



# 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: Fruits & Greens and Protein Powders



### Protein

Proteins are vital to the building, maintenance and repair of body tissues, serve as a structural component of enzymes, cellular receptors and signaling molecules and perform transport carrier functions within the body.

Whey protein is referred to as the gold standard of protein. This low-lactose option is a complete protein containing the nine essential amino acids. Whey protein can either be formed as a byproduct of cheese making or separated from casein during milk production.

There are four main benefits attributed to high-quality whey protein:

- Supporting good immune system health because of the presence of immunoglobulins
- Assisting in preservation of lean body tissue, particularly during exercise, because it delivers bioavailable amino acids and cysteine
- Maintaining blood pressure levels that are already within the normal range
- Promoting healthy vascular function

Dynamic Paleo Protein is a great-tasting beef protein powder produced by a proprietary filtration process yielding native beef peptides that are rich in essential amino acids and contain absolutely no lactose/dairy and minimal fat. Paleo Protein is easily-digestible and a complete source of protein with no dairy.

### Fruits & Greens

Research reviews have shown that a lack of fruit and vegetable intake is a major risk factor for a myriad of health complications. In fact, a recent analytical study of over 142 research publications found that the largest reductions in health risks were associated with individuals who ate roughly 10 servings of fruits and vegetables per day.

NutriDyn Fruits & Greens contains a formula of superfoods including:

- Goji berry
- Pomegranate
- Kale
- Acai
- Turmeric
- Noni
- Kelp
- Chlorella
- Raspberries
- Mangosteen

NutriDyn Fruits & Greens is an easy-to-mix, great tasting, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It provides a super blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and symbiotic intestinal flora— high in antioxidants, lignans, and phytonutrients.

This blend supports the body's natural energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity.

### Features of NutriDyn Fruits & Greens

- Powerful Antioxidant Benefits
- Supports Immune System Function
- Natural Body Alkalizer
- Supports Detoxification of Body Systems
- Enzymes, Probiotics, & Fiber for Digestion
- Contains Proprietary Blends of Superfoods
- No Preservatives or Sugar Added
- No Stimulants or Caffeine

<https://nutridyn.com/nutridyn-fruits-greens-1502/>

# Magnesium L-Threonate for Depression & Anxiety

Excerpts from Dr. Mercola

Symptoms of magnesium deficiency can include many mental issues such as depression, confusion and agitation. Individuals with depression are known to have

- Lower magnesium levels in the blood and the brain.
- Low cerebral spinal fluid magnesium.

Unfortunately, cerebral spinal fluid magnesium levels are tightly controlled, whereby boosting blood levels of magnesium by 300% only increases cerebrospinal fluid levels by approximately 10 to 19%. However:

- Magnesium L-threonate has improved effectiveness for increasing cerebrospinal fluid magnesium levels.
- Only magnesium L-threonate, as opposed to magnesium chloride or magnesium gluconate, increases cerebrospinal fluid magnesium levels and improves cognition in animal models.

The first report of magnesium for improving mood was published in 1921, showing success in 220 out of 250 cases. Since then, numerous case reports have found rapid improvements in mood with the use of magnesium supplementation without side effects.

Additionally:

- A randomized equivalent trial found that oral magnesium supplementation was just as effective as an antidepressant for improving mood.

Thus, clinical studies in humans suggests that magnesium supplementation is beneficial for improving mood. Approximately 60% of individuals who have a depressed mood are considered treatment-resistant and this may be due to magnesium deficiency. Moreover:

- Low magnesium levels correlate with poor outcomes in individuals with a depressed mood who do not respond to medications.
- Higher magnesium intakes are associated with better mood scores.
- All of this suggests a potential role for magnesium, especially magnesium L-threonate, for mental health.

In summary, depressed mood may simply be a sign of magnesium deficiency in the brain. Boosting brain magnesium levels, particularly with the use of magnesium L-threonate, may have profound benefits on mood.

Importantly, magnesium is needed to make the three primary neurotransmitters in the brain, i.e., serotonin, dopamine and noradrenaline and melatonin which is important for sleep.

<https://articles.mercola.com/sites/articles/archive/2020/06/04/magnesium-l-threonate-for-depression-and-anxiety.aspx>



Show a front desk employee that you checked in to Stucky Chiropractic Center on Facebook and receive 20% off any supplement of your choice that day! Wellness Club members will receive 25% off

\*Only one Facebook check in per person is allowed during the month of July to receive the supplement discount. \*Excludes Ideal Protein products, supplement of the month, and rehab equipment. Offer ends July 31st.

