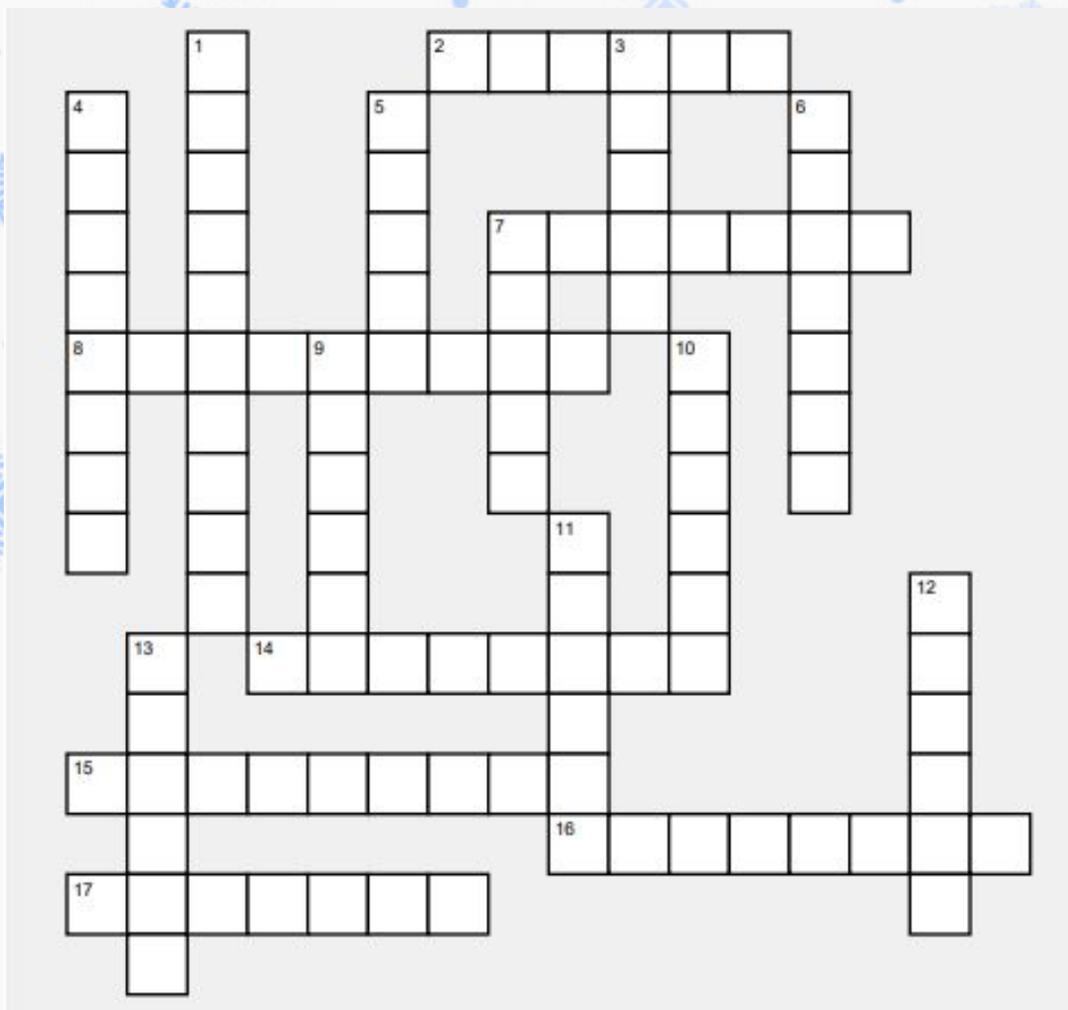
Bone & Back Pain • Body Aches  
Bone Density Loss • Chronic Fatigue  
Depression • Gut Trouble  
Muscle Pain • Often Sick or Infected

- Avoid the flu
- Fight infection
- Help prevent winter blues
- Maintain immune function

**20% OFF**  
25% OFF FOR WELLNESS CLUB MEMBERS



## January Crossword Puzzle



### Across

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day
- 14) Winter coating
- 15) Hearth
- 16) Rudolph and team-mates
- 17) Winter \_\_\_\_\_ Games

### Down

- 1) Alice in \_\_\_\_\_
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool