



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: Inflammation Intensive Care, ProOmega, & Boswellia

A quick search on “boswellia” will yield many pages — after all, there are 16 known boswellia species. *Boswellia serrata*, or Indian frankincense, is mostly used for medicinal purposes. It's extracted from a moderate- to large-sized tree that's native to India, Yemen, Somalia and Ethiopia.

Boswellia serrata is abundant in benefits such as reducing body inflammation and helping treat conditions like osteoarthritis, rheumatoid arthritis and inflammatory bowel disease. It's also a painkiller, and can help inhibit cartilage loss. Boswellia can be used to alleviate asthma and may have protective effects against diseases like leukemia and breast cancer.

Polyphenols

Polyphenols are a category of compounds naturally found in plant foods, such as fruits, vegetables, herbs, spices, tea, dark chocolate, and wine.

They can act as antioxidants, meaning they can neutralize harmful free radicals that would otherwise damage your cells and increase your risk of conditions like cancer, diabetes, and heart disease. Polyphenols are also thought to reduce inflammation, which is thought to be the root cause of many chronic illnesses.

Polyphenols may help prevent blood clots, reduce blood sugar levels, and lower heart disease risk. They may also promote brain function, improve digestion, and offer some protection against cancer, though more research is needed.



Your Brain Responds to Different Types of Exercise

Leg Muscle Strength Linked to Brain Health



Strength training also has a beneficial role to play in brain health, and this includes exercise for your leg muscles. Intriguingly, if you're unable to perform load-bearing exercises, you not only lose muscle mass, but your body chemistry is impacted in such a way that your nervous system and brain also deteriorate.

By not using your leg muscles, a gene called CDK5Rap1 is adversely impacted, and this gene plays an important role in mitochondrial health and function.

“Severe movement limitation can influence not only the motor and metabolic systems but also the nervous system, altering neurogenesis and the interaction between motor neurons and muscle cells,” researchers wrote in *Frontiers in Neuroscience*.

They went on to state that a link exists between a reduction in exercise, muscle disuse and metabolism in the brain. The opposite also holds true, in that by using and strengthening your muscles, it also benefits the brain.

BDNF, which again is stimulated by exercise, not only promotes neurogenesis in your brain but, in your neuromuscular system, BDNF protects your neuromotor, the most critical element in your muscle, from degradation. Your body is made to bear weight, and weight-bearing exercises are necessary for your brain to function optimally.

A 2016 study in the journal *Gerontology* found that working your leg muscles helps maintain cognitive function as you get older. According to the authors, simply walking more could help maintain brain function well into old age. The study followed 324 female twins, aged 43 to 73, for a decade, testing cognitive function and leg strength.

Interestingly, leg strength was found to be a better predictor for brain health than any other lifestyle factor they reviewed. Consistently, the twin with the greatest leg strength maintained higher cognitive functioning over time compared to her weaker twin. The stronger of the pair also experienced fewer age-related brain changes over time. The study noted that improving leg strength could be instrumental to healthy aging.

<https://fitness.mercola.com/sites/fitness/archive/2020/02/20/what-type-of-exercise-best-for-your-brain.aspx>

The Benefits of Meditation

Excerpts from Dr. Mercola

There is growing evidence to show that meditation can make you healthier and happier. For example, mindfulness-based cognitive therapy (MBCT) is sometimes used to treat depression, and brain imaging technology suggests meditation actually changes your brain in a number of beneficial ways.

MRI scans have shown that long-term meditation can alter the structure of your cerebral cortex, the outer layer of your brain. Additionally, brain regions associated with attention and sensory processing have been shown to be thicker in those who meditate. Previous studies have linked meditation to benefits such as improved attention, memory, processing speed, creativity and more. Recent research also suggests that meditation helps counteract age-related loss of brain volume.

In short, meditation can be viewed as a form of brain exercise that strengthens it and keeps it “younger” longer. Other studies reveal the benefits of meditation are not limited to your brain; it also has anti-inflammatory effects and affects gene expression — all of which can boost overall physical health and longevity.

