



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: Congaplex, Immuplex & Vitamin C Strengthen Your Immunity

Immuplex

Immuplex from Standard Process contains antioxidants, vitamins, minerals, and glandulars including Protomorphogen and Cytosolextracts to support the healthy functioning of the immune system. Our immune system is a complex network of organs, cells, and tissues that provide defense against physical stress. Specialized cells called lymphocytes and phagocytes are immune cells that recognize and destroy microscopic invaders. These, along with other parts of the immune system, help support our health.

The constant pressure from environmental factors, poor eating habits, stress, and lack of sleep and exercise can compromise immune function. Immuplex contains several nutrients that are well known for their important roles in immune system health and function, and is designed to provide ongoing nourishment to the immune system.

Vitamin C

Vitamin C is an essential micronutrient that has a multiplicity of vital roles throughout the human body. This vitamin must be consumed as part of the diet or through supplementation, as the body cannot produce it endogenously. Recent data shows that as many as 20% of adults in the U.S. are vitamin C deficient, and as few as 10% consume adequate vitamin C on a daily basis.

Vitamin C has a vast range of biological roles in humans, working as a major antioxidant (electron donor). As such, vitamin C is important for supporting oxidative stress, energy production, and immune function. It is also necessary for synthesizing key neurotransmitters (especially norepinephrine and dopamine) and supporting healthy liver function.

Congaplex

Congaplex contains essential vitamins and minerals that support the production and protection of immune cells, along with other nutrients to support healthy energy metabolism and provide antioxidant protection.

The immune system is a complex network of organs, cells, and tissues that help defend against microscopic invaders. Since we are regularly exposed to environmental and lifestyle stressors, Congaplex provides the body with the best defense.



Advanced Cervical-Dorsal Fulcrum Exercise

***Start with 5 repetitions and increase to 10 within three days. These are part of our spinal rejuvenation rehab exercises. Ask your doctor if these would be good for you.**

Exercise Six (CD-6)

1. Neck in neutral position over fulcrum with 1" lifter.
2. Low back over fulcrum with 2" lifter.
3. Knees bent, feet 16" apart.
4. Hand on top of thighs.
5. With hands pressing on middle of thighs, raise the buttocks.
6. Rotate the head to the right and then to the left without stopping, with smooth, fluid motions. Each turn left to the right is one repetition.



Exercise Seven (CD-7)

1. Neck in neutral position over fulcrum with 1" lifter.
2. Low back over fulcrum with 2" lifter.
3. Knees bent, feet 16" apart.
4. With hands pressing on middle of thighs, raise the buttocks.
5. Turn the head to the left as if to touch the left ear to the left shoulder.
6. Without stopping, turn head to the right as if to touch right ear to right shoulder. Each turn left to right is one repetition.



The Monthly Stretch Continued...

Exercise Eight (CD-8)

1. Neck in neutral position over fulcrum with 1" lifter.
2. Use low back fulcrum with 2" lifter.
3. Knees bent, feet 16" apart.
4. Bend knees.
5. Push head down toward the floor over the CD Fulcrum, bringing knees to the chest.
6. Raise and rock the buttocks over the fulcrum. Lower the legs and repeat.
7. Perform same exercise by grasping knees (as shown) with both hands and pushing head toward floor while raising and rocking buttocks over the fulcrum.



IS SOFTWARE RIGHT FOR YOU?



\$49

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

Ask your doctor if this is right for you!

September Word Scramble Answers

1. football
2. sweatshirt
3. apple picking
4. pencils
5. leaves
6. backpack
7. squirrels
8. September

Dad Joke Corner

Why are so many babies born in September?

There is always a Labor Day!





5 Foods for Your Joints That Nourish Your Connective Tissue

Excerpts from By Dr. Josh Axe, DC, DNM, CN



Top Foods for Your Joints

What foods help joints? Here are the joint-supporting all-stars. In addition to these five food groups, be sure to consume other collagen-rich foods. The five foods (and categories of food) you can't live without:

Bone Broth

- Bone broth is a collagen-rich brew that is essential for connective tissue and joints. It also contains a slew of other joint-healthy ingredients, like glucosamine and chondroitin as well as calcium, magnesium, phosphorus, silicon and sulfur.