ACTIVATE METABOLICS  
**COMING SOON**  
**BREAKTHROUGH WEIGHT LOSS PROGRAM**

- > Science Based Program
- > Not Exercise Dependent
- > Genetic Testing
- > No Shakes, Bars or Boxed Foods - Whole Food Based

Results may vary. See clinic for details.



- Transform to the New, Healthier You
- Nutritional Ketogenic Diet - Fat Burning, Muscle Sparing

## Dad Joke Corner



What did the buffalo say when he dropped off his son at school?

Bison!



## Low Energy: 6 Common Things That Rob Your Energy

### Low Stomach Acid

Low stomach acid may lead to an array of gut health issues, including acid reflux, belching, bloating, gut bacteria overgrowth, pain, and overall poor digestion. Having low stomach acid levels can lead to poor absorption of iron, vitamin B12, zinc, and dietary protein necessary for healthy energy levels.

### Excessive Caffeine

You may turn to a morning or mid-day cup of coffee to energize you, but chances are, after the initial energy spikes, you will notice a drop in energy. Drinking too much caffeine or consuming it close to bedtime may throw off your natural sleep cycle. Caffeine can also deplete your B-vitamin, potassium, magnesium, and zinc levels, which can be further problematic if your diet is already compromised.

### Sugar and Refined Non-Fermented Flour Based Foods

Processed grains that can be found in white pasta, white bread, and white rice, have little nutritional value. Because they have been ripped from their fiber-containing outer layer, called bran, during processing, they digest quicker than whole grains. This leads to a very quick rise in blood sugar and insulin, followed by a sugar crash and a serious drop in energy.

### Medications

If you feel low energy or fatigue on a regular basis, it is important to look at the list of medications you are taking. Certain medications may cause drowsiness, low energy, or fatigue as a side effect. Medications may also deplete your B-vitamin, zinc, magnesium, CoQ10, and other nutrient levels.

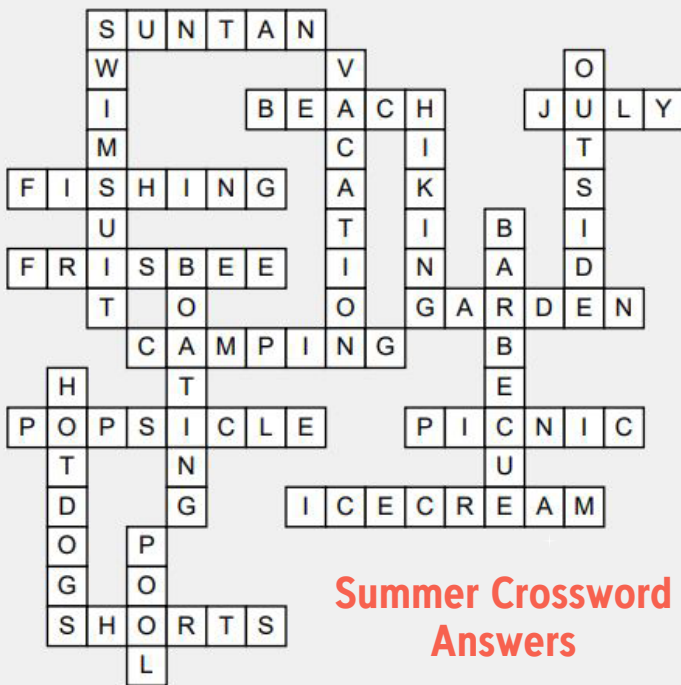
### Excessive Stress

Excessive stress increases your cortisol levels which results in depleted cortisol storage, more anxiety, and low energy. Excessive stress can also deplete your body from vitamin C and 13 other vitamins, zinc, electrolytes, and other essential nutrients.

### Dehydration

Water helps your body to flush out toxins, hydrate your tissues, aid your immune system, and support your energy. If you are dehydrated, your body cannot pump enough blood to your brain and heart. This means that both have to work harder taking away your energy.

<https://drjockers.com/low-energy-8-common-things-that-rob-your-energy/>



## Employee Spotlight

### Keeley

Keeley is a chiropractic assistant/weight loss coach at Stucky Chiropractic and has worked at Stucky for about 6 months.

Keeley is from Amery, WI and attends University of Wisconsin- Eau Claire. She is a senior there and is majoring in kinesiology- exercise science. After graduation, she plans to attend chiropractic school.

In her free time, Keeley likes to hang out with friends and her pup, take care of plants, and explore new coffee shops and cities! She enjoys outdoor activities such as hiking in the mountains and being on the water.



### Anna

Anna is a chiropractic assistant at Stucky Chiropractic and has worked here since February.

Anna is from Duluth, MN and is a senior at University of Wisconsin- Eau Claire. She is majoring in rehabilitation science. A fun fact about Anna is that she has a certificate in American Sign Language! Anna plans on becoming an occupational therapist in the future!