How Meditation Increases Productivity

Meditation expert Emily Fletcher gives lectures and interviews on the differences between two popular styles of meditation, and how they affect your brain. She also discusses the similarities between meditation and caffeine. Both have the effect of energizing you and boosting your productivity, but meditation accomplishes this without the adverse effects associated with caffeine.

As explained by Fletcher, caffeine is similar to the chemical adenosine triphosphate (ATP), produced by your brain throughout the day. Adenosine makes you sleepy, and caffeine effectively blocks the adenosine receptors in your brain, thereby disallowing your brain from recognizing how tired it is. While this may not be harmful in and of itself in the short-term, caffeine also stimulates more neural activity in your brain, which triggers your adrenal glands to release the stress chemical adrenaline.

Eventually (whether you're drinking lots of coffee or not), remaining in a chronic state of "fight or flight" that adrenaline engenders can lead to any number of stress-related disorders. Meditation, on the other hand, energizes you and makes you more productive without triggering an adrenaline rush. According to Fletcher, meditation provides your body with rest that is two to five times deeper than sleep.

Meditating for 20 minutes also equates to taking a 1.5-hour nap, but you won't have that "sleep hangover" afterward. Instead, you'll feel awake and refreshed and, as she says, "more conscious." Meditation de-excites your nervous system rather than exciting it further. This makes it more orderly, thereby making it easier for your system to release pent-up stress. It also makes you more productive.

April Cross Word Puzzle Answers

Across

- 2- Tulip
- 3- Seeds
- 5- Mothers Day
- 7- Robin
- 9- Flowers
- 10- Puddle

Down

- 1- Plant
- 3- Spring
- 4- Caterpillar
- 6- Daffodil
- 8- Break

Our Coaches



Dr. Pam



Sam

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.

Ideal Protein Seminars will be available via Zoom Video Communications for the month of April. To sign up, name, email address, phone number, and a device with a camera is required. A link will be sent to the provided email and require an accepted RSVP. Call the office today to sign up!

Seminar Dates:

- Monday, April 6 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.
- Monday, April 13 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.
- Monday, April 20 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.
- Monday, April 27 - 12:30 to 1:30 p.m. & 6:15 to 7:15 p.m.

What Have We Learned from Coronavirus/Covid 19?

Written by Dr. Becker, Clinic Director on behalf of Stucky Chiropractic

If there's one thing we should have learned from this experience is that the best defense is a good offense.

What do I mean by that? No matter what the virus, bacteria, or any other threat to our health and wellness that we may encounter in the future, we must do our best to make sure that our bodies are at an optimal level of health and wellness at all times. The most important thing that we should all have learned from this experience is that there is never a better time than now to start making sure that our immune system is always ready for a potential threat.

When this pandemic started to take a foothold in our country and in everybody's consciousness, the question we were asked most was, what can I do to not get sick?

Let me first start by saying the answer to that question is not to stock pile toilet paper. The answer, is a question, what have you already been doing to make sure that your immune system is ready to fight. Because that's what it comes down to, are you ready, immunologically and neurologically to fight.

This should be a wakeup call to many people that thought poor lifestyle choices; such as not eating healthy, nutritious fruits and vegetables, wild game and organically raised livestock, being overweight or obese, not exercising regularly, eating candy, simple carbs and other junk food, not taking the recommended supplements to help build your immune system. Supplements like vitamin D3 with K2, probiotic, omega 3 fatty acids, magnesium and a high-quality multivitamin multi mineral to name a few. Not taking care of your nervous system, the master controller of all systems, with regular Chiropractic. Not taking care of your mental state through meditation and affirmations, was somehow not going to catch up to them at some point in time. That time is now.

Based on my understanding of everything I have been able to read and listen to, please take note, something similar to this pandemic will most likely happen again in the future. Are you going to be ready or are you going to put yourself and your family at risk because you are unwilling to make the necessary changes now to ensure a much healthier future for you and your family.

We, the Doctors and staff will always be here ready to help ensure that you need not worry next time. Let us all hope and pray that there will not be a next time. But just in case, get proactive and start making good lifestyle choices.

