



# 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.

## Helping Kids Around the Chippewa Valley

This season, Stucky Chiropractic Center is teaming up with Helping Kids Around the Chippewa Valley to collect gifts and winter wear for local families! Join us to make sure no local child goes without during the Holiday season.

### How you can help:

Grab a tree ornament from the Christmas tree. The need is written on the ornament. Bring the items requested and drop them under the tree!



## Product of the Month: Biofreeze & CBD Ointment

Whether it's an overworked muscle, a chronically achy back or the fitful discomfort of arthritis, pain affects millions of Americans every day. Biofreeze and CBD pain relief use the cooling effect of menthol, a natural pain reliever, to soothe minor muscle and joint pain. Each of these products have set the gold standard for pain relief. They penetrate quickly, offering relief through cold therapy. For this reason, it's especially effective for use in conjunction with hands-on health care such as chiropractic, massage and physical therapies, and podiatry.

When these products are applied, menthol binds with temperature-sensitive receptors in the skin. Activating these receptors is thought to modulate pain signals through the body's natural pain-relieving systems. This mechanism works similarly to ice, but additional benefits.

Pain isn't always just a nuisance. Sometimes a message—your body's way of telling you that something needs to be resolved. That's why, when it comes to muscle and joint pain, it's recommended pairing Biofreeze with the expert care of a health professional. Biofreeze will provide cooling relief while your chiropractor works to maximize that relief and help correct the underlying problem.



# The Monthly Stretch



## Thoracic Spine Structural Correction Exercise - DOBO

\*The largest vertebra, or bone, at the base of your neck may be referenced as the spinous process of T1. Each bone below that counts up to T12. If you have trouble locating each spinous process move down about 1 inch to the next vertebrae.

Example: To locate T6, start at the large bone at the base of your neck (T1) and count down 6.

\*Arch your back up at each vertebra, in an effort to push that vertebra towards the ceiling. Hold for 10 seconds at each vertebra. Repeat up to 6 times per day.

Hold for 10 seconds at each vertebra. Repeat up to 6 times per day.

\*Check with your doctor to see if this stretch is appropriate for you!

Starting Position



Ending Position



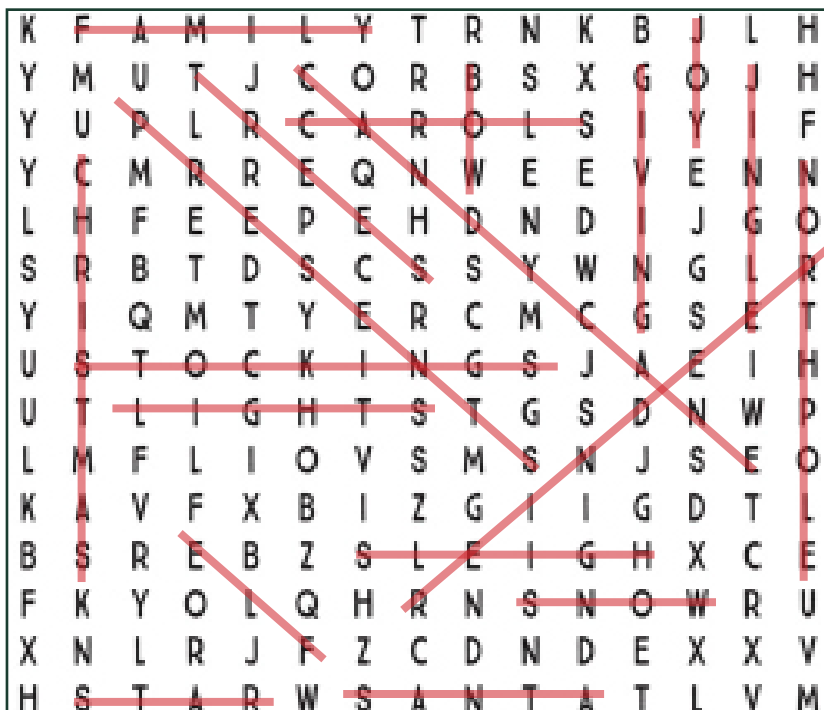
## Holly Jolly Gift Package

Get the gift this holiday season that boosts your immunity!

