



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



What is Collagen?

Collagen is a structural protein and the most abundant protein in our bodies. It forms connective fibers in tissues such as skin, ligaments, cartilage, bones and teeth. It also gives bulk, shape, and support to bones, blood vessels, and organs such as the heart, kidneys and liver. Finally, it is the intracellular "glue" that holds your body together.

Collagen and Aging

Collagen is constantly destroyed and regenerated as part of our body's natural cycle. Our bodies are continually making it to maintain and repair connective tissues. As we get older, we get faster degradation on top of slower production from the body. This is when we begin to see and feel the effects of lower collagen.

In addition to the natural aging process, there are environmental causes of reduced collagen. Environmental factors contributing to its destruction include UV rays from the sun, stress, and toxins in food and water. Smoking and eating a diet high in sugar and processed foods also contribute to this.

Antioxidants play a protective role from free radical damage. They also support the formation and incorporation of collagen into various tissues. The most important antioxidant for this is Vitamin C which protects and boosts its production. Coenzyme Q10 and vitamin E are also key players.

Importance of Light, Melatonin and Rhythm to Feeling Rested

Your sleep cycle and how rested you feel when you wake up are partially dependent on how much light you get in the morning and at night, your melatonin production and your circadian rhythm. Let's start with light.

During the daytime hours, sun light and blue light from your digital devices may help boost your attention span and mood. But, they likely have a similar effect at night when your body is trying to slow down and sleep. Unfortunately, the proliferation of digital devices and low energy lights has boosted your exposure to the blue light wavelength at all hours of the day and night.

The second effect blue light has is to shut down your production of melatonin, a hormone important to the quality of sleep you get. This means your exposure to blue light boosts your mood and energy and shuts off melatonin, factors that affect your sleep quantity and quality. This helps manage your circadian rhythms in the morning, but it's something you want to avoid before going to bed.

Continue reading this article on page 3...

<https://articles.mercola.com/sites/articles/archive/2020/03/14/overcoming-sleep-inertia.aspx>

Have you been in an automobile accident? Suffered whiplash or a sprain strain injury?

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

There are 3 very important reasons why you should see a chiropractor after any type of soft tissue, sprain/strain injury.

The most important reason is the quality of healing that occurs in the early phases of healing will have a tremendous impact on whether you have complete recovery or end up with permanent impairment. When the proper protocols are followed immediately after any type of trauma the outcome is always better. At Stucky Chiropractic, our doctors have complete knowledge about these protocols and how to best utilize them for the individual patient to achieve the greatest results possible. The earlier Chiropractic is utilized in conjunction with other common protocols for healing the greater the benefit to the patient.

Second reason spinal joint mechanics will become disrupted as a result of the trauma from a whiplash type injury. There are two main ways that the joint mechanics are affected due to trauma. In more moderate to severe types of injuries we will see levels of joint instability (hypermobility) due to ligamentous stretching and micro tearing. This ligamentous injury will allow for the joints to move beyond their normal limitations potentially causing further injury resulting in greater chance of permanent impairment. Proper treatment utilizing specific chiropractic adjustments, therapy modalities and ligament specific strengthening rehabilitation exercises will have positive effects on the healing process. When left untreated this joint instability will lead to excessive scar tissue, early onset of joint degeneration resulting in increased pain, decreased strength and decreased range of motion.

In milder cases of whiplash, sprain/strain injury you often see a hypo-mobility in joint movement often a result of the inflammatory response and muscle spasm/ guarding. If these types of injuries and joint mobility issues are not treated properly, they will often result in aberrant joint mobility (fixation) also leading to joint degeneration over time.

The third and final reason in which all people suffering from soft tissue injuries of the spine must see a chiropractor right away is the negative impact that occurs to the nervous system. Your nervous system controls and coordinates virtually every single function within your body. Unnecessary and increased levels of nerve stress and tension ultimately will have a negative impact on how the body heals itself. Your spinal joints are loaded with hundreds of thousands of mechanoreceptors, it is these mechanoreceptors that when properly stimulated through chiropractic adjustments will lead to a positive proprioceptive response in your nervous system. This will naturally decrease the nociception (pain) signals coming from the nervous system. Ultimately, a well-functioning nervous system will lead to a better outcome for anyone that has been unfortunate to have suffered a sprain/strain injury.

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 June. 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:

Educational seminars will be available either in person or via Zoom Video Communications, please call the office to set up an appointment.

