



# 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.

## Product of the Month: Orthotics

Kurt Juergens, DC, CCSP  
[www.theamericanchiropractor.com](http://www.theamericanchiropractor.com)

### Faulty Foot Biomechanics and Injury

The top two musculoskeletal sports injuries, at any level, involve the ankle and the knee. Addressing technical issues within the feet with custom orthotics, increasing strength, and improving reaction time are the keys to injury prevention and recovery. Seventy percent of ACL injuries are noncontact in nature. These injuries can result from faulty foot foundation, as well as lack of intrinsic strength, coordination, balance, and reaction time. During the gait cycle, the foot strikes the ground and a cascade of events happens throughout the kinetic chain. The result is proper support or failure at the ankle, knee, and/or hip, depending on how the foot responds at impact. To reduce the risk of lower-extremity and back sports injuries, the practitioner must gain an understanding of simple lower-extremity anatomy and biomechanics, and then consider custom orthotics as a primary treatment option. Custom orthotics can address issues by providing the necessary support to the foundation, which will help with lower-extremity alignment and reduce impact transferred up the kinetic chain significantly. With a supported foundation, many sports injuries can be prevented, and athletes can more confidently do what they love!

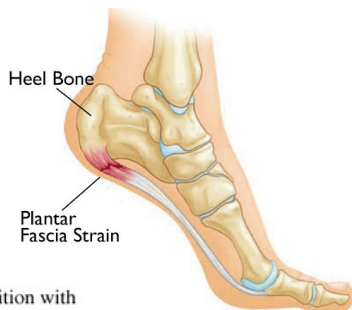
### Risk Factors that Start with the Feet

During the gait cycle, the foot initiates a cascade of events that occur up the kinetic chain. The foot has three natural arches - the transverse or metatarsal arch, medial longitudinal arch, and the lateral longitudinal arch. Collectively, these arches make up the foot's plantar vault. This vault is a dynamic structure, elevated to allow the foot to absorb and disperse energy at impact, thus allowing the foot to transition smoothly from the heel strike, midstance, and toe-off phase of the gait cycle.

During the initial phase of the gait cycles, the heel strikes the ground and what happens next determines whether impact is absorbed at the floor or transferred to the structures up the kinetic chain. Adequate architectural support throughout the plantar vault and proper biomechanics allows for maximum gait-cycle efficiency, resulting in less stress and strain on the intrinsic structures of the lower extremity. For those who have technical issues with the feet, custom-made orthotics that support all three arches of the foot will provide the needed architectural support, which in turn will allow the feet to do what they are designed to do - provide support, maintain alignment, and reduce impact.



### Plantar Fasciitis



Normal  
foot position

Foot position with  
excessive pronation



Weight is  
evenly distributed



Weight is on the  
inside edge of the sole

### Excessive Pronation

## Why Decompression Versus Surgery?

By: Eric Kaplan, DC, FIAMA

About 60% of patients who walk into a spine surgeon's clinic have back pain that will be diagnosed as "ordinary," "axial," "mechanical," "degenerative," "functional," or "nonspecific." Those terms describe flattened discs, black discs, bulging discs, herniated discs (described as "prolapsed discs" in the United Kingdom), and the bony outgrowths known as osteophytes. It is common for surgeons to point to these ordinary degenerative conditions on an MRI, diagnose "degenerative disc disease," and recommend lumbar spinal fusion surgery as the best choice.

Studies show a low efficacy rate and high costs associated with what many medical doctors are now saying is an unnecessary procedure. Studies show that lumbar fusion succeeds in barely 40% of patients. In this context, the word "success" does not mean much. In one study, two years after spinal fusion, pain had barely been reduced by half after "successful" procedures, and most patients continued to use painkillers. In another study, two years after surgery, about one-third of patients reported that their pain was as bad as it had been before they'd had the operation, and 14% believed that they were in worse shape after spinal fusion.

Recent studies document- over approximately a decade - a 629% increase in Medicare expenditures for epidural steroid injections; a 423% increase in expenditures for opioids for back pain; a 307% increase in the number of lumbar MRIs among Medicare beneficiaries; and a 220% increase in spinal fusion surgery rates.

At an American Academy of Orthopedic Surgeons conference in the summer of 2010, a hundred surgeons were polled as to whether they'd personally have lumbar spinal fusion surgery for unspecific low back pain. the answer- from all but one - was "absolutely not."

