



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: Fruits & Greens and Protein Powders

Fruits & Greens

Fruits and vegetables contain many vitamins and minerals that are good for your health. In fact, a recent analytical study of over 142 research publications found that the largest reductions in health risks were associated with individuals who ate roughly 10 servings of fruits and vegetables per day.

NutriDyn Fruits & Greens is an easy-to-mix, great tasting, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It provides a super blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and symbiotic intestinal flora—high in antioxidants, lignans, and phytonutrients.

NutriDyn Fruits & Greens contains a formula of superfoods including:

- Goji berry
- Pomegranate
- Kale
- Turmeric
- Acai
- Noni
- Kelp
- Chlorella
- Raspberry
- Mangosteen

This blend supports the body's natural energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity.

Features of NutriDyn Fruits & Greens

- Powerful Antioxidant Benefits
- Supports Immune System Function
- Natural Body Alkalizer
- Supports Detoxification of Body Systems
- Enzymes, Probiotics, & Fiber for Digestion
- Contains Proprietary Blends of Superfoods
- No Preservatives or Sugar Added
- No Stimulants or Caffeine

<https://nutridyn.com/nutridyn-fruits-greens>



Protein

Your body needs protein to stay healthy and work the way it should. More than 10,000 types are found in everything from your organs to your muscles and tissues to your bones, skin, and hair. Protein is also vital part of the processes that fuel your energy and carry oxygen throughout your body in your blood.

Whey protein is linked to health benefits including:

- Supports your immune system, since it has immunoglobulins
- Helps preserve lean body tissue, particularly during exercise
- Maintains blood pressure within normal range
- Promotes healthy vascular function

Whey protein is considered the gold standard of protein. The low-lactose option contains the 9 essential amino acids. Whey protein can either be formed as a byproduct of cheese making or separated from casein during milk production. Dynamic Paleo Protein is a delicious tasting beef protein powder that can be easily mixed with water to create a very beneficial daily dietary beverage. This beef protein powder is low in calories and easy for the body to digest.

<https://fitness.mercola.com/sites/fitness/archive/2016/06/10/benefits-of-whey-protein.aspx>

10 Researched Benefits of Chiropractic

by Dr. Jockers

1. Improves Sports Performance

Doctors of Chiropractic can effectively treat common sports related injuries such as muscle strains, tennis elbow, pelvic sprains, and even concussions. They focus on specific adjusting techniques to prevent injuries and increase recovery time.

2. Chiropractic Alleviates Headaches

Chronic headaches can result from the abnormal positioning of the head and can be worsened from neck pressure and movement. Chiropractic treatment removes obstructing structures whether it may be from the tightening of knots in the back causing strain on the spine or an anatomical abnormality such as an abnormal curvature to the spinal cord.

3. Stimulates the Immune System

The nervous system is in direct function with the immune system and our overall health. Chiropractic care removes any roadblocks which obstruct the lines of communication so that the body can grow and develop and be positively influenced from an optimal immune system.

4. Chiropractic for Wellness and Prevention

Chiropractors seek to treat conditions and diseases to improve the major symptoms of concern as well as to treat underlying problems and other systemic complications which may arise.

5. Reduces Allergies and Asthma

chiropractic treatment improves symptoms of asthma including the use of medication, fewer asthma attacks and an increased quality of life.

6. Chiropractic and Pregnancy

A chiropractor's primary focus during pregnancy is to balance the pelvis, muscles and ligaments and relieve pressure on the uterus. As a result, chiropractic care assists the fetus in being born in a preferable position and reduces the chances of a needed cesarean section.

7. Reduces Chronic Pain

Low back pain is the most common occupational injury and affects more than 10% of the population globally. It is the number 6 ranked reason as it relates to medical cost in North America alone and this cost rises annually.

8. Behavioral and Learning Disabilities

Chiropractic treatment can improve wellness and has been suggested to improve symptoms of hyperactivity and disruptive behavior linked to ADHD and learning disabilities associated with autism. Additionally, because it boosts immune function, it helps prevent childhood illnesses, fevers, colds and flus.

9. Reduces Dependence on Medication

Many symptoms of subluxation, or the misalignment of the spine which chiropractic focuses on adjusting, include headaches, migraines, mood disorders and chronic pain in all areas of our body.

10. Normalizes Blood Pressure

Chiropractic care most significantly controls blood pressure in patients. Individuals in clinical trials have shown to have a drop in both systolic and diastolic blood pressure readings following a chiropractic adjustment.

