



# 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: Magnesium

Magnesium is the fourth most abundant mineral in the human body, and one of the seven essential minerals we can't live without. In fact, a lack of magnesium can place you at risk for impaired metabolic function and reduced mitochondrial function, both of which may trigger serious health problems.

As it is also required for the activation of vitamin D, deficiency may hamper your ability to convert vitamin D from sun exposure and/or oral supplementation. Unfortunately, deficiency is common and research shows even subclinical deficiencies may jeopardize your health.

### Magnesium Deficiency Affects Migraines, Anxiety and Depression

Magnesium glycinate may be used by people alleviating a magnesium deficiency, however, it is also beneficial for your mental health. It has shown potential in combatting anxiety, as magnesium is known to assist with producing the hormone serotonin in your brain, which may significantly affect feelings of anxiety and happiness. In fact, low magnesium intake was shown to decrease serotonin levels which can negatively affect mood.

Although the brain is just 2 percent of your body weight, it uses nearly 20 percent of your oxygen supply in metabolic processes, remaining remarkably constant despite changes in mental and motor activities. Magnesium facilitates processing in the neural networks and is used to keep the blood-brain barrier healthy.

Magnesium has proven to be essential for learning, concentration, memory, and enables the brain's plasticity, or its ability to adapt to challenges. Additionally, maintaining optimal levels of magnesium has proven effective in reducing the number of attacks and the number of days per month you may experience a migraine.

### Magnesium for Your Bone and Muscle Health

Magnesium contributes to the structural development of bone, and adult bone contains nearly 60 percent of the total magnesium in your body. As it is involved in bone formation, subclinical levels may contribute to the development of osteoporosis.

Magnesium is also fundamental for physical performance. Just as it contributes to heart muscle contraction, skeletal muscles also require magnesium to relax muscle cramping and it is a cornerstone for circulatory health. It is also important in energy regulation and plays a role in oxygen delivery and uptake in muscle. The relationship between magnesium and circulation also affects your brain.



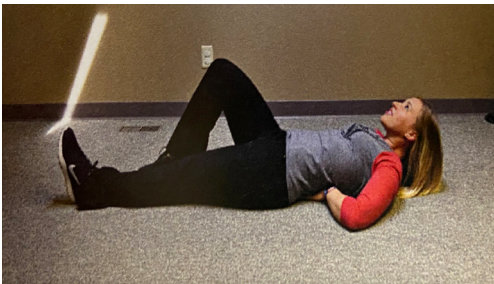


## Core Exercise

### McGill Crunch

#### Anterior abdominals

- Maintain a neutral spine by placing the hands on the lower back. Do Not allow back to flatten on the floor, this leads to increase stress on the back.
- Bend one knee but keep the other straight, this will reduce the loss of the neutral spine.
- Do the curl up by raising the head and upper shoulders off the floor. The motion primarily takes place in the mid-back, not the neck or lower back.
- Do not stick out chin, be sure to breathe deeply. Perform 10 reps holding 3 seconds each.



Nathan is a chiropractic assistant at Stucky Chiropractic Center. Although he may look new, Nathan has worked at Stucky for 15 years as our nightly cleaner.

Nathan was born in Washington and moved with his family across the country living in 10 states until they reached Pennsylvania. During his trek across the U.S., he enjoyed attending 18 different schools before 4th grade. He moved back to Wisconsin when he was 14 years old and has been living here since then.



Some fun facts about Nathan is that he enjoys being as creative as possible. This includes doing things like playing the drums, guitar, piano and singing. Nathan also composes and publishes his own songs. During Nathan's free time he enjoys drawing and painting and above all he is a computer lover who enjoys playing video games.

On the weekends Nathan is a wedding photographer and has had 9 pet cats in his life.

### Trivia Corner Answers

1. Brain
2. Lungs
3. Heart
4. Liver
5. Stomach
6. Intestines

August Word Search Answers

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

### Dad Joke Corner

Why do bees have sticky hair?

*They use honey-combs*



# Bad Sleep

## common causes & how to reverse it

Excerpts from Dr. Jockers

Many people suffer from too little sleep. One in three people doesn't get enough of it according to the CDC. Yet, sleep is a crucial factor in human well-being. Good sleep helps maintain mental, physical and emotional health. While you snooze, the body remains remarkably active, depending on this time spent asleep to repair and heal. The benefits of sleep are numerous. Science is showing that sleep allows your brain to cleanse and detoxify itself. In essence, the body just won't be healthy if you are getting bad sleep.