Dad Joke Corner

How do dolphins clean their fins?

With Tide!



Importance of Light Continued...

These two factors — blue light and melatonin — play roles in your circadian rhythm, a term used to describe the 24-hour cycle of physiological processes, including sleep and wake cycles. For most people, the biggest dip in energy comes between 2 a.m. and 4 a.m. when most people are asleep, and within the first two hours after lunch.

Your circadian rhythm is controlled by the pineal gland, a small area in your brain, that is in turn affected by light. When your eyes see dark, a signal is sent to release melatonin, which helps you fall asleep faster and more soundly.

But with exposure to blue light at night, your melatonin production is slowed and your quality of sleep is reduced. In other words, each factor plays a significant role in the quality and quantity of nighttime sleep.

Another Reason We Recommend Vitamin D3

Researchers have discovered a strong correlation between vitamin D3 deficiency and mortality rates from the novel coronavirus, a new study reveals.

A research team led by Northwestern University analyzed data from hospitals and clinics across China, France, Germany, Italy, Iran, South Korea, Spain, Switzerland, the United Kingdom and the United States.

Patients from countries with high COVID-19 mortality rates, such as Italy, Spain and the United Kingdom, had lower levels of vitamin D compared to patients in countries that were not as severely affected, according to the study.

The researchers also found a strong correlation between vitamin D levels and cytokine storm, which is a hyperinflammatory condition caused by an overactive immune system.

“Cytokine storm can severely damage lungs and lead to acute respiratory distress syndrome and death in patients,” Ali Daneshkhah, a postdoctoral research associate at Northwestern’s McCormick School of Engineering, said in a statement. “This is what seems to kill a majority of COVID-19 patients, not the destruction of the lungs by the virus itself. It is the complications from the misdirected fire from the immune system.”

However, the scientists also cautioned against hoarding vitamin D supplements.

“While I think it is important for people to know that vitamin D deficiency might play a role in mortality, we don’t need to push vitamin D on everybody,” said Northwestern’s Vadim Backman, who led the research, in a statement. “This needs further study, and I hope our work will stimulate interest in this area. The data also may illuminate the mechanism of mortality, which, if proven, could lead to new therapeutic targets.”

Scientists said they need to conduct much more research to understand how vitamin D could be used to protect against COVID-19 complications.

<https://www.foxnews.com/science/vitamin-d-levels-covid-19-mortality-rates>

Employee Spotlight

Lara

Lara is a chiropractic assistant at Stucky Chiropractic Center. She has worked at Stucky for about 10 months now.

In her free time, Lara enjoys listening to music, baking some delicious treats, crafting, and being outdoors.

Lara has quite the impressive geographic background growing up in Pennsylvania, living in Florida for 4 years, and then moving to Eau Claire in 2018.

Lara got married to her husband, Sam, in 2017 and together they ventured from Florida to Wisconsin!



Mikaela

Mikaela is a chiropractic assistant at Stucky Chiropractic Center. She has worked at Stucky for 2 years and started as a patient for a few years before then.

Her hobbies include cross country skiing, hiking with family & friends, baking, and watching hockey & football. She is a lover of cats & dogs, country music, and her favorite, iced coffee!

Mikaela is currently attending University of Wisconsin-Eau Claire and majoring in education with a minor in general science. In the near future, she wants to teach middle school science in the Midwest or Rockies and attend grad school.



Happy Father 's Day

from all of the S tucky dads!



Dr. Hall, Kinsley, & Dr. Alyse



Dr. Kyle & Bryndel



Dr. Kyle, Hadley, & Piper



Austin & Esther



Dr. Becker & Jake



Annika, Dr. Chris, & Sara

Prep: 10 mins | **total:** 10 mins

Yield: 2.5 cups

Ingredients

- 4 oz of frozen organic raspberries (can be fresh too but frozen make the drink cooler)
- Fresh grated ginger (to taste)
- 1-2 large lemons squeezed
- 8 oz of coconut water (omit if doing very low carb and use filtered water)
- 8 oz of filtered water
- Stevia to taste
- Pinch of pink salt

Instructions

Step #1: Gather all the ingredients

Step #2: Put everything in the blender and mix for about a minute and serve immediately. As it sits some of the pulp from the ginger, lemon and raspberries will sink to the bottom.

Step #3: Serve and enjoy!

Raspberry Ginger Lemonade



<https://drjockers.com/raspberry-ginger-lemonade/>