



# 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.

## Product of the Month: Pillows

Sleep is fundamental in all our lives. Getting quality sleep is incredibly important for your daytime physical and mental energy levels, brain health, mental health, immune health, and overall wellness. Our physical and emotional equilibrium depends greatly on this function. A good night's sleep has therapeutic benefits: stress and blood pressure are reduced, cellular damage is repaired, risk factors for disease, obesity and depression may be reduced. Mood, memory and concentration are improved and some believe you can even increase your lifespan.

Deep and REM (rapid eye movement) sleep are two most vital stages of sleep. Creating the right environment for sleeping will maximize the benefits received from deep and REM sleep. The correct pillow is an essential factor of your sleeping environment. Your pillow needs to provide support and comfort in the correct size when either back or side sleeping.

For those that like a softer fiber filled pillow, try the Opti-Rest. For the little ones, our Pediatric Pillow encourages back sleeping by gently cradling the head. The Therapeutica pillow is a custom fit pillow that has been designed to provide the utmost comfort and support, helping you to achieve the maximum benefit from a good night's sleep.



## Introducing New Products

### Acute Virus Formula

- Provides support for immune challenges
- Maintains normal inflammatory balance
- Strengthens immune function
- Strong antioxidant support
- Take during active symptoms



### Daily Immune Support

- Provides antioxidants
- Balances cytokine levels
- Improves T-lymphocyte balance
- Supports mucus clearance
- Supports normal respiratory function
- Maintains immune system reserves
- Take daily for immune support



Ask your doctor for more information!



# The Monthly Stretch

## Psoas Technique - #9 Pettibon

For treatment of Iliopsoas muscle

Perform exercise sitting in a chair

**\*Hold for 10 seconds. Repeat 5 times.**

### Exercise

1. Start by sitting in a chair.

2. Hook toe under heavy object according to the side resistance is needed (dependent upon scoliosis curve).

3. Lean towards the side of resistance for this isometric exercise.

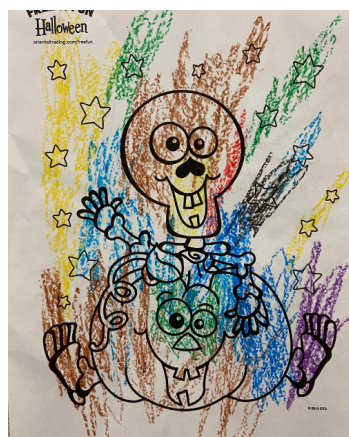
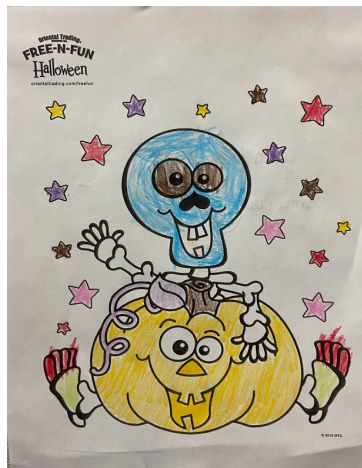
4. As you are leaning, attempt to lift the leg in which you hold resistance to strengthen the iliopsoas muscle  
\*should feel hip flexors engaging

**Ask your doctor if this exercise is right for you!**



**If you have a change with insurance or address,  
please let us know!  
THANK YOU**

**Awesome job to everyone that participated in  
Stucky's coloring contest last month!**



## November Sudoku Puzzle

	9	3	1		5	6	4	
7								5
5		1	2		9	3		7
2								3
	3	6	9		7	5	2	
9								1
3		2	4		8	1		9
6								4
	4	7	3		2	8	5	

**VolumeOne**  
**THE BEST OF THE**  
**Chippewa**  
**Valley**  
**READER POLL**

**Vote Stucky**  
**Chiropractic Center as the Best**  
**Chiropractor!**  
**Voting period opens November**  
**26th and runs through**  
**December 12th**

# Do Blue Light Glasses Work? Potential Benefits for Sleep & Eye Health

Excerpts from Dr. Axe

Many experts tell us that when it comes to managing our health, including our body weights and moods, we should be careful not to underestimate the power of sleep. One reason why so many adults and children today are thought to be living in a sleep deprived state is because of high exposure to electronic devices that emit blue light. Because blue light is capable of disrupting our circadian rhythms, or “internal clocks,” blue light glasses are now recommended to improve sleep quality and other concerns.

