SERVING THE CHIPPEWA VALLEY SINCE 1959 | NOVEMBER 2020



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.

Product of the Month: Pillows



Sleep is fundamental in all our lives. Sleeping is not a luxury, but a physiological necessity. Our physical and emotional equilibrium depends greatly on this function. A good night's sleep has therapeutic benefits: stress and blood pressure are reduced, cellular damage is repaired, risk factors for disease, obesity and depression may be reduced. Mood, memory and concentration are improved and some believe you can even increase your lifespan.

Deep and REM (rapid eye movement) sleep are the two most vital stages of sleep. Creating the right environment for sleeping will maximize the benefits received from deep and Rem sleep. The correct pillow is an essential factor of your sleeping environment. Your pillow needs to provide support and comfort in the correct size when either back or side sleeping. The Therapeutica pillow has been designed to provide the utmost comfort and support, helping you to achieve the maximum benefit from a good night's sleep. For those that like a softer fiber filled pillow, try the Opti-Rest pillow.

A Half-Million Sharks to Be Killed for COVID-19 Vaccine

Excerpts from Dr. Mercola

According to conservationists and wildlife experts, the plan to vaccinate the global population against COVID-19 will have a devastating environmental impact, as one of the vaccine ingredients, squalene, is made from shark liver oil.

To satisfy a global supply of squalene-containing vaccines, an estimated half-million sharks would have to be slaughtered. At present, five COVID-19 vaccine candidates are using squalene as an adjuvant to boost the immune response to the vaccine and elicit higher antibody titers.

Added to the more than 3 million sharks already killed for their livers each year, the added demand could push certain shark species, such as gulper and basking sharks that are particularly rich in squalene, to the brink of extinction. According to the New Zealand Herald:

"British pharmaceutical company GlaxoSmithKline uses shark squalene in its adjuvant, which is used in flu vaccines. In May, GSK said it would manufacture a billion doses of the adjuvant for potential use in COVID-19 vaccines.

For the rest of the article visit Dr. Mercola at https://articles.mercola.com/ sites/articles/archive/2020/10/07/how-many-sharks-die-for-squalene.aspx

Stucky Food Drive!

Join us in helping feed the hungry! Starting November 1st, we will be taking donations of non-perishable



food items and monetary donations. Stucky will then donate all items to local food pantries.

- Experts Weigh in on Vitamin D for COVID-19

Vitamin D Sufficiency Cuts Fatalities in Half

Another study published online September 25, 2020, in PLOS ONE, found COVID-19 patients with a vitamin D level of at least 30 ng/mL had a significantly lower risk of adverse clinical outcomes, including a 51.5% lower risk of dying. Hospital data of 235 COVID-19-positive patients were analyzed for this study. Of those, 74% had severe symptoms and 32.8% were vitamin D deficient.

Higher Vitamin D Lowers Risk of Positive SARS-CoV-2 Test

In a September 17, 2020, paper, Dr. Michael Holick, a professor of medicine, physiology and biophysics and molecular medicine at Boston University School of Medicine, and his team also reported findings showing that people with lower vitamin D levels in their blood had a significantly higher risk of testing positive for SARS-CoV-2.

Analysis of vitamin D results from the preceding 12 months and SARS-CoV-2 test data from mid-March through mid-June 2020 from 191,779 patients revealed the higher the vitamin D level the lower the risk of testing positive for SARS-CoV-2. People with a vitamin D level of at least 55 ng/mL (138 nmol/L) had a 47% lower SARS-CoV-2 positivity rate compared to those with a level below 20 ng/mL (50 nmol/L).

Experts Weigh in on Vitamin D

Holick, along with Rufus Greenbaum, a citizen scientist in the U.K., physicist Gareth Davies, Ph.D., and Drs. William Grant and David Grimes present important new information about vitamin D as it relates to COVID-19. Holick reviews:

- The importance of vitamin D for healthy immune function and how it affects cytokine production and cytokine storms
- Minimum and ideal vitamin D levels
- Suggested minimum dosages and evidence showing vitamin D is nontoxic even at doses of 20,000 IUs a day
- How to calculate your vitamin D production from sun exposure using the D-Minder app,18 which he helped develop Grant provides an overview of more than 15 vitamin D trials published around the world, showing:
 - Vitamin D lowers your risk of testing positive for SARS-CoV-2 and/or being diagnosed with COVID-19
 - Reduces your risk of severe infection
 - Improves clinical outcomes in hospitalized COVID-19 patients and reduces need for intensive care and/or mechanical ventilation
 - Increases survival in COVID-19 patients with acute respiratory failure
 - Lowers COVID-19 related fatality rates, and more