<https://drjockers.com/researched-benefits-chiropractic/>

Dairy-Free
CHOCOLATE SHAKE

Maria Emmerich
Prep Time: 5 minutes
Yield: **4 servings**

- Ingredients:**
- 3/4 cups + 2 tablespoons of coconut oil
 - 1/4 cup MCT oil, avocado oil, or macadamia nut oil
 - 2 cups water or unsweetened hemp milk, almond milk, store-bought or homemade
 - 4 whole large eggs plus 4 large egg yolks
 - 1/4 cup unsweetened cocoa powder
 - 1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean
 - 1/4 cup Swerve confectioner's- style sweetener or equivalent amount of liquid or powdered sweetener
 - 1/4 teaspoon fine sea salt
 - 2 to 4 cups crushed ice, for serving



Directions:
Place all the ingredients, except the ice, in a blender and blend until smooth. Store in the fridge until ready to consume (it will thicken when stored overnight.) Add 1/2 to 1 cup crushed ice to each glass just before serving.

Dad Joke Corner



What's a firecracker's favorite treat?
A pop-sicle!

Rebus Puzzle Answers

1. dive in the pool
2. playing outside
3. knock on wood
4. too funny for words
5. get in shape
6. without a second glance

The Monthly Stretch



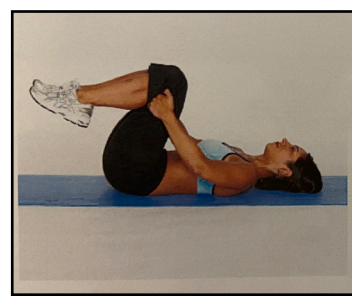
Low Back Exercise

*Hold each stretch for 30 to 60 seconds, repeat on both sides 2-4 times

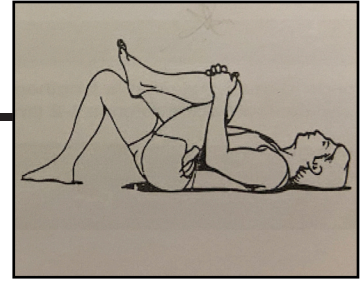
Low Back Stretch:

Lie on your back with your knees bent and your feet flat on the floor. Bring one leg up and then the other. Gently pull your both bent knees towards your trunk, using your hands. Keep your head relaxed on the ground.

Option #2: Gently raise one bent knee up enough so you can grasp your lower leg with both hands.



Original



Option #2

Challenge Yourself to Some Rebus Puzzles

1. PDOIVOEL

4. Funny Words Words
Funny Words Words

2. PLAYING S
I
D
E

5. SHGETAPE

3. KNOCK
TIMBER

6. 1. glance
2.
3. glance
4. glance

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Chiropractors a Big Help for Back Pain

By Dr. Mercola



STORY AT-A-GLANCE

- Your lumbar spine is a complex structure of interconnecting nerves, muscles, tendons, ligaments and bones, working together to provide support to your core
- Nearly 80 percent of people worldwide will suffer back pain in their lifetime; a new study shows that including chiropractic treatment in your approach can reduce pain and disability
- Lower back pain, a leading reason for opioid prescriptions, may potentially be avoided through proper body mechanics and posture, reducing stress on muscles and joints
- Other natural alternatives to pain management include: reducing or eliminating grains and sugar, optimizing vitamin D levels, Emotional Freedom Techniques and adding supplements such as Astaxanthin, Boswellia and Curcumin

By reducing your lower back pain, chiropractic care may have a significant impact on the opioid crisis. Many chiropractors are adept at evaluating how you use your back through analysis of your posture while sitting, standing and walking.

Below are some everyday measures to reduce low back pain:

Posture

- Walk, sit and stand with good posture, while keeping your weight balanced, your core engaged, a slight curve in your lower back, shoulders back and your head balanced over your shoulders.

Flexibility

- Always stretch before any physical activity to ensure flexibility and reduce strain on the surrounding muscles, tendons and joints.

Support

- Use good lumbar support in chairs and cars.

Positions

- Switch sitting positions at least every 10 minutes to relieve tension.

Lift Correctly

- When lifting something heavy, do not bend over from your back but, rather, bend your knees and keep your back straight and your lumbar area supported by using your core muscles.

Exercise

- Engage in at least 30 minutes of physical activity a day which will help improve the circulation throughout your muscles and tendons.

<https://articles.mercola.com/sites/articles/archive/2018/06/06/chiropractor-for-back-pain.aspx>

Employee Spotlight

Madison

Madison is a chiropractic assistant and marketing specialist at Stucky Chiropractic Center. She has worked at Stucky for 3 months.

Madison is from Elk River, MN and attends the University of Wisconsin-Eau Claire. She will be a senior this upcoming school year and is majoring in Marketing.



Her hobbies include spending time with friends, working out, going up to her family's cabin, doing anything active outside, and trying new coffee shops.

Lashia

Lashia is a chiropractic technician at Stucky Chiropractic Center. He has worked at Stucky for 3 months.

Lashia is from Wausau, WI. He wants to continue his education and work towards becoming a physical therapist. The opportunity for Lashia to learn more will benefit our patients.



His hobbies include any outdoor activities, staying fit, sleeping, and learning about anything.