



# 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: Orthotics

The feet are a very common source of pain, with 8 in 10 Americans experiencing some form of problem with their feet. One in 4 says they're unable to exercise due to foot pain.

This isn't so surprising when you consider that 25 percent of your bones are located in your feet and ankles, and your feet are the foundation of your body, carrying all your weight.

With 26 bones and 33 joints in each foot, there's plenty of opportunity for something to go wrong — especially if you fail to walk and run with proper form and posture. Certain footwear, including flip-flops, and tight-fitting or high-heeled shoes may also damage your foot structure and aggravate the situation.

Moreover, few people pay attention to exercising their feet, and without proper muscle strength in your feet, your body may become imbalanced, which can lead to pain in other areas.

Simple foot exercises can make a big difference for problems such as bunions and hammertoes. Other common foot problems include plantar fasciitis (heel pain), ingrown toenails, and fungal infections, and in these instances other remedies are warranted.

Chronic pain often times requires more active care. At Stucky Chiropractic Center, we have several effective ways to help with this condition, and would be happy to consult with you personally.

We can also measure you for regular or custom orthotics depending on your needs. If you're new to running or exercising, we can also work with you to learn proper form. Learning how to strengthen your Achilles tendons, calves and lower leg muscles, along with your ankles and lower back, will help to stabilize your body weight over your heels better.



### Bones of the Human Foot



## Ideal Protein Dill Zippers

Try out our Ideal Protein Dill Zippers that have 15 grams of protein at \$3.75 per bag. Seasoned for snacking satisfaction, these crunchy treats will hit the spot! Available while supplies last.



## How Sugar Changes Your Brain Chemistry

### Story At-A-Glance

- Excessive sugar consumption underpins the obesity epidemic by eliciting addiction-like cravings reminiscent of other drugs of abuse.
- Research looking at the brains of pigs given access to sugar water for one hour per day for 12 days showed sugar reduced the availability of opioid and dopamine receptors, which is indicative of opioid and dopamine release.
- Reduced receptor availability is a sign of overstimulation, as when your brain gets overstimulated, it downregulates the receptors in order to protect your brain from damage. The drawback of this protective mechanism is that you now need a higher dose of the substance to get the same pleasure response, and this is a key mechanism by which addiction develops.
- Daily sugar consumption also impairs spatial memory and inhibits neurogenesis in the hippocampus, a brain area involved in learning and memory processes.
- High-sugar diets alter inhibitory neurons in the prefrontal cortex, where decision-making and impulse control are centered. Aside from impaired impulse control and the inability to delay gratification, this alteration may also increase the risk of mental health problems in children and adolescents.

Continue reading more of this article at: <https://articles.mercola.com/sites/articles/archive/2020/01/30/sugar-brain-chemistry.aspx>

## Welcoming F45 Training to East Eau Claire!

The LaGuardia/Hall family is excited to announce the opening of our new fitness studio, F45 Training East Eau Claire. As a family, we chose F45 Training for what it could bring to our community. Our mission has always been to motivate and inspire our community to be healthier and more active so they can live life to their fullest potential, first through routine chiropractic care and now through functional workouts that mimic everyday movements. We want to empower each person mentally, physically and spiritually so they can achieve all of their fitness and life goals.

About F45 Training--Born in Australia, F45 Training is a team-based, functional training facility that places a huge emphasis on the 'three key factors' of motivation, innovation, and results. Merging 3 separate leading-edge fitness training styles into one consummate and compelling group training experience for its members. F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training.

The fusion of these three training concepts has led to the development of 31 different, 45-minute workout experiences, with more in development by our F45 Athletics Department, meaning you'll never do the same workout twice.

This combination of interval, cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle. The variation of our workout programming keeps our members challenged, eager to grow and ready to have fun.

Ready to join the movement? For more information visit us online  
<https://f45training.com/easteauclaire/trial>



## Ideal Protein Seminars

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:

- Monday, March 2 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.
- Monday, March 16 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.
- Monday, March 23 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.
- Monday, March 30 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.