Top 5 Nutritional Supplements You Should Be Taking

1. Magnesium

- Improves immune system
- Improves sleep quality
- Activates muscles and nerves

2. Omega-3

- Immune system health
- Improves cognitive function

3. Probiotics

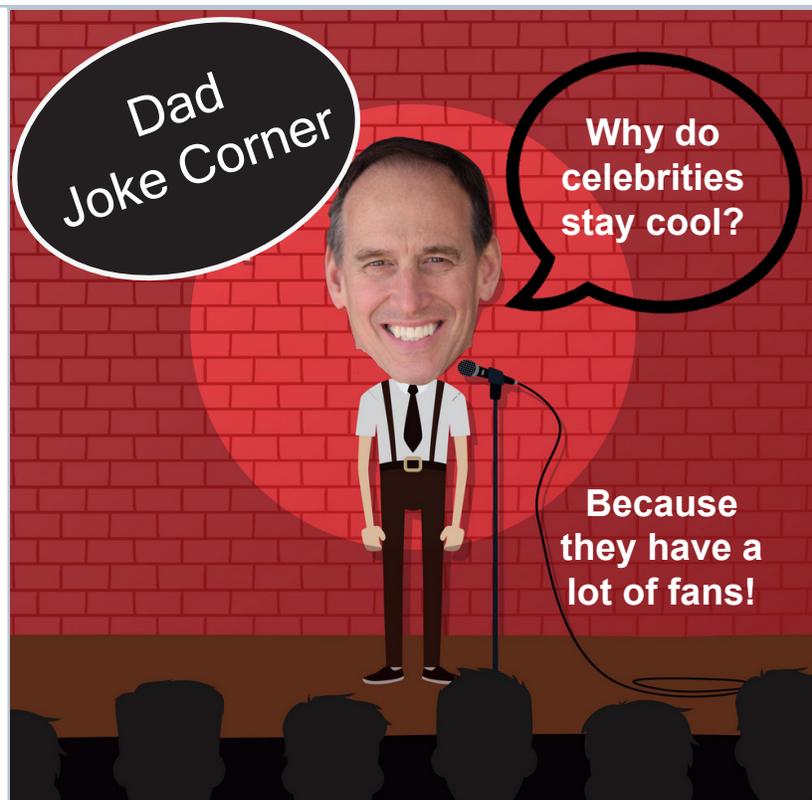
- Supports immune function
- Reduce cold and flu
- Aids in eliminating toxins
- Intestinal health

4. Catalyn

- Provides antioxidant activity
- Bridges nutritional gaps in diet
- Supports growth and repair of body tissue

5. Vitamin D3 + K2

- Maintains healthy bones
- Regulates & supports immune system
- Increases energy
- Fights infection



Your First Line of Defense Against Coronavirus and Other Pathogens

No, it's not a face mask, and it's not hand sanitizer. Washing your hands properly is certainly an important part of reducing your exposure to disease-causing germs, but your first line of defense against the coronavirus and other pathogens is something else: a strong immune system. In addition to cutting out sugar and avoiding processed foods, follow these tips for a natural immune system boost:

Food and nutrients — Protein found in lean meats, bone broth, fish, eggs, nuts and seeds help your body repair tissue and fight infection. Studies show that amino acids in protein, such as arginine and glutamine, increase your body's ability to heal and decrease inflammation. In addition, the high antioxidant levels in chaga tea may also help boost your immune function. Chaga mushrooms are packed with antioxidants and Beta-d-Glucans, which are compounds that increase macrophage and killer cell efficiency.

Vitamins and minerals — Eating foods full of vitamins is a great way to strengthen your immune system to stay healthy all season. Along with vitamins K1 and K2, zinc, selenium, quercetin and B vitamins:

- Vitamin A boosts immunity, lowers your risk of infection and supports wound healing through collagen strength. Snack on carrots, squash, sweet potatoes, dark leafy greens, cantaloupe, wild-caught Alaskan salmon, organic pastured eggs and grass-fed beef.
- Vitamin D plays a big part in immune health and can be found in limited quantities in raw grass-fed milk, wild-caught Alaskan salmon and organic pastured eggs, but the ideal way to optimize your levels is via sunshine.
- Some of the most vitamin C-rich foods include citrus fruits, from tangerines to limes, along with leafy greens, bell peppers and broccoli. Berries are another great source, and they all provide this and other potent antioxidants, which support your immune response and help to rebuild collagen.

