



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: Collagen

Collagen is the most common and abundant of your body's proteins, which makes sense when you consider one of its primary purposes is to provide structural scaffolding for your various tissues to allow them to stretch while still maintaining tissue integrity.

Collagen makes up anywhere from 25% to 30% of the total proteins in your body, and as much as 70% to 80% of the protein in your skin, in terms of dry weight.

It's found specifically in the connective tissues throughout your body, from your muscles, bones and tendons to your blood vessels and digestive system. As a compound of essential amino acids, there's only one way to get collagen: Your body can't produce it, so you must obtain it through your diet.

Historically, traditional diets provided ample collagen in the form of broth made from boiled chicken feet or beef bones. Today, few remember and value homemade bone broth as a key staple, which has led to an entire industry of collagen supplements.

Types of Collagen

While many different types of collagen have been scientifically identified, 80% to 90% of the collagen in your body fall into the following three categories:

Type I — The most abundant type, found in skin/hide, tendon, connective tissue and bone of all vertebrates. In supplements, Type I collagen may be derived from cows, pigs, chicken and/or fish.

Type II — A primary component of cartilage. Type II collagen supplements are typically derived from poultry.

Type III — Fibrous protein found in bone, tendon, cartilage and connective tissues. Supplements containing Type 3 may be derived from cows, pigs, chicken and/or fish.

Collagen and Aging

Collagen is constantly destroyed and regenerated as part of our body's natural cycle. Our bodies are continually making it to maintain and repair connective tissues. As we get older, we get faster degradation on top of slower production from the body. This is when we begin to see and feel the effects of lower collagen.

In addition to the natural aging process, there are environmental causes of reduced collagen. Environmental factors contributing to its destruction include UV rays from the sun, stress, and toxins in food and water. Smoking and eating a diet high in sugar and processed foods also contribute to this.

Antioxidants play a protective role from free radical damage. They also support the formation and incorporation of collagen into various tissues. The most important antioxidant for this is Vitamin C which protects and boosts its production. Coenzyme Q10 and vitamin E are also key players.



<https://articles.mercola.com/sites/articles/archive/2019/07/15/health-benefits-of-collagen.aspx>

1 Bone Broth

Bone broth is a highly nutritious liquid made from brewed bones and connective tissues. Bone broth may be made from cow, poultry, or even fish bones. It is full of minerals and other nutrients that offer a list of health benefits from digestive to joint health.

2 Green Tea

Green tea is a type of tea where the leaves and buds of the Camellia sinensis plant have not yet undergone withering and oxidation like oolong and black teas. A 2018 review published in Molecules has also found that tea catechins may have positive effects on various infections and illnesses. Matcha green tea contains up to ten times as many antioxidants as other forms of green tea.

3 Ginger Tea

According to a 2013 review published in the International Journal of Preventive Medicine, ginger tea offers anti-inflammatory and antioxidative health benefits. According to a 2018 study published in Food Science and Nutrition, ginger tea may also help to improve digestive symptoms

4 Warm Lemon Water

Warm lemon water may just be the simplest warm drink for immune resilience. It is hydrating, offers alkaline benefits to your body, and helps your digestive flow. Thanks to the help of lemon juice, warm lemon water is full of vitamin C.

5 Echinacea Tea

A 2014 study published in National Product Communications, echinacea tea may support the immune system by reducing regulatory T cell number and function. If you want to build immune resilience or feel like you are coming down with something, echinacea tea is a great choice.

6 Turmeric Tea

Curcumin, the active ingredient in turmeric is beneficial for your immune system. According to a 2018 study published in Advanced Biomedical Research, turmeric offers antimicrobial and anti-inflammatory benefits that can help support immune resilience.

<https://drjockers.com/immune-resilience/>

Breakthrough Weight Loss Program

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

Ask Your Doctor!

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



Turtle Exercises

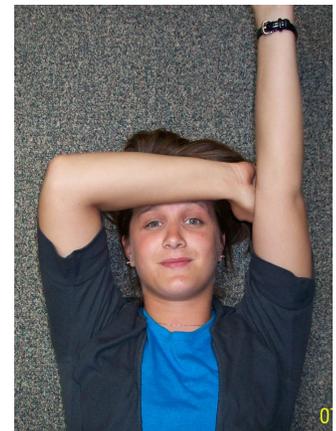
Designed to help strengthen the neck flexors that are weakened by forward head posture.

1. Begin by lying down on fulcrums
2. Place one forearm over the forehead (bridge of nose area).
3. Place other arm over top of the first, keeping it straight.
4. Your head should be locked into place by your arms.
5. Keep your nose pointed straight up at the ceiling and resist up into your arms.

This is an isometric exercise, so there should be NO movement, just contraction of the muscles.

Be sure not to tuck or jut the chin.

Resist for 10 seconds and repeat 5 times.



Dad Joke Corner

What do you call a dad when he falls through the ice?

A POPsicle!



10 Strategies To Grow Stronger Through Stress

Excerpts from Dr. Jockers



Practice Gratitude

Stop throughout the day to notice and be grateful for the small things. You may set reminders on your watch for short moments of gratitude. In the evening, write down three things that you are grateful for that specific day. Try to think about three new things each day to train your brain to notice more goodness around you.

