



# 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: Probiotics

### What Are Probiotics?

Probiotics are “live organisms that can be found in fermented foods and cultured milk,” and are commonly called good bacteria. Aside from these food sources, probiotics can be taken as a supplement to help diversify your gut microbiome. Research has shown several probiotic genera can promote health, such as Lactobacillus, Bifidobacterium, Lactococcus, Streptococcus and Enterococcus. A certain yeast genus, Saccharomyces, is found to be beneficial as well.

### 12 Published Benefits of Probiotics to Your Health

Probiotics are some of the most studied topics in human health. There's plenty of research documenting their benefits on various biological processes. Some of the most notable include:

- 1. Boosting cognitive function** — Probiotics may help maintain brain function, such as boosting spatial and nonspatial memory, as well as managing anxiety, depression, autism spectrum disorder and obsessive-compulsive disorder.
- 2. Uplifting mood** — Probiotics may help reduce negative thoughts associated with a sad mood, according to a study published in Brain, Behavior, and Immunity.
- 3. Improving bioavailability of nutrients** — Certain probiotics can help produce vitamins, such as B2 and B12. Lactobacillus fermentum was also shown to increase the bioavailability of calcium, phosphorus and zinc.
- 4. Managing depression** — Patients with major depressive disorder may benefit from probiotic supplementation. In one study, participants diagnosed with the disease and who took probiotics regularly exhibited better mental health, along with other positive health markers.
- 5. Reducing anxiety** — Taking a probiotic supplement may help reduce anxiety, according to several mice studies.
- 6. Combatting stress** — If you're currently experiencing stress for whatever reason, probiotic supplementation may help you manage it better.
- 7. Managing weight** — Probiotics may help decrease abdominal fat accumulation and help you lose weight, especially among people affected with metabolic disorders.
- 8. Controlling blood sugar levels** — Probiotics have been shown to help improve insulin sensitivity and good cholesterol levels.
- 9. Controlling blood pressure** — Patients suffering from hypertension may manage their blood pressure levels by consuming probiotics.
- 10. Improving gut health** — Probiotics can help maintain a healthy gut, reducing your risk of common gastrointestinal issues.
- 11. Boosting immune health** — Probiotics can help improve your body's ability to ward off diseases by stimulating the production of anti-inflammatory cytokines and moderating white blood cell action.
- 12. Managing inflammation** — Several studies indicate that intake of probiotics can help reduce inflammation throughout your body. One study notes that Bifidobacterium infantis suppresses pro-inflammatory cytokines.



<https://articles.mercola.com/vitamins-supplements/probiotics.aspx>

## 5 Tips to Get the Most Out of Your Coffee



### 1. Drink it 90 Minutes After Waking

While for most people drinking coffee is a morning tradition after waking, it may be better to wait. Understanding the cortisol awakening cycle as explained in *Stress: Concepts, Cognition, Emotion, and Behavior* (2016) is important. Your body naturally increases cortisol when you wake up.

Adding coffee to that mix when your body is naturally high on cortisol may not be as effective. Instead of experiencing an energy boost from caffeine, you may feel fewer benefits and may just build up a tolerance. Instead, I recommend that you wait for about 90 minutes after waking up with your first cup of coffee when your cortisol levels are lower.

### 2. Add a Pinch of Salt

Coffee is a diuretic. This means that it can dehydrate your body and reduce electrolytes. To avoid electrolyte loss, I recommend that you add a pinch of salt to your coffee.

This may seem strange, but don't worry, you won't find your coffee salty and you will be happy to experience its health benefits. If for some reason, you don't like the pinch of salt in the coffee, you can take it on the side and just put the pinch of salt on your tongue. It is always good to use a high-quality sea salt such as Himalayan sea salt.

### 3. Add Healthy Fat

Coffee may already help fat loss, blood sugar levels, digestion, and autophagy. Why not add some healthy fats and in particular a Caprylic acid only MCT oil to the mix to improve these benefits and support a state of nutritional ketosis and fat loss.

According to a 2018 randomized controlled clinical trial published in the *Journal of Nutrition & Metabolism*, medium-chain triglycerides (MCTs) support ketosis. The C8 – Caprylic acid form of MCT is the one that is easiest to digest and drives up ketones the quickest in the brain.

