



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: Vitamin D3 and K2

More Than 80% of COVID Patients Are Vitamin D Deficient

Findings From Largest Study to Date

The largest observational study to date was published in the journal PLOS ONE, September 17, 2020. It looked at data for 191,779 American patients with a mean age of 50 who were tested for SARS-CoV-2 between March and June 2020 and had had their vitamin D tested sometime in the preceding 12 months. It found:

- 12.5% of patients who had a vitamin D level below 20 ng/ml (deficiency) tested positive for SARS-CoV-2
- 8.1% of those who had a vitamin D level between 30 and 34 ng/ml (adequacy) tested positive for SARS-CoV-2
- Only 5.9% of those who had an optimal vitamin D level of 55 ng/ml or higher tested positive for SARS-CoV-2

This inverse relationship between vitamin D and SARS-CoV-2 infection rates may be due to the fact that vitamin D reduces survival and replication of the virus by activating immune cells to produce the antimicrobial and antiviral peptides cathelicidin and defensins, and increasing concentrations of free ACE2, which prevents the virus from entering cells via the ACE2 receptor.

Higher Vitamin D Lowers All Risks Associated With COVID-19

The argument for vitamin D optimization is strengthened by the fact that higher levels not only reduce your risk of testing positive for the virus but also cut the risk of severe illness, the need for hospitalization and mechanical ventilation, the length of hospitalization, and death. Examples of this include the following studies, which show vitamin D:

- **Lowers infection rates** — In the PLOS ONE study above, 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). Even after adjustment for gender, age, ethnicity and latitude, the risk of having a positive test result was 43% lower among those with a vitamin D level of 55 ng/mL compared to those with a level of 20 ng/mL.
- **Lowers hospitalization rates** — Having a vitamin D level below 30 ng/mL about doubled the risk of being hospitalized with COVID-19.
- **Lowers need for intensive care** — Hospitalized COVID-19 patients given supplemental calcifediol (a vitamin D3 analog) in addition to standard of care, had significantly lower intensive care unit admissions. Of those receiving calcifediol, only 2% required ICU admission, compared to 50% of those who did not get calcifediol.
- **Reduces severity of COVID-19** — An August 2020 study published in the journal Nutrients found patients who had a vitamin D level below 12 ng/mL (30 nmol/L) had a 6.12 times higher risk of severe disease requiring invasive mechanical ventilation.



Winter Protection for the Whole Family

- Avoid the flu
- Maintain immune function
- Help prevent winter blues
- Fight infection
- Supports healthy blood circulation
- Promotes bone health

<https://articles.mercola.com/sites/articles/archive/2020/11/09/covid-19-patients-vitamin-d-deficiency.aspx>

Calm Your Mind and Lower Your Blood Pressure With This

Excerpts from Dr. Mercola

The Power of Your Relaxation Response

One of the ways that meditation works to calm the body and mind is by triggering the relaxation response, which is the opposite of the fight-or-flight response that occurs due to stress.

By focusing on a word, phrase or repetitive prayer and disregarding everyday thoughts, the relaxation response is said to be activated, a process that's

similar to what occurs during mindfulness meditation, transcendental meditation and other meditative practices.

Once the relaxation response is elicited, biochemical changes are known to occur, including decreased oxygen consumption, blood pressure, heart and respiratory rate, and alterations in cortical and subcortical brain regions.

In 2013, researchers revealed that relaxation response practice enhanced the expression of genes associated with energy metabolism, mitochondrial function and insulin secretion while reducing the expression of genes linked to inflammation and stress-related pathways, signaling its profound power within the body.

They also revealed, for the first time, that engaging in practices that evoke your body's relaxation response, particularly when they're done over the long term, "may evoke its downstream health benefits by improving mitochondrial energy production and utilization and thus promoting mitochondrial resiliency ..."