Davies explains how his team used artificial intelligence and causal interference to demonstrate the influence of vitamin D deficiency on COVID-19 outbreaks and illness severity around the world. According to Davies, the data unequivocally proves vitamin D deficiency worsens COVID-19 outcomes, and the biological mechanisms behind these effects — including vitamin D's effect on your innate immune system, adaptive immune system, ACE2 receptors and renin-angiotensin system — are well-documented

Grimes reviews and explains how various studies showing a correlation between vitamin D levels and COVID-19 risks end up fulfilling Bradford Hill's criteria for causation. As explained by Grimes, "proof" is "the fulfilment of predetermined criteria." Proof is never absolute. Bradford Hill criteria are used in medical science when trying to establish an argument for causation. These criteria, which are explained in further detail by Grimes, include the following.

Activate Metabolics Testimonial

"By July 15th I was down 35 pounds to 164, and shortly before this, Dr. Pam advised me she was introducing a new program called Activate Metabolics.

. . .

Activate Metabolics is really tailored to my body and through the DNA testing, I found out exactly what I needed to eat for my body and how I should be exercising. Who would have thought I needed to eat 65% of my daily caloric intake in healthy fats! My results also confirmed I needed the cardio workouts and not as much strength training...go figure! I've never been one for cardio...but my body wants it. It's really been an eye-opening experience for me.

In addition to the IP and Activate Metabolics programs, I started working out when I was about 170 lbs. What a difference this has made for me too! From someone who didn't really care to work out, I now hate missing a day! It also helps I found a great place to work out at. I started at F45 East Eau Claire. They offer amazing workouts and their owners and staff are amazing!

My journey has really just begun, and I'm committed to making this a lifestyle permanent change for myself. I've lost 50 pounds to date and went from a size 14 to size 8...all in 5 fast months.

I definitely could not have done this without the great support system I have! My family encouraged and supported me through this journey, I'm so thankful for my amazing husband and kids. They have truly been there for me and helped me get where I am today.

A special thanks to Dr. Pam! She's helped me so much along this journey and I'm grateful for the services she provides. Also, a special thanks to the Crew at F45 East Eau Claire...your encouragement and support I truly appreciate. I hope my story is an encouragement to others, being healthy is definitely a lifestyle change, and it's well worth the adjustment. Invest in yourself!"

"With the new day comes new strength and new thoughts." - Eleanor Roosevelt

Study Shows Surgical Masks Not Protective Against



Bacterial, Viral Infections Excerpts from Dr. Mercola



A 3M technical bulletin released in early June reports that surgical masks are not the way to go if you want the best protection from bioaerosols including SARS-CoV-2.

No matter which contaminant you're fighting — coronavirus or tuberculosis, Hantavirus or anthrax — a certified particulate N95 respirator offers the best protection for the wearer. In fact, research done in 2014 comparing surgical masks to N95 respirators showed that respirators offered almost twice the protection of surgical masks for both viral and bacterial infections.

One difference between respirators and surgical masks is that a respirator helps protect the wearer from inhaling aerosol biohazards; surgical masks, on the other hand, help prevent the wearer from expelling large droplet contaminants into the air. That said, surgical masks don't fit tightly to the face like a respirator does, so they don't reduce contaminants efficiently.

"Surgical masks have not been assigned protection factors by OSHA and should not be relied upon to help reduce exposure to inhalable airborne particles," the technical bulletin says.

Plus, your respirator doesn't work properly unless it's fitted and used correctly. Proper maintenance of the respirator is necessary, as microorganisms can survive on the filter. Also remember that not all respirators can be reused, and that no respirator can prevent inhalation of all particles.

https://blogs.mercola.com/sites/vitalvotes/archive/2020/10/05/study-shows-surgical-masks-not-protective-against-bacterial-viral-infections.aspx



Sam

Sam is a chiropractic technician and weight loss coach at Stucky Chiropractic. She has worked here for over a year.

Sam is a local of the area and attended Altoona High School. She played volleyball, tennis, basketball, and softball. She attended UWEC where she played a few years of college softball. Sam later transferred to UW-Stout where she majored in health, wellness and fitness with a business minor.

Sam is married to her best friend who also has the same name as her! They

have a 4-month-old baby girl, Maisie. For fun, her family hobbies include hiking, movie nights, fishing, and traveling.



