



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: Vitamin D3 with K2

A growing body of research shows that when it comes to bone health, ensuring optimal intake of vitamin K is a critical piece of the puzzle. New research is focusing on the synergistic relationship between vitamin K (Specifically, vitamin K2) and vitamin D3, especially in terms of bone strength and cardiovascular health.

A group of naturally occurring and structurally similar, fat-soluble vitamins, vitamin K is essential for the proper utilization of calcium. Through its activation of the protein osteocalcin, vitamin K helps to bind newly absorbed calcium to the mineral matrix in bone. In addition, vitamin K has been found to help maintain bone mineral density by decreasing the activity of osteoclasts, a cell that breaks down the bone matrix. Therefore, vitamin K and vitamin D not only share similar qualities, but they also act in synergy within the body.

Vitamin D3 is structurally similar to cholesterol, and is converted via the liver and kidneys to its active form calcitriol. Calcitriol goes on to perform a multitude of roles in the body, and is particularly crucial for proper absorption of the mineral's calcium, iron, magnesium, phosphate and zinc. Calcitriol also regulates bone growth and regeneration, as well as immune, cardiac, and neuromuscular functions.

Given the importance of adequate Vitamin D levels in the body and many people's lack of exposure to direct sunlight, supplementation can help users in a variety of ways.



Winter Protection for the Whole Family

- Avoid the flu
- Maintain immune function
- Help prevent winter blues
- Fight infection
- Supports healthy blood circulation
- Promotes bone health

Thank You for Your Help!

A very big THANK YOU to everyone who donated to our Christmas tree. Stucky Chiropractic teamed up with Helping Kids Around the Chippewa Valley this holiday season. We could not have done this without your support! What an amazing, joyful experience it has been to bless 2 local families.

The generosity of everyone has filled our office and our hearts. We cannot thank our patients enough for their help and charity. That is the true meaning of Christmas.

Stucky Chiropractic Center has the best patients!





Osteoporosis: Symptoms, Causes and Natural Support Strategies

Excerpts from Dr. Jockers



Our bones are living tissue made up of cells, blood vessels, proteins, vitamins, and minerals. Bones have many functions including providing structural support for the body and protection of vital organs. Bones also provide an environment for marrow and act as a storage area for minerals. Osteoporosis is a degenerative disease of the bones that interferes with the many vital functions they serve.

Causes & Risk Factors of Osteoporosis

There are many factors which can cause a higher rate of bone remodeling and lead to a more rapid loss of bone mass and more fragile bones. The main causes of osteoporosis are inactivity, aging, hormonal imbalances, long-term use of certain medications, steroid use, low vitamin D levels, emotional stress, and nutritional deficiencies.

Certain health conditions increase the likelihood of bone loss, including autoimmune disorders. Digestive and gastrointestinal disorders such as celiac disease, inflammatory bowel disease, and weight loss surgery, may lead to osteoporosis. Other conditions associated with osteoporosis are cancer, blood disorders, neurological disorders, bone marrow and blood disorders, endocrine and hormonal disorders, and certain other diseases and conditions.

Osteoporosis is more common in women who naturally have lower bone density and because reproductive hormones, especially estrogen, can affect bone mass.

Signs and Symptoms of Osteoporosis

Osteoporosis is often referred to as “the silent disease” because most people are not aware they have osteoporosis until they break a bone. Bone loss is gradual and painless, and there are usually no symptoms to indicate a person is developing osteoporosis. A person with osteoporosis may notice they are getting shorter or their spine curving. Elevated parathyroid hormone is a major factor in these conditions. This hormone is raised by deficiencies of vitamin D or calcium or by excess phosphorus.

Some additional signs and symptoms:

- Bone pain or tenderness
- Fractures with little or no trauma
- Loss of height over time
- Chronic neck, back or joint pain
- Stooped postures

10 Natural Strategies to Prevent and Treat Osteoporosis

There are many safe and effective natural strategies to reduce the risk of fracture, support healthy bone mineral density, bone strength and structural integrity. These strategies include nutrition, exercise, stress reduction, and key supplements.

