SERVING THE CHIPPEWA VALLEY SINCE 1959 | APRIL 2021

# 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.

## Supplements of the Month: ProOmega CRP, Boswellia Complex, Inflavonoid Intensive Care

**ProOmega CRP**
ProOmega CRP offers a powerful combination of concentrated omega-3 fish oil, plus optimized curcumin and the potent antioxidants L-Glutathione and N-Acetylcysteine (NAC) to achieve complete functional support for long-term health. ProOmega CRP achieves broad-based cellular, metabolic, and cardiovascular benefits by managing excessive cell signaling activity at central control points, while also limiting oxidative stress.

**Boswellia**
A quick search on "boswellia" will yield many pages — after all, there are 16 known boswellia species. Boswellia serrata, or Indian frankincense, is mostly used for medicinal purposes. It's extracted from a moderate- to large-sized tree that's native to India, Yemen, Somalia and Ethiopia.

Boswellia serrata is abundant in benefits such as reducing body inflammation and helping treat conditions like osteoarthritis, rheumatoid arthritis and inflammatory bowel disease. It's also a painkiller, and can help inhibit cartilage loss. Boswellia can be used to alleviate asthma and may have protective effects against diseases like leukemia and breast cancer.

**Polyphenols**
Polyphenols are a category of compounds naturally found in plant foods, such as fruits, vegetables, herbs, spices, tea, dark chocolate, and wine.

They can act as antioxidants, meaning they can neutralize harmful free radicals that would otherwise damage your cells and increase your risk of conditions like cancer, diabetes, and heart disease. Polyphenols are also thought to reduce inflammation, which is thought to be the root cause of many chronic illnesses.

Polyphenols may help prevent blood clots, reduce blood sugar levels, and lower heart disease risk. They may also promote brain function, improve digestion, and offer some protection against cancer, though more research is needed.


## Ease Neck Strain from Faulty Posture

Excerpts from Dr. Mercola

### iPad Neck Is a Growing Problem

Another study of 412 university students suggested that the use of iPads and other tablets are creating a condition known as "tablet neck" or "iPad" neck in young adults. The neck and shoulder pain occurs most often when using the device without back support, such as sitting on the floor, or slumping over the device while it's in your lap. Using a table while lying on your side or back was also linked to pain.

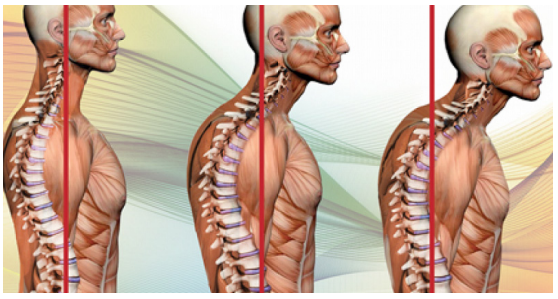
Overall, 67.9% of those who used a tablet in a school setting reported musculoskeletal symptoms, with neck symptoms occurring most often, including stiffness, soreness and aching. Pain in the upper back/shoulder, arms/hands and head was also reported. While he noted that, theoretically, neck and shoulder pain increase the longer you spend bent over a tablet, their study revealed that gender and specific postures were greater predictors of pain than duration of use.

Women were 2.059 times more likely to have musculoskeletal symptoms during tablet use than men, and the postures listed above (no back support, device in lap or lying on your side/back) were associated with more pain. Sitting in a chair with the device flat on a desk was also linked to pain. However, of all the postural factors, using a tablet without back support was the one most likely to cause pain.

### How Cellphones Are Wrecking Your Posture

"Faulty posture," including holding your neck forward, slouching and rounding your shoulders, is common when using a cellphone for longer periods. Further, past research has shown cellphone users have more neck, shoulder and thumb pain, with severity increasing the longer they spend using a cellphone.

Forward neck posture is extremely problematic and can cause injuries to ligaments and the cervical and lumbar spine, while neck pain due to faulty posture can also affect your breathing patterns.



