



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: Magnesium

Excerpts from Dr. Mercola

Magnesium is the fourth most abundant element in your body, and one of the seven essential minerals we can't live without. It's necessary for the healthy functioning of most cells, but especially your heart, kidneys and muscles. Low levels of magnesium impede cellular metabolic function and deteriorate mitochondrial function.

As it is also required for the activation of vitamin D, deficiency may hamper your ability to convert vitamin D from sun exposure and/or oral supplementation. Unfortunately, deficiency is common and research shows even subclinical deficiencies may jeopardize your health.

Statistics show that at least 50 percent of Americans are deficient in magnesium, with some estimations going as high as 75 percent overall, and as many as 84 percent of postmenopausal women being deficient in it. Other scientists believe the deficiency affects the vast majority of individuals based on current dietary habits.

Magnesium Deficiency Affects Migraines, Anxiety and Depression

Although the brain is just 2 percent of your body weight, it uses nearly 20 percent of your oxygen supply in metabolic processes, remaining remarkably constant despite changes in mental and motor activities. Magnesium facilitates processing in the neural networks and is used to keep the blood-brain barrier healthy.

Magnesium has proven to be essential for learning, concentration and memory and enables the brain's plasticity, or its ability to adapt to challenges. Additionally, maintaining optimal levels of magnesium has proven effective in reducing the number of attacks and the number of days per month you may experience a migraine.

Magnesium for Your Bone and Muscle Health

Magnesium contributes to the structural development of bone, and adult bone contains nearly 60 percent of the total magnesium in your body. As it is involved in bone formation, subclinical levels may contribute to the development of osteoporosis.

Magnesium is also fundamental for physical performance. Just as it contributes to heart muscle contraction, skeletal muscles also require magnesium to relax muscle cramping and it is a cornerstone for circulatory health.

Magnesium is also important in energy regulation and plays a role in oxygen delivery and uptake in muscle. The relationship between magnesium and circulation also affects your brain.



<https://articles.mercola.com/sites/articles/archive/2019/04/01/health-benefits-of-magnesium.aspx>

Sugars Effects on the Immune System and It's Importance Now

Written By Dr. Jared Bechel on behalf of Stucky Chiropractic Center



While driving into work this morning, listening to a podcast, the topic of the conversation was sugars and the role they play throughout our bodies. What really struck my curiosity was when they started talking about diet sodas and why it makes sense that they are bought and consumed in the same amounts as regular sodas, such as Coke and Mountain Dew. My instant thought was to go towards the caffeine being the equalizer between the two but this wasn't the case. What made the diet sodas just as addicting was the additives that they put in the diet drinks. Basically, these additives trick the body into feeling like it's drinking a sugary drink when it isn't.

I think it is safe to say that we have all had sugar in our lifetimes whether we were trying to avoid it or not. Sugars actually produce an effect in your brain that resembles chemical addiction. The chemical addiction produced by sugars has an effect on the brain that can actually be stronger than the addictive properties of some drugs, such as heroin and cocaine.

Continue reading this article on page 4 . . .

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

August Word Search Answers

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BREAKTHROUGH WEIGHT LOSS PROGRAM



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



Ask Your Doctor

- > Science Based Program
- > Genetic Testing
- > No Shakes, Bars or Boxed Foods - Whole Food Based

Results may vary. See clinic for details.

Dad Joke Corner

What is Forrest Gump's password?

1Forrest1!



What are Nighttime Leg Cramps

Nighttime leg cramps are also called nocturnal leg cramps and may be referred to as charley horses or muscle spasms. They are characterized by involuntary contractions or spasms in your leg muscles that are painful and often severe. They tend to occur at night when you are in bed. Most commonly, they are located in your calf muscles, however, you may also experience nighttime leg cramps in your thighs or feet.

You should not confuse nighttime leg cramps with restless leg syndrome. They are not the same thing. Restless leg syndrome is more of a discomfort with a crawling sensation, but it is rarely painful or severe. The discomfort of restless leg syndrome is relieved when the movement stops and stretching usually helps the issue, while nighttime leg cramps are more severe and more difficult to relieve.

Main Causes of Nighttime Leg Cramps

Nighttime leg cramps are more common than you may think. They affect up to 60 percent of adults and 7 percent of children and teens. The risk of nighttime leg cramps tends to increase with age and affects more women than men. They also affect 40 percent of pregnant women. While leg cramps are common, only about 20 percent of people with nighttime leg cramps seek medical attention.

