



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.

Check out what's new!! Erchonia FX 405 Cold Laser Therapy! Chris Edwards, D.C. on Behalf of Stucky Chiropractic

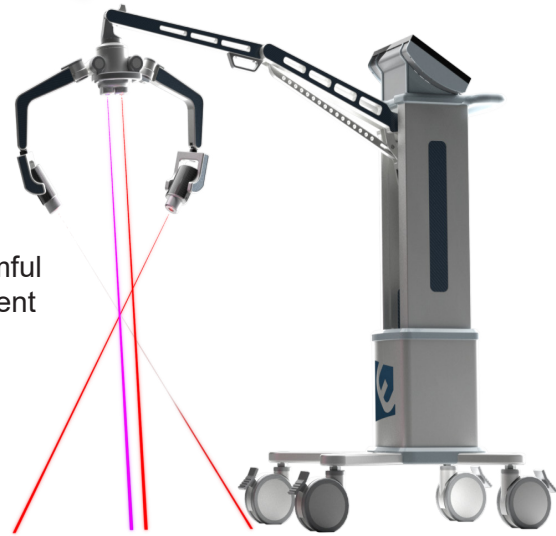
What is it?

The FX 405 is the latest technology of light therapy available to treat chronic and acute pain, decrease inflammation, treat traumatic brain injuries, and many other conditions. The FX 405 Series is the only FDA approved laser on the market to treat chronic low back pain.

For patients looking for a drug-free alternative to chronic and acute pain; Laser therapy is proving to be a medical breakthrough with incredible results, no harmful side effects, and, most promising of all, no potential for drug addiction. The recent FDA clearance of the FX 405 is groundbreaking for the pain management community and the war on opioids.

How does it work?

Cold laser sends billions of light particles into the affected area, increasing the energy output of the cells mitochondria (the energy factories) helping it to decrease pain and inflammation, heal faster, and communicate better with the cells around it.



How is this different from older lasers?

This cold laser provides a significantly more powerful healing energy to the problem area than our previous lasers could, seven and a half times more powerful! The FX 405 has 3 dynamic moving heads that give the treatment area a larger dose of light to the area to accelerate healing.

The FX 405 offers the addition of the 405nm violet laser. The violet laser broadens the conditions that can be treated. In addition, the violet laser has been proven as an anti-microbial & anti-bacterial modality.

Talk with your Stucky Chiropractic doctor or call the office to find out how to get started with this amazing new option to help you get you back to doing the things you enjoy!

From Erchonia

What conditions can be helped?

- **Inflammation:** One of the most popular benefits of cold laser therapy is that it can help reduce swelling and can treat edemas.
- **Sprains:** Low-level light therapy can improve blood flow to areas that have poor circulation, promoting a sprain to heal more quickly.
- **Strains:** Common muscle and tissue strains can be improved with a low-level laser treatment.
- **Bursitis:** Bursitis is a type of inflammation that affects fluid-filled pads that are meant to cushion your joints.
- **Tendonitis:** Patients looking for relief without undergoing traditional surgery seek laser therapy to help with their tendonitis.
- **Arthritis pain:** Low-level laser therapy is an effective way to manage pain associated with arthritic joints. Patients can find relief from arthritis and osteoarthritis pain with cold laser treatments.

For the rest of the article: <https://www.erchonia.com/laser-therapy-and-chiropractic-care-how-they-work-together/>

Supplements of the Month: ProOmega CRP, Boswellia Complex, Inflammation Intensive Care

ProOmega CRP

ProOmega CRP offers a powerful combination of concentrated omega-3 fish oil, plus optimized curcumin and the potent antioxidants L-Glutathione and N-Acetylcysteine (NAC) to achieve complete functional support for long-term health. ProOmega CRP achieves broad-based cellular, metabolic, and cardiovascular benefits by managing excessive cell signaling activity at central control points, while also limiting oxidative stress.

Boswellia

Boswellia serrata, or Indian frankincense, is mostly used for medicinal purposes. It's extracted from a moderate- to large-sized tree that's native to India, Yemen, Somalia, and Ethiopia. Boswellia serrata is abundant in benefits such as reducing body inflammation and helping treat conditions like osteoarthritis, rheumatoid arthritis, and inflammatory bowel disease. It's also a painkiller, and can help inhibit cartilage loss. Boswellia can be used to alleviate asthma and may have protective effects against diseases like leukemia and breast cancer.