Anna enjoys spending time in the outdoors. Some of her hobbies include sailing, yoga, reading, and running.



# Creamy Strawberry Popsicles

Prep: 15 mins | Inactive: 5 hours | Total: 5 hrs 15 mins

## Ingredients

- 10 strawberries
- 1 can full fat coconut milk
- dash pink salt
- 2 or 3 squirts liquid stevia
- 1/3 frozen banana
- 1 cup raw spinach



## Instructions

Step 1: Put all of the ingredients into a food processor or blender and process on high speed until it is completely blended.

Step 2: Pour this blended mixture evenly into the popsicle molds.

Step 3: Freeze for several hours.

Step 4: Let the popsicles sit out for about 5 mins to begin to defrost. Then run hot water over the mold to easily remove it from its mold. It should slide right off!

Step 5: Enjoy your popsicles!

<https://drjockers.com/creamy-strawberry-popsicles/>

# 3rd Annual Back to School Hygiene Kits

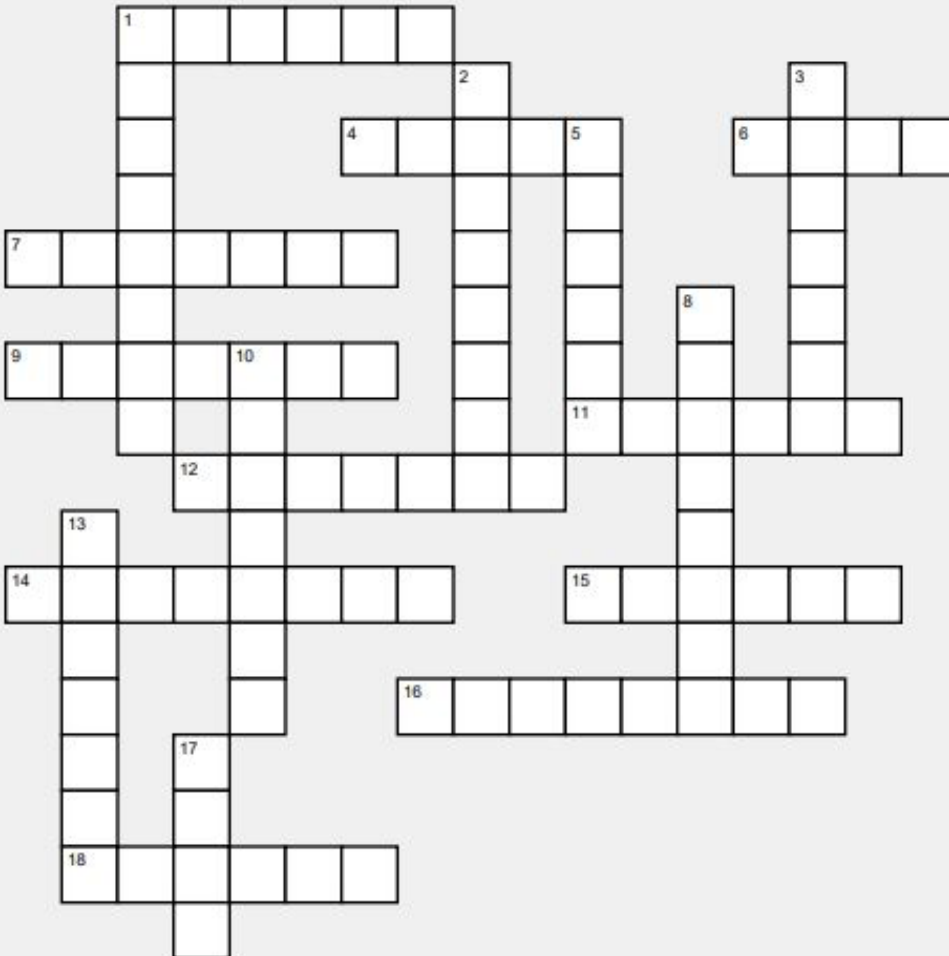
## Helping Kids Around the Chippewa Valley

Help us collect hygiene products for the 3rd Annual Back to School Hygiene Kits by Helping Kids Around the Chippewa Valley! The hygiene drive starts July 1st and we will be collecting items through August 13th. Thank you for your support!

### Popular Items:

- Toothbrush
- Toothpaste
- Chapstick
- Feminine products
- Hair brush
- Soap
- Shaving cream
- Lotion
- Kids shampoo
- Kids bubble bath
- Deodorant
- Bodywash
- Hair detangler
- Shampoo
- Conditioner

**\*Donations accepted until August 13th\***



## Summer Crossword

### Across

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda \_\_\_\_\_

### Down

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler