



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: Omega 3's

Omega 3 fatty acids are some of the most important nutrients you can put in your body. Not only do they have anti-inflammatory benefits, but they actually make up some of the most important structures of your body like your brain and nervous system. Not getting enough in your diet increases your risk of many chronic illnesses, so it is important that you understand the benefits of omega 3 fats.

Every single cell in your body and especially the tissues of your brain require omega 3 fatty acids in order to function properly. The two most important that are often deficient in people today are EPA and DHA which can be derived from fish and certain types of algae.

While most people are seriously lacking in omega-3, they are overdoing another type of fat, omega-6. Omega-6 is found primarily in vegetable oils (which if you eat processed foods you are eating a lot of) and although it is also essential for human health, when eaten in the unprecedented large quantities it is today, it causes health problems.

As with many things in the body, fats are the most beneficial when consumed in proper ratios. The ideal ratio of omega-6 to omega-3 fats is 1:1. Today, though, our ratio of omega-6 to omega-3 averages from 20:1 to 50:1! This inflammatory imbalance between omega 3 to omega 6 is extremely common in today's society.

To get your omega-6 to omega-3 ratio closer to the ideal 1:1, simply cut back on all vegetable oils (this includes those in processed foods) and get a regular supply of high-quality omega-3 fat.

Top 8 Health Benefits of Omega 3 Fatty Acids

1. Cellular Health
2. Fights depression and anxiety
3. Improves sleep
4. Improves eye health
5. Strengthens immunity
6. Promotes brain health during pregnancies
7. Improves bone and joint health
8. Supports heart health
9. Fights inflammation



<https://drjockers.com/omega-3/>



5 Strategies To Get More Benefits From Your Coffee



Coffee is the favorite beverage of millions of people in the world. The enjoyment of a warm cup of coffee dates back to the 15th century when coffee was grown in the Yemeni district of Arabia. Coffee was brought to the Americas and soon coffee houses were popping up in the United States in the 18th century. Coffee clearly has a rich history and culture. As presented by the large variety of drinks – American, espresso, cappuccino, Turkish, Ethiopian coffee, and so on -, it is popular and loved around the world. But is it healthy?

The truth is that coffee has some astounding health benefits, but depending on what kind of coffee you are drinking and how much, it can have some drawbacks. If you are a coffee-lover and want to take full advantage of the benefits of coffee safely, there are a few strategies you can try to improve your experience.

Brain Activity

The benefits of coffee for energy and brain performance have been well researched for decades. A 1993 study published in Neuropsychobiology and a 2000 study published in Psychopharmacology has both found that coffee can improve your alertness, energy, and performance levels during the day. As a 1982 study published in Life Sciences explained, when you drink it, caffeine is absorbed into your bloodstream and then makes its way to your brain.

Fat Burning

If you want to lose weight, or more specifically, lose fat, coffee may be able to help you with that too. Caffeine in coffee is a natural substance that can help your body to burn fat more effectively. According to a 1989 study published in the American Journal of Clinical Nutrition, coffee can influence thermogenesis and the daily expenditure of energy. The study has found that only 100 mg of caffeine has increased the metabolic rate of participants by 3 to 4 percent within 150 minutes and 8 to 11 percent after 12 hours of 2-hour caffeine intake intervals.

Blood Sugar

Blood sugar imbalances are a serious problem. They increase your risk of pre-diabetes and diabetes. Coffee may be beneficial for those with blood sugar imbalances. A 2008 study published in the American Journal of Clinical Nutrition has found that drinking 4 cups of coffee a day can contribute to a 30 percent reduced risk of diabetes.

Activating Autophagy

It turns out, drinking coffee may help to improve autophagy according to 2014 in vivo research published in Cell Cycle. The study has found that the polyphenols in coffee can induce autophagy and also reduce acetylation levels of proteins. By stimulating autophagy, coffee may help to lower the risk of metabolic and other diseases and reduce mortality.

Bowel Movements

Coffee may also be good news if you are struggling with constipation. Coffee stimulates the muscles inside your colon and helps peristalsis, the involuntary tension, and relaxation of muscles in your intestines that may help your bowel movement. It can help motility, digestion, and excretion.

Continue reading at <https://drjockers.com/coffee/>

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

THANK YOU

**DID YOU
KNOW?
CORNER**

About 17 percent of chiropractic patients are under the age of 18.

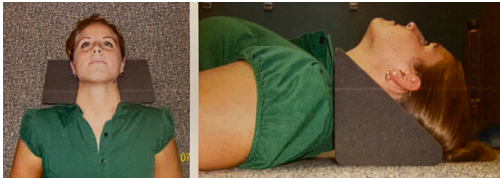


Extensor Exercises (CD 1-3)

****Complete while laying on both neck and low back fulcrums**

Hold for 10 seconds, repeat 5 times

- Force the head straight back over the neck fulcrum, chin up, with hands pushing against thighs



CD-1

- Rotate head to the left with hands pushing against thighs
- Switch to the right and repeat



CD-2

- Tilt left ear to left shoulder with hands pushing against thighs
- Switch to the right and repeat



CD-3

Employee Spotlight

Katelyn

Katelyn is a chiropractic assistant at Stucky Chiropractic Center. She has been at stucky for 3 months.