Polyphenols

Polyphenols can act as antioxidants, meaning they can neutralize harmful free radicals that would otherwise damage your cells and increase your risk of conditions like cancer, diabetes, and heart disease. Polyphenols are also thought to reduce inflammation, which is thought to be the root cause of many chronic illnesses. Polyphenols may help prevent blood clots, reduce blood sugar levels, and lower heart disease risk. They may also promote brain function, improve digestion, and offer some protection against cancer, though more research is needed.



Bad Posture Results in Bad Health

Excerpts from Dr. Jockers

Bad posture is a modern-day health epidemic that is much worse than most people naturally assume. Posture is the window into your spine. The spine has a powerful relationship with the brain, spinal cord, and overall organ function. This intimate connection means that bad posture and spinal health will lead to an overall decrease in brain and organ function.

“90% of the stimulation and nutrition of the brain is generated by the movement of the spine.”
-Dr. Roger Sperry

Loss of Natural Curves Affects Health

One of the worst types of health problems people experience is a loss of the natural curves of their spine. Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways affecting organ systems of the body. Subluxations can manifest as pain, but since only a small portion of spinal nerves transmit pain sensations they are often unnoticeable by the individual. Losing the arc of life in the neck, forward head posture, and scoliosis are three of the most dangerous forms of subluxation. These are all the result of bad posture over time.

The Formation of Subluxation

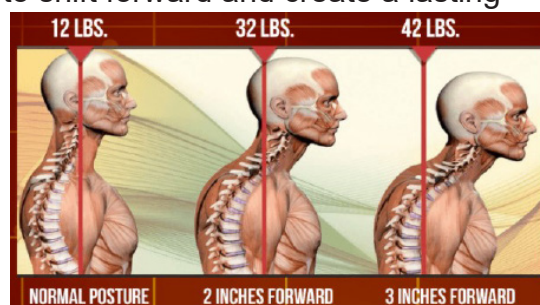
Subluxation patterns such as forward head posture and loss of the neck curve are most often created by trauma and/or bad posture. Examples of trauma include the birth process (especially with forceps delivery), falls, car accidents, & sporting activities.

The typical individual in our society today spends at least 3-4 hours a day slumped in front of a television, computer, and texting on a cell phone. These behaviors cause the head to shift forward and create a lasting posture pattern called forward head posture.

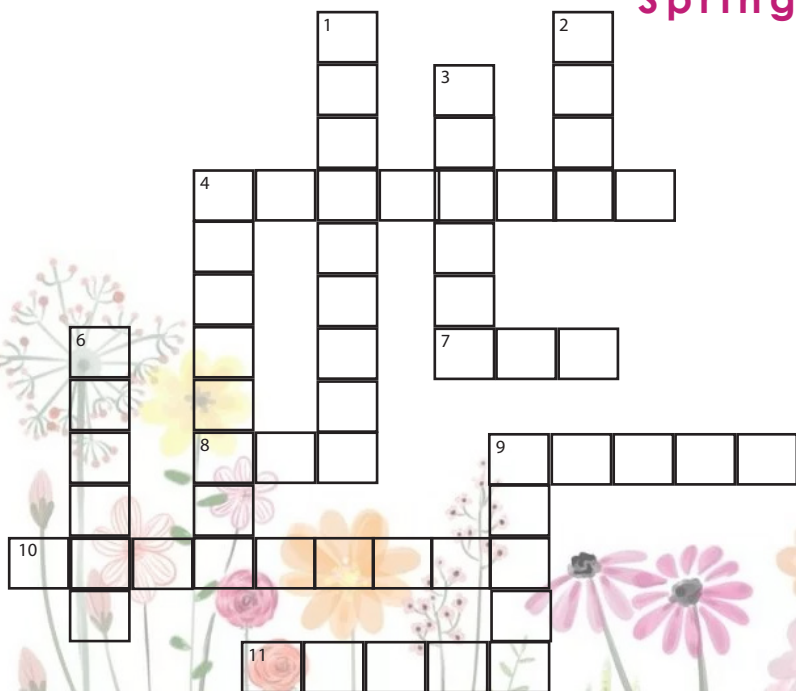
Corrective Chiropractic Care

Studies have shown that corrective based chiropractic care effectively reduces forward head posture and enhances the arc of life. As the respiration process improves more oxygen gets into the body. This improves blood flow into every organ system of the body dramatically improving overall function.