### What is healthy sleep?

Sleep needs vary depending on many things, ranging from age, lifestyle and even gender. The recommended sleep duration for the average adult is between seven to nine hours every night. Athletes, however, may need an extra hour on average in order to allow their systems to respond to muscular breakdown.

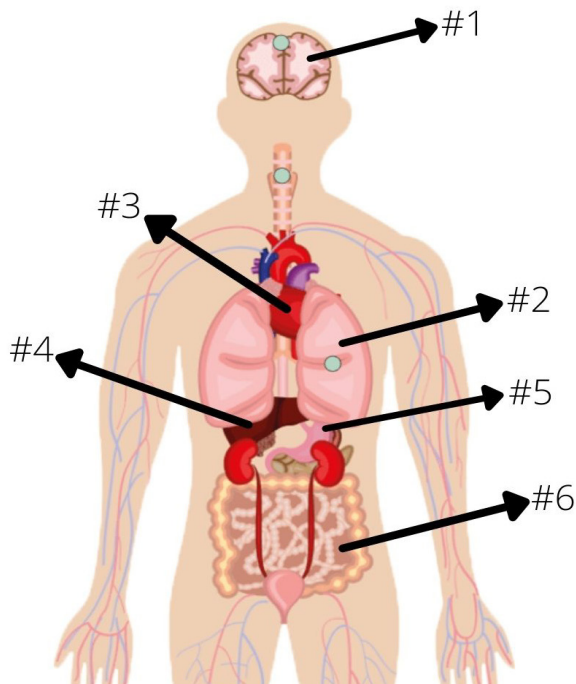
### The Importance of the Sleep Cycle

A complete sleep cycle lasts between 90-110 minutes, and as the night goes on, cycles lengthen, so most individuals go through four or five a night. This is the optimal amount of time for your body to reconstruct and go through its necessary maintenance.

These cycles are regulated by what is called the circadian rhythm. The internal clock that runs your sleep/wake patterns is kept in balance by sunlight or lack thereof. Your circadian rhythm controls the release of different amounts of melatonin, the hormone that makes us feel tired, depending on the amount of daylight available. The brain perceives day as the natural time to be awake, so exposure to sunlight causes the body to release less melatonin, making you feel more energetic. This is why humans naturally get sleepy at nighttime.

To continue reading go to: <https://drjockers.com/bad-sleep/>

### TRIVIA CORNER



CAN YOU GUESS THE ORGAN?

IS SOFTWARE RIGHT FOR YOU?



Software Tissue Regeneration Technology, The "Stem Cell Machine!" this is the first and only FDA approved device in the Chippewa Valley for tissue regeneration!

**Have you talked to your Doctor?**

# If You've Had COVID You're Likely Protected for Life

## STORY AT-A-GLANCE

- Evidence from Washington University School of Medicine shows long-lasting immunity to COVID-19 exists in those who have recovered from the natural infection.
- At both seven months and 11 months after infection, most of the participants had bone marrow plasma cells (BMPCs) that secreted antibodies specific for the spike protein encoded by SARS-CoV-2.
- The BMPCs were found in amounts similar to those found in people who had been vaccinated against tetanus or diphtheria, which are considered to provide long-lasting immunity.
- The antibody protection gained in those who have recovered from COVID-19 is likely to continue “indefinitely”.
- Vaccination may be more dangerous for those who have had COVID-19, as the immune response reactivated by the COVID-19 vaccine may trigger inflammation in tissues where the viral antigens are present.
- The benefits of experimental COVID-19 vaccination may not outweigh the risks, especially if you have already had COVID-19.

Continue reading at: [https://articles.mercola.com/sites/articles/archive/2021/07/02/covid-immunity.aspx?cid\\_medium=etaf&cid=share](https://articles.mercola.com/sites/articles/archive/2021/07/02/covid-immunity.aspx?cid_medium=etaf&cid=share)

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

## August Word Search

### WORDS:

August	lemonade
barbecue	picnics
beach	pool
biking	popsicles
bonfires	reading
books	relax
camping	road trips
canoeing	sports
family	sprinkler
friends	strawberries
hammock	summer camp
hiking	swimming
holidays	traveling
ice cream	vacation
lake	watermelon