The American Journal of Medicine observed that about 80,000 spine surgeries fail annually in the United States alone, which is an alarming number.

The spinal screws are misplaced in 5 to 10% of all fusion procedures. After spinal fusion, infection is common. Nerves may be jostled and inflamed, resulting in dull, diffuse, aching or sharp stinging pain in the legs that may or may not ever go away. Supportive spinal ligaments and muscles disturbed during the surgery rarely work with the same efficiency, and that incompetence may result in more back pain. Despite risks and mediocre outcomes, the number of spinal fusions performed in the United States grew from 61,000 in 1993 to more than 465,000 in 2011- more than a 600% increase, accounting for more than 60% of the spinal fusion surgery performed worldwide.

Renowned orthopedic surgeon Dr. Timothy Kremchek had back surgery and talks about how he regrets it. He says he'd recommend nonsurgical spinal decompression before an injection or epidural because there is no downside.



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It is estimated that there is an 80% chance that every American will suffer back pain during their lifetime. Their medical doctor will likely recommend over-the counter pain medication or prescription medication to relieve the pain temporarily.

Then there's nonsurgical spinal decompression and chiropractic care, which research and experience show are the safest, most effective options for most cases of back pain. Unfortunately, too many people end up in a medical doctor's office instead of a chiropractor's office, which accounts for the rampant use of medications and surgery for back pain, particularly in the US.

**Ask your chiropractor if this is right for you!**

### 5 Habits You Should Avoid First Thing in The Morning

#### Mistake #1: Hitting the Snooze Button

More than half of Americans say they hit the snooze button daily, so know that if you do too, you're in good company. Also, it's really not your fault. Growing research suggests that workdays and school days start too early, causing millions of kids and adults to lose out on the hours of sleep their brains and bodies need. So, trying to sneak in a few last-minute ZZZ's might seem like your only recourse. But alas, it doesn't work.

#### Mistake #2: Letting Your Mind Be 'Directed' By Your Phone

If the very first thing you do in the morning is check email, look at social media or scan the day's headlines, you're essentially letting things outside of your control "hijack" your very first thoughts and feelings, Parrella said.

Continue reading this article on page 3. . .

**Dad  
Joke  
Corner**

**Why do  
leprechauns  
hate  
running?**

**They'd rather  
jig than jog!**





You're giving your mind "inputs that are effectively somebody else deciding for you what goes in your brain," she said. And she is worried that people have become almost "addicted" to the up-and-down news cycle.

So now is the time to be diligent about boundaries. Take a few deep breaths instead. Do some stretches. Say "hi" to your partner or kids. Drink some water.

### Mistake #3: Filling Up on Sugar Right Away

Experts tend to warn that breakfast is the most problematic meal of the day when it comes to added sugar thanks to common offerings like sweetened coffee and tea, cereals, syrup, breakfast bars, sugary smoothies and yogurts, and on and on. If you do have a sugar-heavy morning, try incorporating some movement into your routine right after.

"You might go for a little walk, you might do some sun salutations or a few yoga moves, but the worst would be to go from [eating sugar] to sitting at your chair or in the car for hours on end," Parrella said

### Mistake #4: Not Washing Your Face Properly Or Using SPF

There is a chance your skin can pick up yucky stuff at night, like dead skin cells that collect on your pillowcase or dust that might be circulating in your sleep space while you get those ZZZs. (One stomach-churning investigation suggested that our pillows have as many microbes as our toilet seats.)

We must note that this tip is a little contentious: Some dermatologists say it's not strictly necessary to wash your face with products in the morning if you've done a thorough job the night before. Using soap or cleansers multiple times might dry out your skin. Wash with lukewarm water. Most people are rushing in the morning. Take care not to tug at your skin or be overzealous if you are exfoliating your face.

### Mistake #5: Completely Overlooking Your Mental Well-Being

The strategies you use can be quite simple. "Open the blinds or shades wherever you can in your home to let in natural light," Sonpal said. Then find a few moments to stretch, to meditate, to write in a gratitude journal or just connect, in a positive way, with a loved one.

[https://www.huffpost.com/entry/morning-routine-mistakes\\_l\\_6021e7ddc5b6c56a89a3cd48?](https://www.huffpost.com/entry/morning-routine-mistakes_l_6021e7ddc5b6c56a89a3cd48?)



## 6-Way Stretch

\*Hold for 30 seconds each direction

**Step #1-** Tilt your ear towards your shoulder, to feel the stretch on the side of the neck and repeat to the other side.