These ketones give you better mental energy, reduce hunger and cravings and give you better mental endurance. I recommend that you add a tablespoon of C8 MCT Oil, like Keto Brain C8 MCT Oil, to your coffee to drive up ketones.

### 4. Consider Taking Magnesium with Your Coffee

Coffee is already great for boosting your brain power. To enhance this benefit, I love to add some magnesium to the mix. According to a 2010 study published in *Neuron*, magnesium helps to boost your brain power by improving your cognition, memory, and learning.

### 5. Use an Organic, Mycotoxin Free, Shade Grown Coffee

Low-quality conventional coffee is not great. Pesticides and mycotoxin in coffee can be harmful to your health. It is important that you drink high-quality, organic, mycotoxin-free, and shade-grown coffee for optimal benefits and safety.

<https://drjockers.com/coffee/>



# We Thank You!

We would like to send out a big thank you to all of our patients and supporters who voted for us in the Best of the Chippewa Valley. Stucky Chiropractic Center has now been voted #1 5 years in a row! Thank you for the continued confidence and support in our wellness clinic.

### Word Scramble Answers

- 1) flowers
- 2) dessert
- 3) sweetheart
- 4) candy
- 5) february
- 6) bouquet
- 7) cupid
- 8) heart
- 9) chocolate
- 10) roses
- 11) valentine
- 12) pink
- 13) hug

### Dad Joke Corner

*Why do skunks love Valentine's Day?*

*Because they're scent-imental creatures!*





## Vitamin C for Coronavirus

Many are starting to realize the truth, which is that both vitamin C (ascorbic acid) and vitamin D have an enormous amount of research showing they provide important immune function enhancements, and that your immune function is your frontline defense against all illness, including COVID-19.

### How Vitamin C Works

As mentioned, in the journal *Nutrients*, review details vitamin C's mechanisms of action and how it helps in cases of infectious disease, including the common cold, pneumonia, sepsis and COVID-19. For starters, vitamin C has the following basic properties: anti-inflammatory, immunomodulatory, antioxidant, antithrombotic, and antiviral.

Beneficial antiviral effects apply to both the innate and adaptive immune systems. When you have an infection, vitamin C improves your immune function in part by promoting the development and maturation of T-lymphocytes, a type of white blood cell that is an essential part of your immune system.

Phagocytes, immune cells that kill pathogenic microbes, are also able to take in oxidized vitamin C and regenerate it to ascorbic acid. With regard to COVID-19 specifically, vitamin C.

- Helps downregulate inflammatory cytokines, thereby reducing the risk of a cytokine storm. It also reduces inflammation through the activation of NF-KB and by increasing superoxide dismutase, catalase and glutathione. Epigenetically, vitamin C regulates genes involved in the upregulation of antioxidant proteins and downregulation of proinflammatory cytokines.
- Protects your endothelium from oxidant injury.
- Helps repair damaged tissues.
- Upregulates expression of Type-1 interferons, your primary antiviral defense mechanism, which SARS-CoV-2 downregulates.
- Eliminates ACE2 upregulation induced by IL-7. This is particularly noteworthy, as the ACE2 receptor is the entry point for SARS-CoV-2 (the virus' spike protein binds to ACE2).
- Appears to be a powerful inhibitor of Mpro, a key protease (enzyme) in SARS-CoV-2 that activates viral non-structural proteins.
- Regulates neutrophil extracellular trap formation (NETosis), a maladaptive response that results in tissue damage and organ failure.
- Enhances lung epithelial barrier function in an animal model of sepsis by promoting epigenetic and transcriptional expression of protein-channels at the alveolar capillary membrane that regulate alveolar fluid clearance.
- Mediates the adrenocortical stress response, particularly in sepsis.

[https://articles.mercola.com/sites/articles/archive/2021/01/07/high-dose-vitamin-c-for-coronavirus.aspx?cid\\_medium=etaf&cid=share](https://articles.mercola.com/sites/articles/archive/2021/01/07/high-dose-vitamin-c-for-coronavirus.aspx?cid_medium=etaf&cid=share)

## Employee Spotlight

### Katie

Katie began her career at Stucky as a Chiropractic Assistant while attending college. Since graduating college, she continued her time at Stucky learning many new positions throughout the office, over the last 20 years, and has been the Team Leader for 14 years.