Sulfate-Containing Veggies

- Foods like broccoli, cauliflower, garlic, cabbage and onions contain sulfate, which combines with chondroitin to form cartilage. It's also required for the process of sulfation, to produce glucosamine sulfate and chondroitin sulfate, both of which help facilitate cartilage production and repair.

Bioflavonoids

- Blueberries, blackberries, cherries, cinnamon, acai, red cabbage and onions contain anthocyanidins, which help strengthen connective tissue by forming particular links between collagen fibers. And acai, apricots, nectarines, cherries and raw cacao contain catechins, which prevent collagen degradation.

Zinc-Containing Foods

- Lamb, grass-fed beef, oysters, sesame seeds and pumpkin seeds are all high in zinc, which is required for production of connective tissue.

Copper-Containing Foods

- Avocado, cacao, sesame seeds, sunflower seeds and cashews contain copper, which is required for the maturation of collagen.

Continue reading at: <https://draxe.com/nutrition/foods-for-your-joints/>

Employee Spotlight

Charli

Charli is a chiropractic assistant at Stucky Chiropractic Center. She has been working at Stucky for 4 months.

Charli is from Ladysmith, WI and currently lives in Menomonie, WI. She is the youngest of 4 older siblings. Charli's favorite genre of movies are scary, The Conjuring collection being her favorite. She has a 15 year old 20lb orange tabby cat and a 3 year old border collie.

Some fun facts about Charli is that she enjoys playing video games, taking her dog to the dog park, cooking, and reading fantasy novels.



Kayla

Kayla is a chiropractic technician and chiropractic radiological technician. She is also trained in performing softwave therapy. Kayla started at Stucky in March of 2019. After a short break she returned 4 months ago.

She was born and raised just south west of Eau Claire in Durand, WI. Kayla, her boyfriend Travis, along with their three children, Harlen, Haisley, and Kendall currently reside in that area. They have a small hobby farm filled with chickens, rabbits, horses and a potbellied pig. Some of Kayla's hobbies include hunting, fishing, riding horses, rollerblading, biking, spending time with her kids and their new golden retriever puppy Ferra.



ARE BACKPACKS TO BLAME FOR BACK PAIN?

Excerpts from Dr. Axe

Back pain is one of the most common pain-related conditions in the U.S. with 28.4 percent of adults claiming to experience back pain in 2016. While there are many reasons why people develop back pain, a simple everyday object may be the source of back pain developing in both adults and children alike: the backpack.

Carrying around heavy loads on a daily basis, from childhood into adulthood, wreak havoc on the back and the lower back. Heavy backpacks cause us to have poor posture, lean to one side more than the other, and put strain on the neck, shoulders, spine and back muscles.

Risk of Heavy Backpacks in Childhood

Carrying around a heavy backpack on a daily basis in childhood affects the spine and the back more than you may think. Studies confirm that children tend to carry between 30 percent and 40 percent of their weight in their backpacks. Most studies recommend that children should only carry an average of 10 percent to 15 percent of their body weight on their back at all times.

Back problems are on the rise in young children, which can carry on into their adult lives. It is confirmed that heavy backpack loads can cause compression of discs in a child's lower back, which leads to back pain and discomfort in the present and the future.

Heavy Backpacks in Adulthood

Children are not the only one's subject to back pain from heavy backpacks. Young adults in college carry around extremely heavy backpacks on a daily basis, often for a longer time than younger children do. Furthermore, many adults will carry a backpack to and from work on a daily basis filled with heavy items. If you think your backpack is too heavy, it most likely is. These are some common signs that suggest the backpack you are carrying is too heavy:

- Hard to put on and take off
- You feel strain in your neck and shoulders
- The straps leave marks on your neck and shoulders
- You have tingling or numbness
- Your posture changes – you lean more forward, backward, or to one side, etc.

<https://draxe.com/health/backpacks-and-back-pain/>

September

Word Scramble

1. bftoolal _____
2. sriestatstwh _____
3. plaep cinpiikg _____
4. nscpeli _____
5. evalse _____
6. pcabkakc _____
7. qurserlis _____
8. psebreemt _____