<https://drjockers.com/bad-posture-bad-health/>



Spring Crossword



Across

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

Down

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache



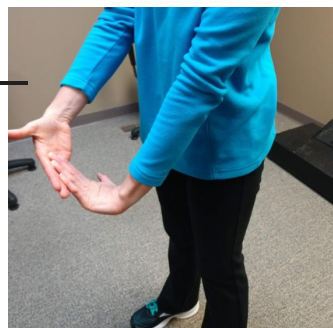
The Monthly Stretch

Wrist/Forearm Stretches

*Hold for 30 seconds.

Step #1- Keeping the elbow of the stretched arm straight, pull back on the fingers as shown.

#1



Step #2- Keeping the elbow straight, bend the wrist downward on the stretched arm.

Bring the opposite hand over the hand/wrist to be stretched with the thumb under the hand as shown.

Then rotate the hand away from the body.

#2



Across

4. decorate
7. egg
8. dye
9. chick
10. jellybean
11. bunny

Down

1. chocolate
2. hunt
3. parade
4. daffodil
6. bonnet
9. candy

Spring
Crossword
Answers

Dad
Joke
Corner



What do
you call
10 rabbits
marching
backward?

A receding
hareline!!

SPRING INTO WELLNESS

Over **25% OFF** each wellness bundle for both kids & adults!!

KIDS

- Multi Gummies
- Orthomega Pearls
- Probiotic Pixies

\$71



ADULTS

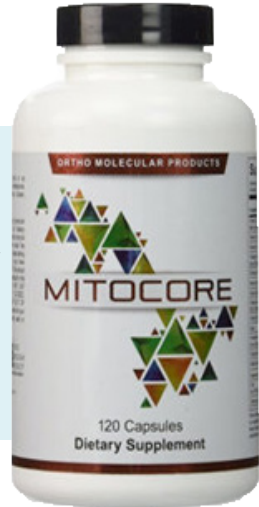
- Innate Choice Probiotic
- Omega 3's
- Vitamin D3 with K2

\$94



Have you heard about our New Supplement?

MITOCORE - THE SUPERCHARGE MULTIVITAMIN



Great benefits of Mitocore:

- Recharges cellular energy production
- Supports detoxification capacity
- Supports immune function
- Increases antioxidant protection
- Provides key micronutrients to optimize daily nutritional intake

The body's cells and organ systems depend on an adequate supply of energy to function optimally. The mitochondria, known as the powerhouse of the cell, contain nutrients and enzymes that are important for cellular energy metabolism, including those that convert food to usable energy in the form of adenosine triphosphate (ATP). ATP functions as the key source of energy for all cells. In order to increase mitochondrial output, there must be adequate fuel supply for combustion and abundant antioxidants to scavenge free radical by-products. Preserving our energy reserves and increasing energy output is a critical part of maintaining optimal health.

There are many things that can drain energy reserves. Lack of sleep, too much stress, poor nutrition, and prescription medications can draw on our energy reserves using them up faster than they can be replenished. Even the vital biologic systems relied on to maintain health can create an energy deficit that needs to be restored.

Mitocore is scientifically formulated, based on published research, to boost mitochondrial reserves and jump-start cellular energy production. Mitocore includes the powerful antioxidant trio of alpha lipoic acid, N-acetyl cysteine and acetyl L-carnitine shown to increase energy production and at the same time, recharge the primary cellular antioxidant pools of vitamin E, C, and glutathione. Mitocore also includes key micronutrients including green tea, broccoli seed extract and resveratrol to protect the mitochondria and continually renew the cycle of energy production.

<https://www.orthomolecularproducts.com/product/mitocore>



Breakthrough Weight Loss Program

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

Results may vary. See clinic for details.

Ask Your Doctor!

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

Classic Deviled Egg Recipe

Yield 12 halves

Time 45 minutes

Ingredients:

- 6 large eggs
- 1 teaspoon Dijon mustard
- 1 to 2 dashes Tabasco sauce or salt
- ¼ teaspoon ground black pepper
- 1 tablespoon fresh chives
- 3 tablespoons mayonnaise
- Paprika, for garnish
- Whole fresh chives, for garnish



Preparation:

1. Rinse eggs with warm water, and place in a small saucepan. Cover with cold water, place the pan over medium-high heat and bring to a boil. Turn off heat, cover and let sit for 10-12 minutes. Drain, rinse under cold water and peel. Cool in the refrigerator, loosely covered, for 15 minutes.
2. Halve eggs lengthwise, and carefully scoop out yolks. Place yolks in a bowl, and mash with a fork. Add mustard, Tabasco, salt, pepper, and snipped chives. Stir in mayonnaise.
3. Fill each egg white with about 1 1/2 teaspoons of the egg-yolk mixture and dust the top with paprika. Garnish with whole chives if preferred.