**3 different immune  
boosting supplements all  
for \$74!**  
30% savings!!



## Winter Word Search Answers



## Get To Know The Doctors

### Dr. Chris

#### Can You Guess The Lie?

1. Once did a body building competition.
2. His favorite food is cottage cheese.
3. Performed a lead role in the play "The Pajama Game".





# Favorite Holiday Superfoods



Holiday superfoods are a fun way for everyone to enjoy this time of year. The holiday season is notorious for high stress, and lots of high sugar, high fat comfort foods. The inevitable result of this late season binge is a huge energy drop, and lots of illness, trouble and more stress to start the new year. Make your holiday season healthier and more harmonious with the best superfood nutrition. Try utilizing these 3 holiday superfoods in your recipes:

## Cinnamon

This is an incredible spice filled with the highest anti-oxidant rich herbs and an incredible ORAC (Oxygen Radical Absorbancy Capacity). Cinnamon's powerful essential oils are known for their "anti-microbial" factors. Studies have shown that this spice is highly effective at halting bacteria growth. Cinnamon also helps to balance blood sugar by stimulating insulin receptors, giving them a stronger affinity for the blood-sugar lowering hormone.

## Cacao

This is a nutritional powerhouse rich with antioxidants. Cacao contains a group of powerful antioxidant polyphenols called flavonoids which are known for their incredible ability to reduce free radical attack, destroy bacteria/ viruses/ yeast development. Cacao is also rich in major minerals such as magnesium, calcium, iron, zinc, copper, potassium and manganese. These minerals are essential in maintaining normal cardiovascular tone (stabilizing blood pressure), immune, neurological, and reproductive health.

## Coconut

Coconut is a high-energy, weight loss, immune boosting superstar. The 90% saturated fat content of coconut oil has given it a bad rap, but research shows that it actually helps improve cardiovascular function by reducing inflammation, and providing a preferred fuel for the heart. In addition, coconut oil has been shown to stimulate the thyroid and speed metabolism, increasing the body's natural fat burning abilities. Be sure to utilize the many coconut products such as coconut oil, milk, cream, flour, etc. in your different recipes.

<https://drjockers.com/holiday-superfoods/>

## Dad Joke Corner

Why are christmas trees so bad at sewing?

"They always drop their needles!"



## Did You Guess The Right Lie?

3. He was not the lead in the play "The Pajama Game".

STAY TUNED!



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## 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



## 5 Benefits of Unplugging for the Holidays

The holiday season is filled with the onslaught of family, friends and social events which is enough to make even the most social person want to sneak away and enjoy some alone time. Unplugging for the holidays is more than just sticking your tech devices into another room. Instead, it's about giving your brain a break and allow yourself to enjoy life's smaller pleasures.

### 1. Say Goodbye to Nomophobia

About half of American adults check their phones numerous times an hour. Nomophobia is known as the fear of being without your phone. Reducing screen time has numerous benefits and could encourage you to spend your time on things you've been putting off or trying out a new hobby.

### 2. Reduce Anxiety

If you're already stressed, too much tech time can make you feel more anxious and increase levels of depression. Since anxiety can lead to a host of side effects, from headaches and trouble sleeping to an elevated heart rate, seize any opportunity to decrease it!

### 3. Your Brain Will Focus Better

Do you find yourself focusing on multiple things at once? See, our brains aren't actually designed to multitask. What actually happens is that our minds just shift focus super quickly, losing cognitive function in the process.

### 4. Get More Sleep

To your brain, blue light is the same as daylight and acts to stifle the production of melatonin. That's a big deal, because melatonin is the hormone that's responsible for setting our sleep-wake cycles, or circadian rhythms. This makes it harder not only to fall asleep, but to fall into the deep sleep that our bodies need to properly refresh.

### 5. Feel Happier & Healthier with Loved Ones

Spending time with family and friends actually improves your health. Turns out shy and lonely people are more likely to be addicted to their smartphone. Unplugging allows for you to nurture those relationships that are important to you and reconnect.

<https://draxe.com/health/unplugging-for-the-holidays/>

#### Winter Word Search

Bow	North Pole
Candy Cane	Presents
Carol	Reindeer
Christmas	Santa
Elf	Sleigh
Family	Snow
Giving	Star
Jingle	Stockings
Joy	Lights

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