



# 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.

## Introducing SoftWave Tissue Regeneration Technology!

**SoftWave Tissue Regeneration Technology is patented technology that triggers your body to heal so you can get back to living pain free. This is the first and only FDA cleared and registered device in the Chippewa Valley for tissue regeneration!**

### About

The SWTRT, highly effective treatment whereby high-energy sound waves are applied to injured, degenerated and/or painful areas of the body to dramatically reduce pain and increase mobility and function. The treatment accelerates the healing process in the body by stimulating the metabolism and enhancing blood circulation and cellular repair to regenerate damaged tissue. The healing energy wave created by "The Stem Cell Machine" penetrates tissues and stimulates stem cells and growth factors in the body that are responsible for muscle and connective tissue healing.

The procedure averages 10-15 minutes but may be longer depending on treatment area and diagnosis. A gel is applied to the surface area to be treated. The applicator produces pulses as the clinician moves around the treatment area.

### Benefits

SoftWave uses patented technology to reach an injured area at the cellular level to successfully turn on the body's natural healing process. This ingenious device:

- Increases blood supply
- Decreases inflammation
- Stimulates and activates resident stem cells
- Repairs, remodels and regenerates tissue
- Accelerates wound healing
- Induces antibacterial effect
- Reduces acute and chronic pain

*SoftWave gets you unstuck so you can get your life back.*



### Trusted By

SWTRT technology is being utilized by leading research and medical centers as well as professional sport organizations such as:

- Cleveland Clinic
- University of Pittsburgh Medical Center
- University of California San Francisco
- Baylor Medical Center
- Northwestern University Hospital
- Shepherd Center
- Pittsburgh Steelers
- Los Angeles Lakers
- New York Knicks
- Brooklyn Nets
- Cleveland Indians
- Chicago Cubs

# Should Unvaccinated and Obese Be Penalized by Government?

## STORY AT-A-GLANCE

- According to one Atlantic staff writer, the economic costs of vaccine refusals will need to enter the discussion, as people who refuse the COVID-19 vaccine will end up accruing higher health care costs
- This argument fails to do a proper accounting of the cost/benefit of vaccination compared to the cost/benefit of not vaccinating and focusing on foundational health parameters
- Obese individuals have a 40% to 133% higher risk of hospitalization due to COVID-19 than their non-obese peers, and their chances of requiring intensive care 74% higher; 82.2% of COVID-19 patients are vitamin D deficient. Should these individual choice-based conditions be similarly penalized as they greatly increase your risk of COVID-19
- It's still too early to tell whether vaccinated people will end up costing more due to increased susceptibility to variants and/or side effects
- As of April 15, 2021, some 5,800 Americans who had been fully vaccinated against COVID-19 had been diagnosed with COVID-19; 396 (7%) were hospitalized and 74 died. Preliminary research found people who had received both doses of the Pfizer COVID-19 vaccine were eight times more susceptible to contracting the South African variant of SARS-CoV-2

For the rest of the article visit Dr. Mercola at [https://articles.mercola.com/sites/articles/archive/2021/04/23/should-unvaccinated-and-obese-be-penalized.aspx?cid\\_medium=etaf&cid=share](https://articles.mercola.com/sites/articles/archive/2021/04/23/should-unvaccinated-and-obese-be-penalized.aspx?cid_medium=etaf&cid=share)

# The Monthly Stretch



## Y.W.T.L.

The purpose of the Y.W.T.L. exercise is to strengthen the rhomboid muscles, between the shoulder blades. This will help improve posture by holding the shoulders back. This will also stretch the pectoral muscles and open up the chest.

At each letter, squeeze the shoulder blades together for a count of 10 seconds and repeat each letter twice.



— Y



W —



— T



L —

## Dad Joke Corner

What do you get when two plants kiss?