Katelyn is a Junior here at the University of Wisconsin-Eau Claire majoring in Kinesiology. She is planning to become a chiropractor.

Some of Katelyn's hobbies include downhill and water skiing, reading books, anything with art, and biking outdoors. She also enjoys spending time with family and friends.

Katelyn's favorite free time activities are shopping, watching tv shows and movies, working out and being active, and being on the lake during the summer.



Dad Joke Corner

Why are vampires so hard to get along with?

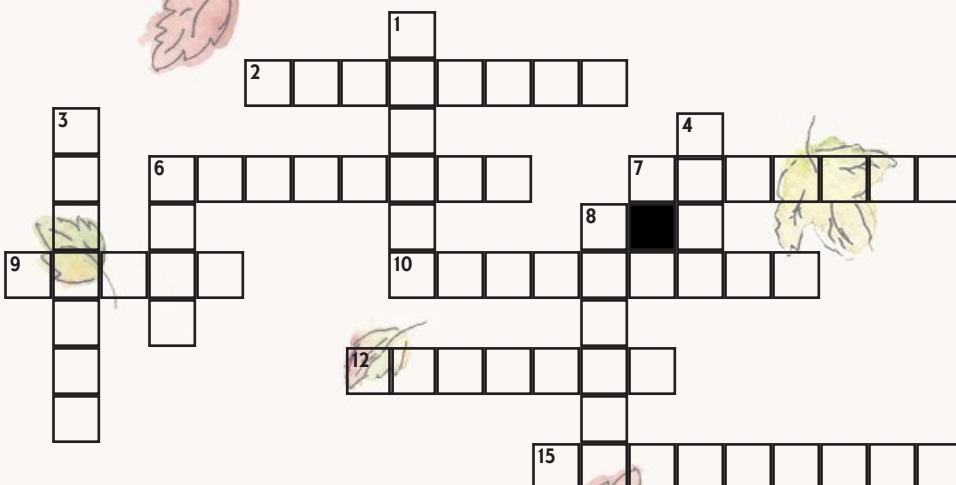
They are a pain in the neck!



October Crossword Answers

Across	Down
8. Orange	1. Leaves
6. Fall	3. Pumpkin
4. Rake	7. Harvest
9. Apple	6. Festival
10. Squirrels	2. November
12. Seasons	
15. September	

OCTOBER Crossword



Across

- Last month of Autumn
- Period of celebration
- Gathering crops
- "Autumn Glory"
- Likes to eat nuts
- Spring, Summer, Fall, Winter
- First month of Autumn

Down

- Falls from a tree
- Makes pie or for carving
- Gather fallen leaves
- Another name for Autumn
- Color of leaves

ALWAYS STRESSED?

Here Are 8 Natural Stress Relievers to Try Now

Excerpts from Dr. Axe

Stress: We all deal with it, yet we know how much better off we'd be - both physically and mentally - if we could only get it under control and find stress relievers that really work. While stress can be a positive, motivating factor at times (such as when you're under pressure to ace an important exam), more and more research shows that chronic stress impacts the body in ways similar to poor diet, lack of sleep or sedentary lifestyle.

So, what are the best stress relievers available to us, and how can we ensure we don't allow stress to control our lives? If you adhere to the following eight practices, you're sure to feel less pressure and better manage your stress on a daily basis.

8 Natural Stress Relievers to Try Now

1. Exercise and Yoga

One of the best stress relievers available to us is exercise, a natural remedy for anxiety because it releases powerful endorphin chemicals in the brain, which act like the body's built-in painkillers and mood lifters.

2. Meditation/ Devotional Prayer

Meditation and healing prayer are both proven stress relievers that help people deal with worry, anxiety and finding peace of mind.

3. Acupuncture

Researchers have found that acupuncture treatments result in changes in the cardiovascular and immune systems, increasing protective T-cell proliferation and helping with cellular immuno-responses.

4. A Nutrient-Dense Diet

A steady supply of nutrients like essential vitamins, trace minerals, healthy fats, electrolytes, amino acids and antioxidants all help your brain handle stress better, therefore benefiting your entire body.

5. Challenging Your Thoughts with "Cognitive Behavioral Therapy"

CBT is a type of therapeutic practice that has been proven to lower anxiety, stress and multiple disorders including addiction, eating disorders, insomnia and depression.

6. Spending More Time in Nature and Being Social

Making time for connecting with the people around you, spending time outside and doing things you love with family, friends and your spouse are all stress relievers that are good for your health in many ways.

7. Keeping a Journal

Keeping track of your emotions, both positive and negative, along with the events that can trigger them helps you identify what's causing stress.

8. Using Adaptogen Herbs and Essential Oils

Several adaptogenic herbs and essential oils have been shown to improve anxiety symptoms by reducing the effects that stress and cortisol have on the body.

https://draxe.com/health/stress-relievers/#Were_More_Stressed_Today_Whether_or_Not_We_Admit_It

CHIROPRACTIC KIDS DAY

Chiropractic Helps Kids Thrive!

Join Us!

Thursday, October 28th