### Our Coaches



Dr. Pam



Samantha



# What Conditions Are Orthotics Used to Treat?

- **Arthritis:** Rheumatoid arthritis and osteoarthritis can cause discomfort in the feet and poor positioning that orthotics may help to correct.
- **Back pain:** Sometimes poor positioning of the feet, such as arches that roll inward, or lack of cushioning can cause pain that orthotics can lessen.
- **Bunions:** Bunions are painful bumps that can develop at the base of the big toe and cause foot deformities. Orthotics with a wide toe box can help to reduce pressure on the big toe.
- **Bursitis:** Inflammation of fluid-filled sacs in the heels and toes can cause bursitis pain and discomfort. Orthotics with heel and arch support can help to reduce bursitis discomfort.
- **Diabetes:** Sometimes, a person with diabetes can lose sensation in their feet, a condition known as diabetic neuropathy. When this occurs, orthotics can help to reduce excess stress and pressure that can lead to foot ulcers.
- **Flat feet:** Flat feet can cause foot, ankle, and back pain. Orthotics can help to support the feet and promote proper foot positioning.
- **Hammer toes:** Hammer toes often occur as a side effect of bunions on the big toe. They cause second-toe pain and deformities on the ball of the foot. Orthotics can provide additional support to the feet and reduce the likelihood that hammer toes will worsen.
- **Heel spurs:** Heel spurs are conditions where excess bone grows on the back or bottom of the heel. Orthotics can support the foot and reduce inflammation.
- **High arches:** Very high arches can stress muscles in the feet and lead to a number of conditions, such as shin splints, knee pain, and plantar fasciitis. Orthotics can help prevent a person's feet from rolling excessively inward or outward.
- **Injuries:** People who've experienced trauma to their feet and ankles may require extra support during the healing process with orthotics.
- **Plantar fasciitis:** Plantar fasciitis is a common cause of heel pain. Doctors may sometimes recommend orthotics to support the heel and foot.

<https://www.healthline.com/health/bone-health/orthotics#diagnosis>

## Intermittent Fasting

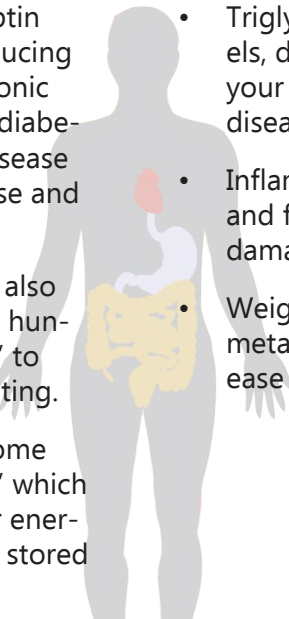
A type of scheduled eating plan where you simply restrict your normal daily eating to a 6-8 hour window of time, without cutting calories.

### Increases

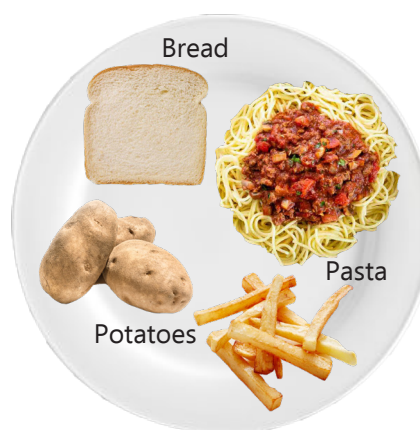
- Insulin and leptin sensitivity, reducing the risk of chronic disease, from diabetes to heart disease and even cancer.
- Ghrelin levels, also known as "the hunger hormone," to reduce overeating.
- Ability to become "Fat Adapted," which increases your energy by burning stored fat.

### Decreases

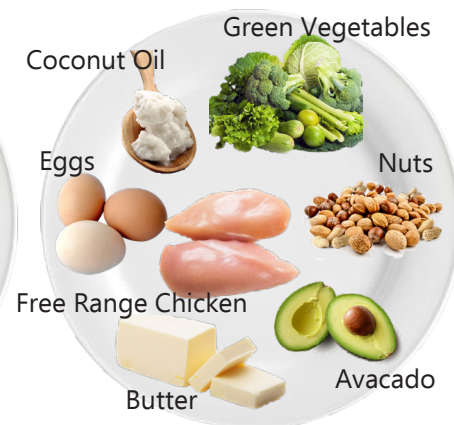
- Triglyceride levels, decreasing your risk of heart disease.
- Inflammation and free radical damage.
- Weight gain and metabolic disease risk.



