

STUCKY
CHIROPRACTIC

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: Omegas

Omega 3 fatty acids are some of the most important nutrients you can put in your body. Not only are they anti-inflammatory, but they actually make up some of the most important structures of your body like your brain and nervous system. Not getting enough in your diet increases your risk of many chronic illnesses so it is important that you understand the benefits of omega 3 fats.

Every single cell in your body and especially the tissues of your brain require omega 3 fatty acids in order to function properly. The two most important that are often deficient in people today are EPA and DHA which can be derived from fish and certain types of algae.

While most people are seriously lacking in omega-3, they are overdoing another type of fat, omega-6. Omega-6 is found primarily in vegetable oils (which if you eat processed foods you're eating a lot of) and although it is also essential for human health, when eaten in the unprecedented large quantities it is today, it causes health problems.

The ideal ratio of omega-6 to omega-3 fats is 1:1. Today, though, our ratio of omega-6 to omega-3 averages from 20:1 to 50:1!

As one of the studies in the American Journal of Clinical Nutrition pointed out, high ratios of omega-6 to omega-3 may increase your risk of dementia, and this is only the tip of the iceberg. University of Michigan researchers also agreed that including more omega-3 than omega-6 in your diet may help protect your tissues and organs from inflammation, one of the underlying causes of countless chronic diseases and aging.

To get your omega-6 to omega-3 ratio closer to the ideal 1:1, simply cut back on all vegetable oils (this includes those in processed foods) and get a regular supply of high-quality omega-3 fat, like that from krill oil, daily.

The top 9 health benefits of Omega 3 fatty acids are:

1. Cellular health
2. Fights depression and anxiety
3. Improves sleep
4. Improves eye health
5. Strengthens immunity
6. Promotes brain health during pregnancy
7. Improves joint and bone health
8. Supports heart health
9. Fights inflammation

<https://drjockers.com/omega-3/>



What is Chiropractic and How Can It Help Me?

Written by Dr. Jared on behalf of Stucky Chiropractic Center

I think it's safe to say that almost every chiropractor has heard the phrase "you crack bones, right?" This should be the proverbial light bulb moment for all chiropractors to really explain what it is that they do because this one defining moment could be the difference between someone seeking help or not. So, what do we do and how does it make its effect on the body?

Chiropractors are often described as "spine doctors" but the effects that skilled and precise chiropractic adjustments can make stem far beyond the spinal column. Chiropractic is the use of the hands to perform specific, timely, joint adjustments with the purpose of removing nervous system interference. This will help the body function at its maximum capacity.

Most of the time the public will wait to seek out a chiropractor until they have pain. However, chiropractic stems far beyond the treatment of pain. As a matter of fact, only 10% of a nerve feels pain, which makes pain a difficult thing. Pain is often times the last thing to show up but it is also the first thing to go away with treatment. So, by the time that pain has showed up you have already damaged the other 90% of the nerve. Would you rather focus on the 10% of the nerve that feels pain or the 90% that controls the rest of the body's functions? If it's me making the decision I want the problem fixed, so I'm picking the 90%.

Your nervous system is the master control system for your body, turning on the day you're conceived. Your brain, spinal cord and all peripheral nerves make up this system. Your brain sends messages out to the rest of the body at a rapid pace to allow you to think, snap your fingers, and even breathe. As you go throughout life there are three different things that can cause disruptions to your nervous system. These are thoughts (everyday stressors), traumas (falls, accidents) and toxins (food additives, alcohol). Over time these stressors can start to cause bones throughout the body to start to shift. When this happens, they can start to put tension on the nerves that supply our muscles, organs, ligaments and glands. When this stress becomes chronic enough it can start to shut down function to the specific areas those nerves supply. You think that makes an impact on the way your body operates? I sure do! This is where chiropractors come in. It is our job to focus on what is causing your problem so that we can find it and help the innate ability of your body to fix it. As always, let your health guide you!

"The doctor of the future will give no medicine but will interest the patient in the care of the human frame, in diet, and in the cause and prevention of disease."

-Thomas Edison



BREAKTHROUGH WEIGHT LOSS PROGRAM

- Transform to the New, Healthier You
- Genetic Testing for Accurate & Individual Plans
- Fat Burning, Muscle Sparing



Ask Your Doctor

- > Science Based Program
- > Doctor Supervised
- > No Shakes, Bars or Boxed Foods
- > Whole, Real Food

Results may vary. See clinic for details.



Dad Joke Corner

What kind of fruit do ghosts love?

Boo-berries!



CDC Changes Its Numbers — Only 6% of Pandemic Deaths Were COVID-19 Alone

Excerpts from Dr. Mercola

With little fanfare the CDC posted a clarification of its pandemic-related deaths, explaining that only **6%** of the deaths were due to COVID-19 alone. Using a graphic showing comorbidities and other conditions that led to them being listed as COVID-19, the CDC offers a variety of reasons why the numbers were not accurately reflected previously.

But even with the excuses, when all is said and done, it looks like only 9,684 deaths were due to COVID. However, before running with that number, there is more to the story to understand.

In a Twitter post, former New York Times reporter Alex Berenson explains that some of the comorbidities, such as pneumonia, could partly be due to COVID. So, he suggests that the numbers can be better understood by taking out any deaths that are clearly unrelated to the patient having a COVID infection, and listing them as dying **WITH** coronavirus as opposed to **FROM** it.