In 2014, in fact, Dr. Kenneth Hansraj with New York Spine Surgery & Rehabilitation Medicine calculated the weight felt by the spine as your neck is flexed at varying degrees. When your head is upright at zero degrees, you're in a neutral position and your head's weight is 10 to 12 pounds.

However, as you begin to tilt your head forward to look at a cellphone, it places additional forces on your neck and makes your head feel much heavier. For instance, at a 15-degree tilt, your head feels like 27 pounds, while at a 45-degree tilt, it's more like 49 pounds. This can easily lead to excess wear and tear and degeneration to your spine.

### How to Prevent a Neck Hump or 'iPad Hump'

Chest up, chin back posture is useful for significantly reducing your risk of developing a neck hump. A forward slumped posture tends to be related to chronic improper posturing that worsens over time, eventually leading to the development of rigid intractable calcifications. Even if you've already started to develop a slight hump, chances are you'll be able to significantly improve your alignment using the proper exercises and posture, provided your spine has not yet calcified. Your Stucky chiropractor can also provide exercises that target a neck hump, but strengthening your upper back muscles will be helpful.

https://articles.mercola.com/sites/articles/archive/2021/02/12/neck-hump.aspx?cid_medium=etaf&cid=share

# Employee Spotlight

## Victoria

Victoria is a chiropractic assistant here at Stucky and has worked here since December!

Victoria is from Wisconsin Rapids, WI. She graduated from University of Wisconsin- Eau Claire in 2019 with a degree in Kinesiology. Victoria has been in the Eau Claire area ever since.

In her free time, Victoria enjoys traveling, spending time outside walking/hiking/biking, cooking and baking, and watching and playing sports. She also likes to spend time with her family and her 3 cats back at home.

A fun fact about Victoria is that she holds the record at her high school for the most points scored in a girls' basketball game (34 points).

## Easter Basket Stuffer

9 different NutriDyn Fruits & Greens sample packets & a Stucky Shaker bottle for $25!


### NutriDyn Fruits & Greens

- No stimulants or caffeine
- Natural body alkalizer
- Powerful antioxidant benefits
- Supports immune system function
- Contains proprietary blend of superfoods
- Supports detoxification of body systems
- Enzymes, probiotics, & fiber for digestion
- No preservatives or sugar added

**Spring Crossword Answers**

| Across | Down |
|---|---|
| 1. Puddle | 2. Lily |
| 3. Umbrella | 4. Melt |
| 6. April Fools | 5. Rainbow |
| 8. Hatch | 7. Robin |
| 10. Spring | 9. Hides |
| 11. Duckling | |



# The Monthly Stretch

## Wrist/Forearm Stretches

*Hold for 30 seconds.

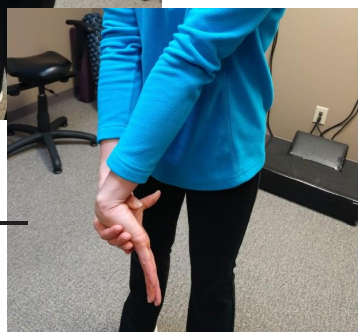
**Step #1-** Keeping the elbow of the stretched arm straight, pull back on the fingers as shown.

**Step #2**-Keeping the elbow straight, bend the wrist downward on the stretched arm.

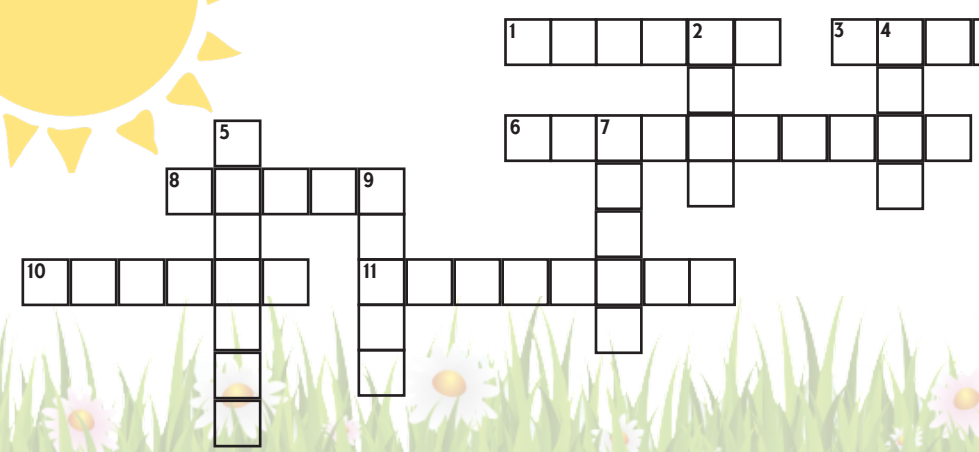
Bring the opposite hand over the hand/ wrist to be stretched with the thumb under the hand as shown.