Employee Spotlight



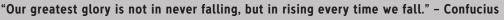
Hans

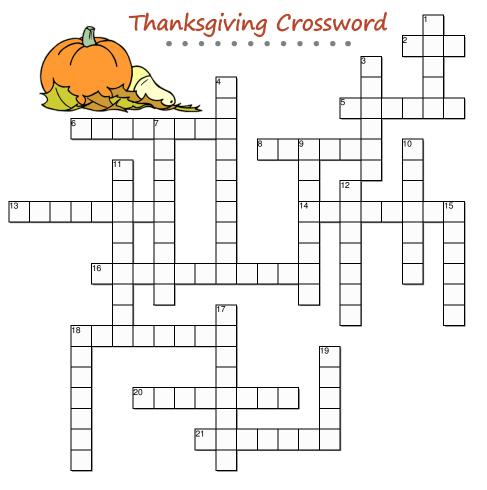
Hans is a chiropractic technician at Stucky Chiropractic and has worked here for 10 months.

In his free time, Hans enjoys writing poetry, visiting different brew pubs, and spending time out in nature. His hometown is Door County, WI.

Hans has been married to his wife, Kayla, for 3 years. They have been together for 10 years!

A fun fact about Hans is that he was born in Fajardo, Puerto Rico. He also enjoys listening to rain and thunderstorms.





Across

- 2. Turkey alternative
- 5. Thanksgiving bird
- 6. Month
- 8. Internal organs of a fowl
- 13. Sport commonly watched
- 14. Seasoned bread or fillings inside poultry
- 16. Special activities that commemorate something
- 18. One of the oldest towns in SE Massachusetts
- 20. Sause for salads etc.
- 21. Season when crops are collected

Down

- 1. Synonym for corn; pale yellow
- 3. Plenty
- 4. Horn stuffed with foods, berries, etc.
- 7. Name of ship that sailed to the New World (1620)
- 9. Valued praise, favor or benefit
- 10. Term also meaning Native American
- 11. Small, sour and dark red berry
- 12. Orange vegetable used in pie
- 15. Distinct cry of the male turkey
- 17. Day of the week
- 18. One of the band of Puritans who journeyed
- to America
- 19. Unusually abundant meal

Live Longer by Eating These 11 Superfoods =

Excerpts from Dr. Mercola

Do you consume foods containing superpowers to improve your health? If not, you should be. Eleven of the top superfoods include avocado, pomegranate, berries, broccoli, seafood, garlic and onions, mushrooms, nuts and seeds, and dark, leafy greens.

Avocados offer heart-healthy poly- and monounsaturated fat and half an avocado provides a healthy dose of magnesium, which helps regulate blood pressure and blood sugar. Exotic fruits such as pomegranate, acai berries, dragon fruit and mango also do your heart good while enhancing your brain health and fending off Alzheimer's disease.

High-fiber, cruciferous vegetables such as broccoli, brussels sprouts, bok choy, cauliflower, cabbage and maca help lower your risk of cancer and help prevent heart attacks and strokes. Seafood is full of protein and is rich in healthy fats — omega-3 fatty acids — and can also reduce your risk of heart attack and stroke, alleviate depression and aid in infant development. Consuming at least two servings of fattier fish like salmon, sardines, mackerel and herring is especially healthy.

Garlic and onions contribute to healthier blood pressure levels while nuts and seeds are a great source of "good" fat, fiber and protein. Mushrooms are still used in traditional Chinese medicine to cleanse the body and promote longevity. The antibacterial, antioxidant and anti-inflammatory properties of mushrooms are well known, while mycotherapy — the use of mushrooms as medicine — is used as a complementary treatment for breast cancer.

Dark, leafy greens such as kale, arugula, collard greens, spinach, lettuce, and Swiss chard are loaded with dietary fiber that helps decrease the risk of colorectal cancer.

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https://blogs.mercola.com/sites/vitalvotes/archive/2020/10/10/live-longer-by-eating-these-11-superfoods.aspx?cid_medium=etaf&cid=share

- 19. Feast 18. Pilgrim
- 17. Thursday
- 15. Gobble
- 12. Pumpkin]]. Cranberry
- 10. Indians
- 9. Blessing
- 7. Mayflower
- 4. Cornucopia
 - 3. Bounty J. Maize

nwod

- 21. Harvest 20. Dressing 18. Plymouth 16. Celebration 34. Stuffing 13. Football
 - 8. Giblet 6. November
 - 5. Turkey
 - m.h.s
 - ACross

Answers Crossword ฐการยุรมกุล