## What Are Blue Light Glasses?

Blue light glasses are a special type of eyewear that can block or filter blue light that is emitted from digital screens and electronics. These glasses are most often used at night to help block blue light emitted from LED devices from reaching the eyes. Studies have found that blue light exposure can suppress natural production of the hormone melatonin, which has sleep-inducing effects. Therefore, it's thought that too much exposure at night can keep you up and disturb your natural sleep-wake cycle. Wearing blue light filtering glasses is a way to prevent sleep dysfunction and possibly to protect the eyes in other ways.

Benefits include:

- Reduces eye strain, dry eyes and blurriness
- Reduces headaches
- Improves sleep habits and decreases insomnia, especially having an easier time falling asleep
- Enhances vision (including less blurriness)
- Possibly increases protection against development of certain eye diseases, although this is still being studied — it's currently thought that blue light from devices do NOT damage the retinas or contribute to long-term vision loss, macular degeneration or glaucoma

If blue light filter glasses are capable of helping you sleep better, then there's reason to believe that their benefits can be far-reaching.

Sleep deprivation can make it more likely that you'll develop a range of serious health issues, such as obesity, depression, high blood pressure, diabetes and others. Therefore, getting more sleep can be highly protective and important for improving overall quality of life.

<https://draxe.com/health/blue-light-glasses/>

## Sudoku Answers

## Get To Know The Doctors

### Dr. Becker



#### Can You Guess The Lie?

1. Dr. Becker has worked at Stucky for 30 years.
2. Dr. Becker has 4 brothers and 2 sisters.
3. Dr. Becker grew up in Pennsylvania.

8	9	3	1	7	5	6	4	2
7	2	4	8	3	6	9	1	5
5	6	1	2	4	9	3	8	7
2	1	5	6	8	4	7	9	3
4	3	6	9	1	7	5	2	8
9	7	8	5	2	3	4	6	1
3	5	2	4	6	8	1	7	9
6	8	9	7	5	1	2	3	4
1	4	7	3	9	2	8	5	6





# Delta does not appear to make children sicker; Secondary immune response stronger after infection than after shot

By Nancy Lapid

The Delta variant of the coronavirus does not appear to cause more severe disease in children than earlier forms of the virus, a UK study suggests. Earlier this year, the research team found the Alpha variant of the virus did not appear to make children sicker than the so-called wild, or original, form of the virus, first seen in China.

New data suggests that kids also do not get any sicker from Delta than they did from Alpha. Researchers compared two groups of school-age children with COVID-19: 694 infected with the Alpha variant between late December 2020 and early May 2021, and 706 infected with Delta between late May and early July. Children infected with Delta had slightly more symptoms. But in both groups, very few children needed to be hospitalized and long periods of illness were uncommon. In both groups, half of the children were sick for no more than five days. "Our data suggest that clinical characteristics of COVID-19 due to the Delta variant in children are broadly similar to COVID-19 due to other variants," the researchers concluded.

## Secondary immune response stronger after infection than vaccination

In COVID-19 survivors, important components of the body's immune response called memory B cells continue to evolve and get stronger for at least several months, producing highly potent antibodies that can neutralize new variants of the virus, a new study has found. By comparison, vaccine-induced memory B cells are less robust, evolving for only a few weeks and never "learning" to protect against variants, researchers reported in a paper published on Thursday in Nature.

COVID-19 vaccines do induce more antibodies than the immune system does after a coronavirus infection. But the immune system response to infection appears to outshine its response to vaccines when it comes to memory B cells. Regardless of whether antibodies are induced by infection or vaccine, their levels drop within six months in many people. But memory B cells stand ready to produce new antibodies if the body encounters the virus.

For the rest of the article go to <https://www.reuters.com/business/healthcare-pharmaceuticals/delta-does-not-appear-make-children-sicker-secondary-immune-response-stronger-2021-10-08/>

### Dad Joke Corner



Did You Guess The Right Lie?  
2. Dr. Becker does not have 4 brothers and sisters

STAY TUNED!



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### Ask Your Doctor!

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

### Breakthrough Weight Loss Program

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



ACTIVATE