- Anti-inflammatory healing Diet
- Improve Mineral Absorption
- Weight Bearing Exercise
- Omega 3 Fatty Acids
- Calcium
- Zinc and Magnesium
- Vitamin D and K2
- Maintain a Healthy Weight
- Stress Reduction
- Melatonin

For rest of the article go to - <https://drjockers.com/osteoporosis/>

Get To Know The Doctors

Dr. Hall



Can You Guess The Lie?

1. His favorite type of cake is rum cake.
2. He has two dogs.
3. He got married in Mexico.

Unscramble Answers

1. Resolution
2. Lifestyle
3. Future
4. Memorable
5. Snowstorm
6. Icicles



The Monthly S t r e t c h

Piriformis Stretch

*hold each stretch for 60 seconds to reach full muscle lengthening. Repeat on both sides 2-4 times.

1. Lay on your back and cross the left leg over the right knee.
2. Grip the back of the right thigh and pull the knee towards your chest, lifting the foot off the floor.
3. Hold and repeat on opposite side.

Option #2

1. Sit in a sturdy chair.
2. Place the right ankle over the left leg in a "figure 4" position.
3. Lean forward with a straight back until you feel a stretch in your glute.
4. Hold and repeat on opposite side.



DIY Natural Homemade Cleaning Products excerpts from Dr. Jockers

Our society uses a lot of cleaning products that contain a number of chemical toxins. It is estimated that up to 25 gallons of toxic substances are concentrated in the average household. Most of these materials are a result of the products we use every day to clean our homes.

Many cleaning products contain warnings such as "hazardous", "danger", and "poison". Yet these labels have little information identifying their chemical compounds.

Homemade Cleaning Agents:

Acidic substances are some of the best natural cleaning agents. Acid is a natural sterilizing agent that aids in the removal of dirt and bacteria. The following list contains some of the best naturally acidic cleaning substances.

1. White Distilled Vinegar

White distilled vinegar has been used for more than 10,000 years. It is equipped for uses on floors, glass, mirrors, carpets, chrome, garbage disposals and shower heads. Vinegar also acts as a powerful home insect repellent.

2. Lemon Juice

Lemon juice contains a high number of alkaline elements. Its primary component, citric acid disinfects and cleans while providing a natural lemon fragrance.

3. Baking Soda

A natural alkaline substance, baking soda is a sodium bicarbonate. A natural odor eliminator, baking soda neutralizes both acids and bases. Baking soda can also be used to remove stains from surfaces as fragile as fine China. When used as an abrasive tool, baking soda can be scrubbed on sinks, countertops and other surfaces.

4. Citrus Seed Extract

Citrus seed extract is analogous to the properties of lemon juice. Typically, made from grapefruit seed, citrus seed extract functions as a natural preservative and a strong antimicrobial substance.

5. Essential Oils

Essential oils are extracted from raw plant materials like flowers, bark, wood, root, seeds and peels. They act as some of the most powerful antioxidant concentrates and have medicinal qualities when properly used. Essential oils serve as powerful antimicrobial disinfectants.

*For some of the best cleaning scents use lemon, orange, lavender, tea tree oil and peppermint.

<https://drjockers.com/diy-natural-homemade-cleaning-products/>

Dad Joke Corner

Why should you
bring a jeweler
to the New Years
Party?

"To ring in the
year in style"



Did You Guess The Lie?

1. His favorite type of cake is not Rum cake.



Start the New Year off right

What was your biggest success last year?

Describe last year in five words?

What did you learn about yourself last year?

In what ways would you like to model a healthy lifestyle this year?

What brings you the most joy and how are you going to do more of that?

What is one change you could make to your lifestyle that would give you more peace?

This year I want to repeat...

This year I want to lose...

This year I need more...

Unscramble the Words

1. LTSURNIOOE

2. FYLESTLEI

3. URTUFE

4. EABRMEOM

5. WOSTSRONM

6. CILIESC