Research Mounts That Meditation Works for High Blood Pressure

The calming effect of meditation has been shown in numerous studies to benefit blood pressure. In a 2019 study published in the Journal of Human Hypertension, mindfulness meditation was evaluated for its effects on not only blood pressure but also anxiety, stress and depression.

For an eight-week period, participants engaged in mindfulness training for two hours a week, or participated in a control group involving health education talks. The meditation group had lower blood pressure monitoring values after the intervention, and were also less judgmental, more accepting and less depressed than the control group.

Practicing "mindfulness" means you're actively paying attention to the moment you're in right now. Rather than letting your mind wander, when you're mindful, you're living in the moment and letting distracting thoughts pass through your mind without getting caught up in their emotional implications.

Another group of researchers conducted a meta-analysis involving 13 studies on meditation and yoga for blood pressure health. Blood pressure decreased in response to both meditation and yoga, and meditation appeared to be particularly useful in decreasing the blood pressure of subjects older than 60 years.

https://articles.mercola.com/sites/articles/archive/2020/10/22/meditation-may-lower-blood-pressure.aspx?cid_medium=etaf&cid=share

Is Your New Year's Resolution Going to Be Weight Loss?

Beat the New Year rush and save \$100 on your choice of weight loss program, our original program Ideal Protein (product-based) or our new program Activate Metabolics (whole food and genetic based), at Stucky Chiropractic Center.

For the first couple weeks of January, our weight loss appointments are always very busy. Every year people have to wait to get in and get started. For many, January is half over before they can get started with their weight loss plan!

Ideal Protein, is a science-backed, 3-Phase, structured protocol that resets your body to burn its fat as its primary energy source. Activate Metabolics, is whole food-based, featuring computerized body composition analysis and genetic testing to determine the proper weight loss and weight maintenance plan for you.



Don't delay your start. Don't limit your success. Start today!

Enjoy \$100 off your choice of weight loss program!

To qualify for the discount, schedule your weight loss Pre-Consultation now through the end of January. Then start the program in the month of January to receive \$100 off.

A HUGE Thank You!

A HUGE THANK YOU to everyone who donated



to our Big Brothers Big Sisters of Northwestern Wisconsin Christmas Tree! We could not have done this without your help and support! This holiday season we were able to provide every adopted child with the gifts they needed and wanted.

Best Evidence yet That Coronavirus Immunity Lasts 6 to 8 Months After Infection

New research suggests that recovered coronavirus patients likely have a robust immune memory that persists for at least eight months. This memory relies on more than just antibodies — it also involves white blood cells known as T cells and B cells that have impressive powers of recollection. Combined, these layers of protection enable the immune system to recognize and re-attack the coronavirus should it ever invade again, thereby preventing another infection.

To assess how long immunity to the virus lasts across these various layers of the immune system, scientists measured how many — and what types of — immune cells recovered coronavirus patients had months after they got sick. Their research, though not yet peer-reviewed, offers hope that those who've already gotten infected likely won't be ill again for quite some time.

While Antibodies Wane, T Cells and B Cells Persist

Some research has suggested that coronavirus antibodies — blood proteins that protect the body from subsequent infection — fade within a few months. But concerns about those findings can discount the role of killer T cells, which identify and destroy infected cells, as well as helper T cells that inform B cells about how to craft new antibodies.

“All of those elements are designed to work together: If in any given person one's not so great, the other arms of the immune system can compensate. So, it makes sense to measure everything,” Crotty said.

So, his group measured both types of T cells, as well as B cells and antibodies, in blood samples from 185 people who'd recovered from COVID-19. Nearly 40 of the participants gave blood multiple times, some more than six months after their illness. This enabled the researchers to assess how patients' immune responses changed over time.

Their results showed that patients' levels of coronavirus-specific T cells declined slightly between four and six months, then held steady after that. The researchers think it's likely that T cells and antibodies stay consistent after that six-month mark, since that's typical of other viruses. The study results also indicated that patients' B cell levels increased between the one-month and six-month marks. That's especially good, Sette explained, since B cells are the source of future antibodies.