Muscle Injury

Over-exertion of your muscles, sitting improperly, sitting for long periods of time without getting up, or standing or working on concrete floors may lead to a chronic muscle injury or inflammation that may come with nighttime leg cramps.

Dehydration

When you are dehydrated, your body has to prioritize keeping enough fluids for your brain and other vital organs instead of your muscles. This means that fluid is being drawn away from your muscles.

Electrolyte Imbalance and Leg Cramps

An electrolyte imbalance or mineral depletion is one of the common causes of nighttime leg cramps and muscle cramps in general. Specifically, too little potassium, calcium, or magnesium in your daily diet may interrupt the proper electrical signals being sent to your muscles and result in nighttime leg cramps.

Edema & Swelling

Edema is the medical term used for swelling. When your small blood vessels leak fluids into tissues in the area, it may result in edema. Your leg may swell as a result of an injury, inflammation, pregnancy, medications, or infections. You may also experience lymphedema, or lymphatic obstruction as a result of lymphatic congestion.

Chemical & Heavy Metal Toxicity

Chemical and heavy metal toxicity, especially higher levels of urinary pesticides, heavy metals, phthalates, and polyaromatic hydrocarbons, have been associated with nighttime leg cramps while sleeping.

<https://drjockers.com/leg-cramps/>

Employee Spotlight

Monica



Monica is a chiropractic assistant at Stucky Chiropractic. She has worked at Stucky for 10 months.

Monica's hometown is Shakopee, MN. She married her husband, Aryn, and together they rescued four dogs and a cat. Monica is currently working towards her Masters in literature at UWEC.

In her free time, Monica enjoys reading, playing outside with her dogs, and swimming in her pool. Monica loves to travel and has been to 12 different countries! Her favorite place has been Prague, Czech Republic.

Rachel



Rachel is the marketing director at Stucky Chiropractic. She has worked at Stucky for about 1 1/2 years and originally started as a patient.

Her hobbies include reading, cooking, spending time with friends and dogs, traveling, and boxing. Rachel also enjoys outdoor activities such as hiking, boating, and tennis.

Rachel is a local of Eau Claire, WI and is a senior at University of Wisconsin- Eau Claire. She is double majoring in marketing- sales and business management, while also obtaining a certificate in digital marketing.

Sugars Effects on the Immune System and It's Importance Now Continued . . .

When you consume excessive amounts of sugar this depletes the body's overall nutrient balance. When this happens, this leads to a cascade of events that turns into large amounts of inflammation occurring throughout the body.

This cascade of inflammation can have devastating effects not just on the immune system but the rest of the body as well. Sugars limit the activity of phagocytes, which are cells in your body that are responsible for protecting and destroying foreign particles in the body. These cells are very important in keeping your immune system functioning at its highest capacity. This is a prime example of how sugars can play a role in suppressing the immune system. This post sugar consumption cascade can last up to 7 hours. At this time, with the current virus concerns do you think suppressing the immune system for periods of up to 7 hours is a concern? I do!

What do most people consider as one of the most important vitamins to boost their immune systems? If you said Vitamin C you would be correct. However, where do most people get their daily dose of Vitamin C? Most people get their dose of Vitamin C from their morning glass of orange juice. The sugars in OJ actually bind to and block those receptors responsible for taking in Vitamin C. So, the beneficial effects of orange juice as a natural way for the body to take in Vitamin C are negated by the high sugar content. That's mind blowing right?! I highly encourage everyone to take a quality Vitamin C supplement from a 3rd party tested source.

In conclusion, sugars are a highly addicting substance that can have devastating effects throughout the body when consumed regularly. Besides the fact that they produce large amounts of inflammation, they also suppress the immune system for periods of up to 7 hours. This can leave us highly vulnerable, which is why it is so crucial that we take high quality supplements. Let your health guide you!

Check out <https://www.stuckychiropractic.com/blog/> for more educational articles!

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August Word Search

WORDS:

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|-----------|-----------|
| Sprinkler | Sunscreen |
| Traveling | Heat |
| Camping | Bonfire |
| Beach | School |
| Ice cream | Relax |
| Popsicles | Cabin |
| Picnic | Fishing |
| Swimming | Bugs |
| Humid | Pool |
| Friends | Hiking |