**Step #2-** Turn your head 45 degrees to the side and pull down towards your hip, to feel the stretch on the back of the neck. Repeat to the other side.

**Step #3-** Turn your head 45 degrees to the side and pull back over your shoulder to feel the stretch on the front of your neck. Repeat to the other side.



#1

#2



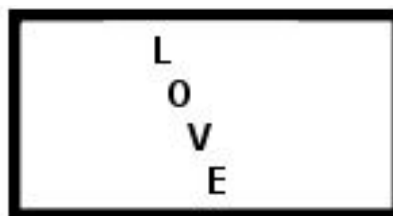
#3

## Challenge Yourself to These Rebus Puzzles!

1



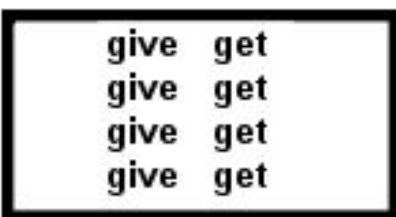
2



3



4



5



6



1) Missing you (U) 2) Falling in love 3) Try to understand 4) Forgive and forget 5) In between jobs 6) Split level

## Could a Too-Clean Society Trigger a Rise in Food Allergies?



### Your Body Has a Food Quality Control System

The rising number of children and adults experiencing food allergies has raised concerns with physicians and researchers. In the paper from Yale University published in the Journal Cell, researchers discussed the multiple sensory mechanisms your body uses to monitor what is consumed.

These systems include smell, taste and chemosensory processes established in the gut and impacted by your gut microbiome. In this paper, the scientists argue that the body has a food quality control system in which an allergic response plays a role. The identification and response against food antigens can result in a lethal food allergy.

One prevailing theory for the rise in food allergies has been a “too clean” environment — called the hygiene hypothesis — where children and adults are no longer exposed to natural pathogens in the environment, triggering the immune system to become hypersensitive. Writing in Clinical & Experimental Immunology, scientists expanded the explanation to include the presence of processed foods, dishwashing detergent and other environmental chemicals, as well as a “too clean” environment with the absence of natural microbial exposure.

They argue these all play a role in disrupting the internal food quality control system, designed to help protect your body from noxious chemicals and harmful substances. The group believes this theory may lay the groundwork for future research, treatment or prevention.

When your body detects toxins have been consumed, it also activates the parasympathetic nervous system, intended to help neutralize the health threat. This response can trigger food allergies and a lack of natural threats can make the system hypersensitive. The team believes the collective changes to the food supply and environment have effectively made the immune system respond to food proteins in the same way they would to protect against toxins.

### More Potential Reasons for Rising Number of Food Allergies

The furor generated by soaring prices for an EpiPen, a life-saving treatment for the potentially lethal anaphylactic allergic reaction, has made it evident there is a lot of money at stake in the medical treatment of allergies.

As veterinarian Dr. Karen Becker recently covered in one of her Healthy Pets articles, this is another way pets are good for your health. Exposure to dogs and cats can influence the developing immune system of children. Two studies were presented at the American College of Allergy, Asthma & Immunology in 2017 demonstrating children born in homes with a dog had a lower risk of allergic eczema and asthma, supporting earlier research.

The exposure to diverse bacteria and other microbes from dogs has led to them being called “the new probiotic.” Dieter Steklis, a professor of psychology and anthropology at the University of Arizona, has studied the physical and microbiome relationship in humans and pets.

Other theories that have been proposed for rising food allergies include overuse of medications used to reduce stomach acid, as these can alter your gastrointestinal microbiome.

Research from King's College London also proposed that when parents avoid introducing young children to foods known to produce an allergy there was an increased potential the child would have a reaction later. The study selected children who had a known allergic reaction to eggs or had eczema to evaluate if avoiding an allergen would increase or decrease a food allergy.

The data showed when parents avoided feeding their children peanuts, 13.7% developed an allergy by the time they were 5 years as compared to 1.9% who were introduced to peanuts earlier. Researchers are also questioning if food allergy rates are rising because we spend more time indoors, thus contributing to the fact that vitamin D levels in nearly 40% (39.92%) of the general population are suboptimal.

<https://articles.mercola.com/sites/articles/archive/2021/02/05/too-clean-society-trigger-rise-food-allergies.aspx>



### Breakthrough Weight Loss Program

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

Results may vary. See clinic for details.

### Ask Your Doctor!

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