“It takes one to two weeks for antibodies and T cell responses to develop after an infection. Those then increase and peak,” Alessandro Sette, an immunologist at La Jolla and Crotty's coauthor, told Business Insider. “Between four and six months they go down, and then tend to plateau out around six months. What you see at six to eight months is what you get in terms of immune response, so that's when you want to look for any indication whether you have developed a memory or not.”

Coronavirus-Targeting T Cells Could Last for Years

Sette and Crotty could only look at recovered coronavirus patients eight months post-infection, since the pandemic began about a year ago. But they think the slow rate of decline in patients' T cell and B cell counts means those cells will last far longer than the time period analyzed in the study.

White blood cells developed in response to other viruses can stick around for years. T cells specific to smallpox, for example, take about 10 years to disappear after an infection, while B cells for that virus stick around for 60 years. T cells specific to SARS, another coronavirus that shares 80% of its genetic code with this new one, also seem to stick around long-term. A July study looked for T cells in blood samples from 23 people who survived SARS. Sure enough, those survivors still had SARS-specific memory T cells 17 years after getting sick.

<https://www.businessinsider.com/long-term-coronavirus-immunity-months-years-2020-11>

Meet Our New Employees

Hogan

Hogan is a chiropractic assistant at Stucky and will eventually become a chiropractic technician. He has been working here for a month and is excited to join our team!

Hogan is from Watertown, SD, but he grew up here in Eau Claire. He graduated from North High School and then attended CVTC.

In his free time, Hogan enjoys working out and focusing on living a healthy lifestyle. He has been dieting and weight training for 7 years, with the goal to compete for the second time in a men's physique/bodybuilding competition.



Stephanie

Stephanie is a chiropractic assistant at Stucky and has worked here for a month. She is excited to join our team!

Stephanie is from Stanley, WI. She graduated from University of Wisconsin- Eau Claire in May 2020 with a degree in Psychology and a minor in Sociology. Her future aspirations include attending grad school for chiropractic and becoming a chiropractor.

A fun fact about Stephanie is that she has a 3-year-old black lab named Stella. In her free time, Stephanie enjoys shooting trap, archery, volleyball, and hiking with her dog.



Start Your New Year Off Right

What was your favorite part about last year?

How was your last year successful?

Describe last year in five words. What do these descriptions mean to you?

This year will be a year of...

By the end of this year, I will...

Set three goals for the new year. How will you keep them?

My biggest reasons for pursuing these goals are...

In what ways can you be healthier this year?

"Your present circumstances don't determine where you can go. They merely determine where you start." -Nido Qubein

Health Advisers Rename 'Adverse Reactions' to COVID-19 Vaccine

If you start hearing about "immune responses" that many people have in conjunction with the COVID-19 vaccine, be aware: This is the new name for adverse reactions. In other words, the COVID-19 vaccine no longer has "adverse reactions" but, rather, the bad side affects you feel — some of which could be very serious — are now called "immune responses."

This information was buried at the bottom of an article by CNBC in connection with the news that 10% to 15% of vaccine recipients will suffer "significantly" noticeable side effects. Some health officials are concerned that the connotation of "side effects" and "adverse reactions" may be off-putting to the public, so in an attempt to reprogram how you think about the side effects, one health practitioner suggested changing the definition of "adverse reactions" to "immune response."

The term "immune response" should be used even if what you're feeling is bad enough for you to stay home from work, they said. Health officials also admitted they have no idea whether there are any long-term adverse reactions to the vaccine such as delayed autoimmune disease or other safety concerns.

Source: CNBC December 1, 2020

https://blogs.mercola.com/sites/vitalvotes/archive/2020/12/02/health-advisers-rename-_1820_adverse-reactions_1920_-to-covid19-vaccine.aspx?cid_medium=etaf&cid=share

Dad Joke Corner

They say New York has the best New Year's Eve Party...

I'd say it's overrated — every year they drop the ball.