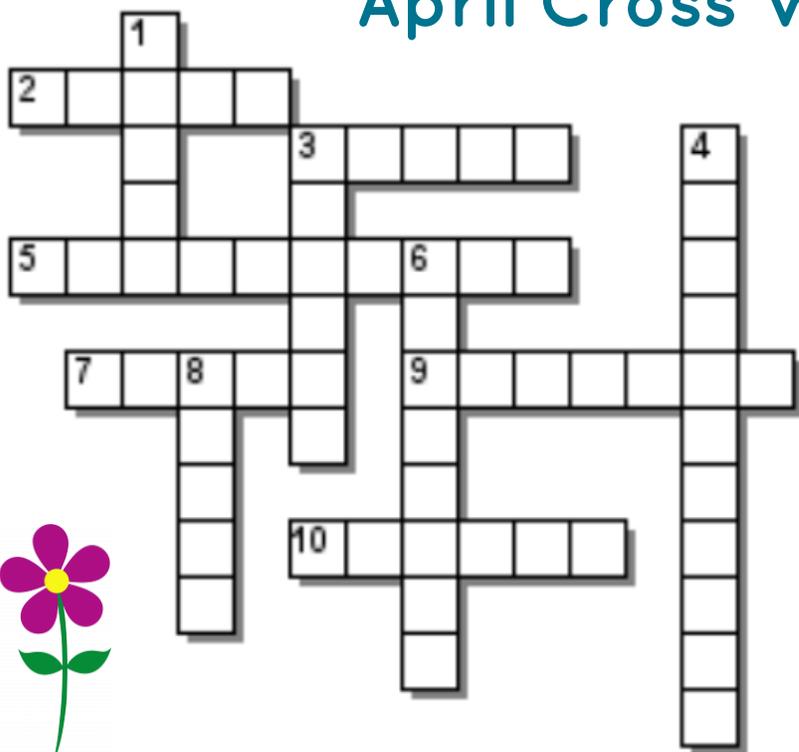
Probiotics — The health benefits derived from probiotics are rooted in balancing your intestinal bacteria. One of the easiest and quickest ways to do that is by eating fermented vegetables. Aside from fermented vegetables, one of the most healthful fermented foods is kefir, an enzyme-rich food full of friendly microorganisms that help balance your microbiome as well as strengthen your immune defenses. Other beneficial fermented foods include natto, kimchi, pickles, sauerkraut, miso, tempeh and raw grass-fed yogurt, but make sure you watch out for added sugar in most commercial varieties.

Fiber — Not only does fiber help balance your gut microbiome, it, too, helps improve your immune system, as resistant starches act as prebiotics to feed healthy bacteria in your gut. As a result, it promotes bowel movements and keeps waste moving smoothly through your colon, while at the same time benefiting your heart health and controlling your blood sugar.

Sleep — Consistently sleeping less than six hours a night increases your risk for numerous psychological and physical effects. Lack of sleep quickly decreases your immune function, leaving your system wide-open for environmental influences, including viruses like colds and flu.

<https://blogs.mercola.com/sites/vitalvotes/archive/2020/03/07/your-first-line-of-defense-against-coronavirus-and-other-pathogens.aspx>

April Cross Word Puzzle



Across

- 2- Flower; Dutch flower from a bulb
- 3- Sow these in the ground and they grow
- 5- A day for moms; holiday
- 7- Sign of spring; bird
- 9- April showers bring May _____.
- 10- A small pool of water

Down

- 1- Farmers ____ crops
- 3- Season after winter
- 4- Bug that turns into a butterfly
- 6- Flower: yellow or white
- 8- Spring _____; vacation