Then rotate the hand away from the body.

#1



#2



## Spring Crossword

**Across**
1. A small pool of water
3. Used to keep dry
6. A day of playing tricks
8. To break out of an egg
10. A season between winter and summer
11. A baby duck

**Down**
2. Easter flower
4. When snow and ice turn into water
5. Appears after rain
7. One of the earliest birds to appear in spring
9. Easter bunny does this with eggs

# The Immune System Mounts a Lasting Defense After Recovery From COVID-19

As the number of people who have fought off SARS-CoV-2 climbs ever higher, a critical question has grown in importance: How long will their immunity to the novel coronavirus last? A new Rockefeller study offers an encouraging answer, suggesting that those who recover from COVID-19 are protected against the virus for at least six months, and likely much longer.

The findings, published in Nature, provide the strongest evidence yet that the immune system "remembers" the virus and, remarkably, continues to improve the quality of antibodies even after the infection has waned. Antibodies produced months after the infection showed increased ability to block SARS-CoV-2, as well as its mutated versions such as the South African variant.

The researchers found that these improved antibodies are produced by immune cells that have kept evolving, apparently due to a continued exposure to the remnants of the virus hidden in the gut tissue. Based on these findings, researchers suspect that when the recovered patient next encounters the virus, the response would be both faster and more effective, preventing re-infection.

"This is really exciting news. The type of immune response we see here could potentially provide protection for quite some time, by enabling the body to mount a rapid and effective response to the virus upon re-exposure," says Michel C. Nussenzweig, the Zanvil A. Cohn and Ralph M. Steinman Professor and head of the Laboratory of Molecular Immunology, whose team has been tracking and characterizing antibody response in Covid-19 patients since the early days of the pandemic in New York.

**Long-lasting Memory**

Antibodies, which the body creates in response to infection, linger in the blood plasma for several weeks or months, but their levels significantly drop with time. The immune system has a more efficient way of dealing with pathogens: instead of producing antibodies all the time, it creates memory B cells that recognize the pathogen, and can quickly unleash a new round of antibodies when they encounter it a second time.

But how well this memory works depends on the pathogen. To understand the case with SARS-CoV-2, Nussenzweig and his colleagues studied the antibody responses of 87 individuals at two timepoints: one month after infection, and then again six months later. As expected, they found that although antibodies were still detectable by the six-month point, their numbers had markedly decreased. Lab experiments showed that the ability of the participants' plasma samples to neutralize the virus was reduced by five-fold.

In contrast, the patients' memory B cells, specifically those that produce antibodies against SARS-CoV-2, did not decline in number, and even slightly increased in some cases.

**Viral Stowaways**

A closer look at the memory B cells revealed something surprising: these cells had gone through numerous rounds of mutation even after the infection resolved, and as a result the antibodies they produced were much more effective than the originals. Subsequent lab experiments showed this new set of antibodies were better able to latch on tightly to the virus and could recognize even mutated versions of it.

SARS-CoV-2 replicates in certain cells in the lungs, upper throat, and small intestine, and residual viral particles hiding within these tissues could be driving the evolution of memory cells. To look into this hypothesis, the researchers have teamed up with Saurabh Mehandru, a former Rockefeller scientist and currently a physician at Mount Sinai Hospital, who has been examining biopsies of intestinal tissue from people who had recovered from COVID-19 on average three months earlier.

https://www.rockefeller.edu/news/30005-sars-cov-2-immune-response-improves-long-term-protection/