Katie has been married to her husband, Akbar, for 15 years and together they have 2 boys, Mikyle (10) and Maysum (6). She is kept busy helping her kids navigate their virtual schooling this year. She is also the President of the PTO at her kid's school. Thankfully, Katie has a degree in Early Childhood Education so that has been especially helpful this year. Katie also gets up super early to teach English as a second language to students in China! Katie is passionate about health and wellness especially when it comes to kiddos! She loves to educate families about the health benefits to their entire family through chiropractic care.

### Tracie

Tracie began her career at Stucky in 2005 and became a massage therapist in 2011. At Stucky she massages, orders supplements and equipment, and works at the front desk.



Something that might surprise you about Tracie is that she grew up in the Upper Peninsula (Marquette, Michigan) and had a horse growing up. Tracie is married to her husband, Terry, and has a blended family with 2 daughters, 4 step-kids, and 15 grandkids with 1 more on the way! She also has 4 dogs, Mini American Eskimos. In her free time, Tracie enjoys gardening, working in her yard, and playing with her puppies and grandkids. An interesting fact about her is that she is an avid chicken farmer.

# Can an Onion a Day Keep the Doctor Away?

Excerpts from Dr. Mercola

## Nutrient Value Basis of Onion's Health Benefits

It's likely the many health benefits derived from eating onions comes from the nutrient value of the vegetable. One small onion has just 28 calories, 6.5 grams (g) of carbohydrate and 1.1 g of total fiber. It also contains:

- Calcium, 16.1 mg
- Magnesium, 7 mg
- Potassium, 102 mg
- Vitamin C, 5.18 mg
- Choline, 4.27 mg



Onions are also surprisingly high in beneficial polyphenols. This group of plant compounds plays an important role in the prevention and reduction of diabetes, cancer and cardiovascular diseases. In a comparison of the polyphenol and antioxidant capacity between red and yellow onions researchers found the outer layers of the onions had the highest number of total polyphenols and flavonoids.

The outer layers of both types of onions also had the highest antioxidant activity. However, overall, the red onion had better antioxidant activity, with a higher number of total polyphenols and flavonoids that were associated with antioxidant activity. Onions have over 25 varieties of flavonoids that help prevent cellular damage contributing to chronic diseases such as diabetes and heart disease.

In addition to the calcium content promoting strong bones, onions may also relieve oxidative stress, which in turn decreases bone loss and can help prevent osteoporosis. Onions are also good sources of vitamins A and K, which in addition to vitamin C help protect your skin from ultraviolet rays. Vitamin C also helps your body produce collagen, a structural support for your skin and hair.

## Quercetin Linked to Blood Pressure and Immune Function

As I've written in the past, quercetin in combination with vitamin C has a powerful effect on your immune system and specifically to help prevent COVID-19. Since 1 cup of chopped onions provides 13.11% of your recommended daily amount of vitamin C, onions are a healthy addition to your daily nutritional intake. The benefits to your immune system are extensive and include:

*"Quercetin is known for its antioxidant activity in radical scavenging and anti-allergic properties characterized by stimulation of immune system, antiviral activity, inhibition of histamine release, decrease in pro-inflammatory cytokines, leukotrienes creation, and suppresses interleukin IL-4 production."*

## Prebiotic Compound Has Multiple Benefits

Prebiotics are indigestible fiber that help nourish the beneficial bacteria in your body. In turn, these bacteria help with digestion and absorption of your food, as well as play a significant role in the function of your immune system. One of these prebiotics is inulin, a water-soluble form of dietary fiber that's found in onions.

<https://articles.mercola.com/sites/articles/archive/2021/01/11/can-an-onion-a-day-keep-the-doctor-away.aspx>



## Valentine's Day Word Scramble

- 1) wrofls \_ \_ \_ \_ \_
- 2) rtseede \_ \_ \_ \_ \_
- 3) rheetstwea \_ \_ \_ \_ \_
- 4) dycna \_ \_ \_ \_ \_
- 5) arebrfyu \_ \_ \_ \_ \_
- 6) ubeutoq \_ \_ \_ \_ \_
- 7) pdicu \_ \_ \_ \_ \_

- 8) htera \_ \_ \_ \_ \_
- 9) olchaotec \_ \_ \_ \_ \_
- 10) orsse \_ \_ \_ \_ \_
- 11) aveltneni \_ \_ \_ \_ \_
- 12) ikpn \_ \_ \_ \_ \_
- 13) ghu \_ \_ \_ \_ \_