## Eating

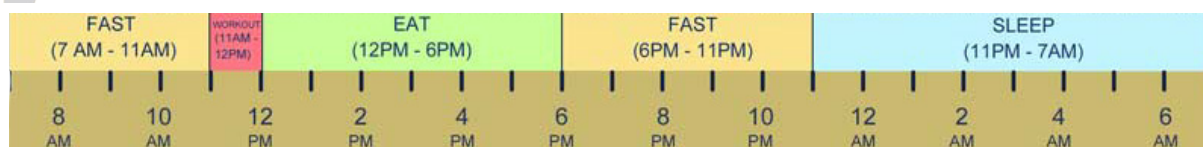


**Bad**



**Good**

## Recommended Schedule



# Seek Chiropractic Help Immediately After a Car Accident – Here's Why

Car accidents happen with alarming regularity. When you have millions of people on the highways daily, traveling at a high rate of speed, accidents are going to happen, and people are going to be injured. Car accidents can be the cause of broken bones, whiplash or back pain.

## Common Car Accident Injuries

- **Whiplash**  
The most common injury from a car accident is whiplash. In most cases, whiplash happens as a result of a rear-end collision. The force of the collision causes the neck of the individual to move back and forth quickly. The cervical spine joints in the neck are affected when this happens. A person with whiplash may suffer from blurred vision, headaches, stiffness and neck pain. Your doctor may require you to have an MRI, X-ray or CT scan to determine the level of soft tissue damage.
- **Neck pain**  
A stiff neck can be the result of damage to the discs in the cervical spine. The vertebrae in the neck may be injured through contact with the car seat, tension with the seatbelt or other sudden movements associated with the accident.
- **Head injury**  
Another common injury in car accidents is head trauma. When there is an impact to the head, there can be a mild injury, such as a concussion or a major injury such as a traumatic brain injury. The symptoms can be vision problems, headaches, dizziness or loss of consciousness.
- **Back pain**  
Back pain is another common result of an accident. The sudden impact can cause sharp pain or a consistent throbbing pain that can last for days, weeks or longer.

## Immediate treatment?

Pain from a car accident may not present itself for a few days after the accident. In many cases, adrenaline reduces the feelings of pain, and you may not notice symptoms for a few days. It's important to be evaluated by your Stucky doctor in the days following an accident to ensure there aren't any underlying problems that can turn into bigger issues down the road.

An Arthritis Care and Research study revealed that 43% of individuals who suffer from chronic pain point to an automobile accident as the reason for their pain. They conclude that there is evidence to suggest that being involved in an accident can be a mitigating factor in the development of chronic pain.

Getting proper treatment for injuries you've sustained is essential for reducing the long-term effects of the accident and lessening the possibility of developing chronic pain.

## Treatment Options

Back pain can be treated with a variety of methods. Stucky Chiropractors use specialized adjustments and therapies to help relieve the pain and promote healing. During your appointment, we may use spinal adjustments, spinal decompression, electricmuscle stimulation, low level laser, or Graston therapy to help restore mobility or reduce pain. Your chiropractor may suggest massage therapy to assist in healing and relief from pain.

## Physical Rehabilitation

Your chiropractor will help you to develop an effective rehab program based on the type and severity of the injury you sustained. Specialized therapy can help relieve back pain, whiplash, neck pain and other discomforts from an auto accident. Your therapy may include the use of ice and heat, stretching and strengthening exercises and other techniques to assist you in developing flexibility and muscle strengthening.

## Chiropractic Treatment

Under the care of a chiropractor, you can regain spinal alignment that may have been lost in the course of an auto accident. Through spinal adjustment, the chiropractor will realign and restore proper motion to your vertebrae to eliminate pressure on the nerves of your spine as well as improve soft tissue healing. While you may feel an improvement after one treatment, you may need a series of treatments to achieve optimal results. Continuing your chiropractic care, with your Stucky doctor, may help to prevent future problems and conditions that could form or worsen.