*Tu-lips!*



Prep Time: 5 minutes  
Cook Time: 25 minutes  
Yield: 4 servings

## Chili Lime Wings

Maria Emmerich

### Ingredients:

2 pounds chicken wings

### Chili Lime Sauce:

- 1/2 cup coconut oil (or softened unsalted butter if not dairy sensitive)
- 1 tablespoon Thai red curry paste
- 2 tablespoons Swerve confectioners' -style sweetener or equivalent amount of liquid or powdered sweetener
- 1/4 cup coconut aminos or wheat-free tamari
- Juice of 1 lime

### For serving:

- Sliced green onion (optional)



### Directions:

1. Preheat the oven to 425 degrees.
2. Spread out the wings on a rimmed baking sheet. Bake for 25 minutes, or until the chicken is cooked through and the skins are crisp.
3. While the wings are cooking, put the coconut oil, red curry paste, sweetener, and coconut aminos in a large bowl and mix well. Add the lime juice and stir to combine. When the wings come out of the oven, add them to the bowl and toss until well coated.
4. Garnish the wings with sliced green onion and serve with extra sauce for dipping.

# Supplements of the Month: Allerplex & D-Hist

## Why Seasonal Allergies Cause 'Brain Fog'

Excerpts from Dr. Mercola

### How Do Allergies Affect Your Brain?

Allergies are your body's reaction to particles that it considers foreign (allergens). The first time your body encounters an allergen, your plasma cells release immunoglobulin E (IgE), an antibody specific to that allergen. IgE attaches to the surface of your mast cells, which are found in great numbers in your surface tissues, such as your skin and nasal mucous membranes, where they help mediate inflammatory responses. Mast cells release a number of important chemical mediators, one of which is histamine.

The second time your body encounters a particular allergen, within a few minutes your mast cells become activated and release a powerful cocktail of histamine, leukotrienes and prostaglandins, which trigger the entire cascade of symptoms you associate with allergies. As part of the immune response, proteins called cytokines are also released, all of which add up to serious inflammation in your body.

This inflammation, in turn, could affect your brain in a number of ways, from interfering with sleep, as mentioned, to affecting your ears. If your middle ear is unable to drain properly due to inflammation, for instance, it could cause feelings of brain fog or dizziness. Yet, research also suggests that allergies have a very real effect on cognitive function:

- Allergies may impede learning in school-age children, and uncontrolled allergy symptoms can diminish cognitive function and learning.
- People with seasonal allergies have disturbed cognitive function in areas such as sustained attention, short- and long-term memory and speed of information processing.
- In mice, exposure to a grass allergen triggered the growth of new neurons in the hippocampus, a brain region linked to memory, while immune cells called microglia were reduced.
- Allergic reactions to ragweed pollen have been found to cause significant fatigue and mood changes in some people, with researchers noting, "Psychoneuroimmunology and medical genetics research suggests that allergic reactions engender biochemical changes that directly affect the central nervous system."



<https://articles.mercola.com/sites/articles/archive/2018/04/19/allergies-brain-fog.aspx>

## Spring Word Scramble

- 1) yltuterbf
- 2) ohesrydmat
- 3) dlaubgy
- 4) olsmosb
- 5) gdenniarg
- 6) hsnnsie

- Word Scramble Answers
- 1) Butterfly
  - 2) Mother's day
  - 3) Ladybug
  - 4) Blossom
  - 5) Gardening
  - 6) Sunshine



Dr. Pam & Dr. Jay with Dr. Hall, Dr. Alyse, Kinsley, Anthony, Taylor, and Francois



**“A mother is she who can take the place of all others but whose place no one else can take.”  
—Cardinal Mermillod**



Melissa & Jake



Katie, Mikyle & Maysum



Dr. Alyse & Kinsley



Alicia & Avery



Rebecca, Jason Emily, Ryan & Jake



Tracie & Terry with Samantha, Alisha, Kevin, Tiffany, Jeremiah, and Danielle

## Memorial Day 2021

We would like to acknowledge all those great men and women who went before us to fight on the battlefields for our freedom and our united nation. We at Stucky give thanks to those who gave their lives in service to America, so that we can live free.

We are grateful to them and their families for the sacrifice of life! As they say, freedom is not free, it comes at a great price.