Find Reasons to Laugh

According to a 2009 paper in the Canadian Family Physician, laughter and humor for their complementary and alternative medical benefits. It can help to reduce stress, lower pain levels, and aid healing. It uplifts your mood.

Deep Breathing, Prayer, and Meditation

According to a 2018 review in Frontiers of Medical Neuroscience, slow breathing techniques have a positive psychophysiological impact. According to a 2017 research published in Frontiers of Psychology on the benefits of 8 weeks of deep breathing, breathwork can lower your cortisol levels and improve your mental health.

Blood Sugar Stabilizing Nutrition Plan

A 2012 study in Neurology, the Journal of the American Academy of Neurology, has shown that having high blood sugar can negatively impact your hippocampus and amygdala and impair your brain health. Your amygdala plays an enormous role in your fight-or-flight stress response. Moreover, high blood sugar levels increase your risk of prediabetes, diabetes, inflammation, disease, and generally, negatively affect your entire body as well.

Regular Movement and Exercise

According to the Anxiety and Depression Association of America, regular exercise is important for reducing stress and improving your mental health. A 2014 study published in Frontiers of Physiology has found that regular exercise increases emotional resiliency under stress. According to a 2015 study published in Sports Medicine, exercise can help to mitigate stress. Regular movement and exercise lowers your stress levels, boosts your mood, and decreases anxiety.

Prioritize Good Sleep

According to the American Psychological Association, adults who sleep less than 8 hours report higher stress levels than those who sleep less than that. Make sure to go to bed and wake up around the same time every day. Avoid electronics, food, caffeine, and stress in the evening. Develop a bedtime routine that relaxes and calms you.

Improve Magnesium Levels

According to a 2011 research in Magnesium in the Central Nervous System, there is a link between magnesium and depression. Low magnesium levels are associated with depression while improving your magnesium levels can improve depression as well.

Encourage & Serve Others

A 2013 study published in the American Journal of Public Health on 846 participants who experienced a stressful event has found that those who gave back and helped others experienced lowered stress and mortality a year later than those who did not. Be a positive person in the life of your friends and family. Support and encourage others. Give back and serve others. Sign up for volunteer opportunities. Use your skills to serve others. Use your words as a source of positivity and encouragement. Smile at strangers.

Summer Word Search Answers

I	S	B	C	B	B	Q	I	O	A	A	N	O	W
M	U	L	P	B	A	S	E	B	A	L	L	T	A
R	N	S	O	O	N	G	N	I	T	A	O	B	T
S	G	S	O	C	I	N	C	I	P	H	R	F	E
W	L	L	S	U	N	S	C	R	E	E	N	R	
I	A	V	E	P	O	P	S	I	C	L	E	B	M
M	S	O	B	E	E	E	B	S	I	R	F	L	E
M	S	K	S	M	I	C	E	C	R	E	A	H	L
I	E	O	A	F	I	R	E	F	L	I	E	S	O
N	S	O	N	F	I	S	H	I	N	G	E	F	N
G	U	C	D	I	O	E	I	L	S	K	L	N	E
N	F	A	A	B	E	A	C	H	A	O	C	F	O
S	C	I	L	C	F	K	E	L	G	L	M	A	E
N	E	B	S	E	D	A	N	O	M	E	L	E	S

Positive Visualization

Visualization is a form of meditation, and you've learned meditation can help to build stress resilience. According to a 2018 study published in Frontiers Psychology, nature-based guided imagery can be beneficial for anxiety. Guided imagery or visualization can lower stress, anxiety, blood pressure, headaches, and pain.

Listen to Classical, Worship, or Inspirational Music

Listening to music can be very uplifting. It may ease stress, anxiety, and depression. However, it is important that you pay attention to what kind of music you are listening to. For positive effects, it needs to be uplifting.

<https://drjockers.com/stress-resilience/>



Sara, Dr. Chris & Annika



happy
father's
day



Dr. Hall, Dr. Alyse & Kinsley



Dr. Becker & Jake



Stephanie, Bryndel, Piper,
Hadley & Dr. Kyle

I	S	B	C	B	B	Q	I	O	A	A	N	O	W
M	U	L	P	B	A	S	E	B	A	L	L	T	A
R	N	S	O	O	N	G	N	I	T	A	O	B	T
S	G	S	O	C	I	N	C	I	P	H	R	F	E
W	L	T	L	S	U	N	S	C	R	E	E	N	R
I	A	U	E	P	O	P	S	I	C	L	E	B	M
M	S	O	B	E	E	E	B	S	I	R	F	L	E
M	S	K	S	M	I	C	E	C	R	E	A	M	L
I	E	O	A	F	I	R	E	F	L	I	E	S	O
N	S	O	N	F	I	S	H	I	N	G	E	F	N
G	U	C	D	I	O	E	I	L	S	K	L	N	E
N	F	A	A	B	E	A	C	H	A	O	C	F	O
S	C	I	L	C	F	K	E	L	G	L	M	A	E
N	E	B	S	E	D	A	N	O	M	E	L	E	S

Summer Word Search

- Lemonade
- Fireflies
- Pool
- Baseball
- Golf
- Popsicle
- Beach
- Watermelon
- Frisbee
- Sunscreen
- Boating
- BBQ
- Fishing
- Sandals
- Ice cream
- Swimming
- Hot
- Sunglasses
- Lake
- Cookouts
- Picnic