Deaths to take out would be those with Alzheimer's, sepsis, dementia, cancer and unrelated injury, he says. Then take off accidental deaths and poisonings. Bottom line, defining death **WITH** the virus and death **FROM** it is important to knowing the true COVID-19 deaths — which add up to more than the 9,684 you're seeing on social media, but still are much, much lower than the 164,280 being reported in mainstream media.

Herd Immunity "Ahead of Schedule"

Excerpts from Dr. Mercola

Scientists: COVID Herd Immunity Threshold Lower Than Thought

According to The New York Times, more than a dozen scientists said in interviews that the HIT for COVID-19 is likely 50% or lower. "If that's true, then it may be possible to turn back the coronavirus more quickly than once thought," the Times reported, and perhaps without the need for a vaccine.

Herd immunity is calculated using reproductive number, or R-naught (R_0), which is the estimated number of new infections that may occur from one infected person. R_0 of below 1 (with R_1 meaning that one person who's infected is expected to infect one other person) indicates that cases are declining while R_0 above 1 suggests cases are on the rise.

It's far from an exact science, however, as a person's susceptibility to infection varies depending on many factors, including their health, age and contacts within a community. The initial R_0 calculations for COVID-19's HIT were based on assumptions that everyone has the same susceptibility and would be mixing randomly with others in the community.

"That doesn't happen in real life," Dr. Saad Omer, director of the Yale Institute for Global Health, told The Times. "Herd immunity could vary from group to group, and subpopulation to subpopulation," or even zip code.

When real-world scenarios are factored into the equation, the HIT drops significantly, with some experts saying it could be as low as 10% to 20%. In fact, as the Times suggested, it's possible that herd immunity for the pandemic is "ahead of schedule."

Continue reading this article on page 4 . . .

Employee Spotlight

Christine

Christine is a chiropractic assistant at Stucky Chiropractic Center and has worked here for 6 years.

Christine is from Eau Claire, WI. In her free time, she enjoys being active, swimming, reading, golfing, and spending time with family and friends.



Christine taught physical education and health in Bayfield, WI before joining the Stucky team. For a couple years, she also taught on Madeline Island and got to experience wind sledding and driving across the frozen Chequamegon Bay Lake Superior. She also swam the bay 4-5 times competing in the Point to LaPointe 2.1-mile open swim from Bayfield to Madeline Island!

Kinsey

Kinsey is a chiropractic assistant at Stucky Chiropractic Center. She is new to our Stucky team and has worked here for about 2 months!

Kinsey is from Greenwood, WI and attends Chippewa Valley Technical College. She is working towards getting a degree as an ultrasound technician.

Her hobbies include going on road trips to new places with friends, hiking, and baking!



Herd Immunity Threshold for COVID-19 Could Be Under 10%

Researchers from Oxford, Virginia Tech and the Liverpool School of Tropical Medicine are among those that found when individual variations in susceptibility and exposure are taken into account, the HIT declines to less than 10%.

Independent news source Off-Guardian also cited data from Stockholm County, Sweden, that showed a HIT of 17%, as well as an essay by Brown University professor Dr. Andrew Bostom, who explained:

"... [A] respected team of infectious disease epidemiologists from the U.K. and U.S. have concluded: 'Naturally acquired immunity to SARS-CoV-2 may place populations over the herd immunity threshold once as few as 10-20% of its individuals are immune.'"

The findings have implications for vaccination as well. Tom Britton, a mathematician at Stockholm University, told the Times that because viral infections naturally target the most susceptible during the first wave, "immunity following a wave of infection is distributed more efficiently than with a vaccination campaign that seeks to protect everyone."

It's also suggested by Dr. Michael Mina, an immunologist at Harvard University, that, if herd immunity is obtained during "super spreader" events, vaccinating groups that are most likely to be exposed during such events may be sufficient to induce herd immunity, without the need for universal vaccination.

When Will the Pandemic Be Over?

With herd immunity potentially progressing ahead of schedule, and some areas possibly already immune, when will the pandemic end? The World Health Organization has predicted within two years, but the dropping fatality rate is no longer a cause for hysteria. Data show that the COVID-19 fatality rate for those under the age of 45 is "almost zero," and between the ages of 45 and 70, it's somewhere between 0.05% and 0.3%.²³ Data from the CDC also shows a stark drop in COVID-19 deaths based on provisional death counts, which are based on death certificate data received and coded by the National Center for Health Statistics.

The fact remains, however, that COVID-19 may never fully disappear. "Covid-19 is not going to be defeated; we will have to learn how to coexist with it," Berdine said. "The only way we can learn how best to cope with covid-19 is to let individuals manage their own risk, observe the outcomes, and learn from mistakes." Toward that end, take action now to bolster your immune system against infectious diseases of all kinds.

https://articles.mercola.com/sites/articles/archive/2020/09/08/herd-immunity-threshold-for-covid-19.aspx?cid_medium=etaf&cid=share

October Word Scramble

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Are you on Facebook? Have you liked the Stucky Chiropractic Center page? We have lots of posts you can share with friends and family... health tips, videos, fun events, contests with prizes, recipes, links to our favorite resources, supplement specials, and much more!



October Word Scramble Answers
 1. Spooky
 2. Orange
 3. Skeleton
 4. Haunted House
 5. Phantom
 6. Pumpkins
 7. Squirrel
 8. Leaves
 9. Harvest
 10. October
 11. Scarecrow
 12. Sweater