



# 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.

## Supplements of the Month: Fruits & Greens and Protein Powders



### Proteins

Protein is essential to rebuilding your cells and tissues, keeping bodily fluids in balance, protecting enzyme functions, supporting your nerves and muscle contraction, and boosting the health of your skin, hair, and nails. Clearly, getting enough protein in your diet is very important, and using high-quality protein powders is a great way to consume more protein without adding a lot more calories or carbohydrates to your diet.

According to research published in the Journal of Food Science, whey protein is one of the highest-quality proteins because of its amino acid content and rapid digestibility. It works quickly to aid your muscles so they can heal, rebuild, and grow.

Main Health Benefits attributed to high-quality Whey Protein:

1. Increases Strength and Builds Muscle
2. Burns Fat
3. Reduces Cravings
4. Stabilizes Blood Sugar Levels
5. Improves Energy
6. Boosts Glutathione
7. Boosts Immunity
8. Improves Heart Health
9. Extends Life Span

To read more, <https://draxe.com/nutrition/whey-protein/>

### Fruits and Greens

Research reviews have shown that a lack of fruit and vegetable intake is a major risk factor for a myriad of health complications. In fact, a recent analytical study of over 142 research publications found that the largest reductions in health risks were associated with individuals who ate roughly 10 servings of fruits and vegetables per day.

NutriDyn Fruits & Greens is a premium nutrient-rich dietary supplement that provides powerful antioxidant capacity, satiety, lasting energy, and support for a healthy digestive system. Better yet, it mixes easily in liquid or food!

### Benefits of Fruits and Greens

The ingredients in Fruits & Greens serve to support overall health and longevity in a variety of ways. The main benefits include:

- Supports healthy GI tract function and digestion
- Supports hormonal balance, healthy lipid profile and energy levels, as well as immune system function
- Antioxidant capacity of over 20 servings of whole fruits and vegetables in just one serving
- Contains proprietary blends of superfoods, probiotics, fiber, and key digestive enzymes
- Supports energy production and vitality
- Naturally alkalizes the body
- Supports healthy nutrient digestion and gastrointestinal function
- Tastes delicious in drinks and smoothies

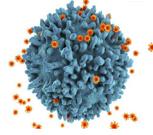
### NutriDyn Fruits & Greens contains a formula of superfoods including:

- Goji berry
- Pomegranate
- Kale
- Turmeric
- Acai
- Noni
- Kelp
- Chlorella
- Raspberry
- Mangosteen

<https://nutridyn.com/nutridyn-fruits-greens-with-monk-fruit>

# The Secret of Zinc's Immunity-Boosting Power Revealed

Excerpts from Dr. Mercola



## STORY AT-A-GLANCE

- Zinc has been acknowledged as an essential mineral for human health since the 1970s. More than 300 enzymes in your body require zinc for normal function and is well recognized for its role in immunity and normal immune system development.
- A March 2022 study has now shed new light on how zinc influence's immune function. Zinc is required for the development of disease-fighting T cells, and for the regeneration of your thymus, which produces T cells.
- A molecule inside your cells called GPR39 acts as a sensor that tracks changes in external zinc, and when the level rises, GPR39 triggers the release of a key renewal factor and thymic regeneration.
- Zinc ionophores, which act as a shuttle to transport the zinc into the cell, improves zinc uptake. Zinc ionophores include hydroxychloroquine (HCQ), chloroquine, quercetin, and epigallocatechin gallate (EGCG).
- Excessive zinc supplementation can cause an imbalance in your zinc-to-copper ratio, which can impair immune function. Copper, in turn, is interdependent on iron.

Zinc is the second most abundant trace mineral found in the human body, but your body cannot store it very well, so you need to consume foods with zinc every day to meet your body's needs. Research in the last decade has identified the crucial role that zinc plays in curtailing the length and severity of upper respiratory infections.

Zinc affects your immune function and helps prevent infections in a variety of ways. People who are deficient in zinc have an increased susceptibility to pathogens, as zinc helps prevent viruses from entering and replicating inside your cells. Deficiency affects the function of macrophage cells, which can trigger cytokine production and dysregulated intracellular death. Thus, with a deficiency in zinc, you not only get more viral infections, but these trigger an increase in the hyper inflammatory response.

# SALE!



## Summer Cold Quick Pack!

# 25% OFF!

Kill your cold fast with this Grab & Go quick pack!



## Turtle Exercises

Designed to help strengthen the neck flexors that are weakened by forward head posture.

1. Begin by laying down on fulcrums
2. Place one forearm over the forehead (bridge of nose area).
3. Place other arm over top of the first, keeping it straight.
4. Your head should be locked into place by your arms.
5. Keep your nose pointed straight up at the ceiling and resist up into your arms.

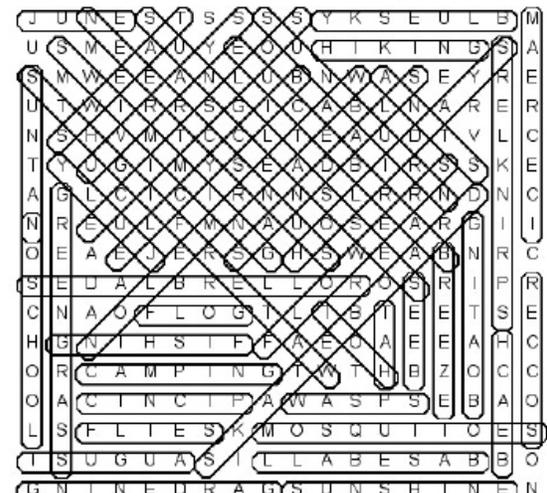
This is an isometric exercise, so there should be NO movement, just contraction of the muscles.

Be sure not to tuck or jut the chin,

Resist for 10 seconds and repeat 5 times.



Summer Word Search Answers



# Laser Therapy for Acute Back Pain

Laser therapy for acute back pain is an effective treatment modality that does not require extensive downtime or a prolonged recovery period. Acute back pain is a common problem that often develops after an accident or injury. Low-level laser therapy is an effective and non-invasive treatment to help alleviate various painful symptoms related to a lower back injury.



While traditional laser therapy uses hot lasers that can warm the tissues and muscles, low-level laser therapy uses a laser that does not heat the tissues. Because low-level laser therapy does not heat the skin or tissues, it minimizes the risk of potential side effects.

## What is Acute Back Pain?

Back pain is a common condition, and it can take two forms — chronic back pain and acute back pain. Chronic back pain is an ongoing issue where back pain may come and go throughout life or persist for extended periods of time. Acute back pain often develops suddenly and is usually triggered by something specific, such as an injury or accident.

## Laser Therapy for Acute Back Pain

Low-level laser therapy, commonly known as cold laser therapy, is an innovative back pain treatment that uses specific wavelengths of light to penetrate the body's tissues and stimulate the healing process. Cold laser therapy is exceptionally useful for treating instances of acute back pain. Patients can experience relief of acute back pain with this treatment modality because it can help reduce inflammation, swelling and edema.

In addition to its ability to reduce swelling, laser therapy can reduce muscle contractions or spasms that limit mobility while helping to restore a proper range of motion and functionality. Experts estimate that approximately 80% of Americans will experience back pain in their lifetimes. Because back pain is such a prevalent medical complication, it is important that effective treatments are available to improve symptoms.

## Effectiveness of Lasers for Acute Back Pain

Low-level laser therapy uses laser technology of varying wavelengths to penetrate the skin and relieve acute back pain. Physicians can target injured or damaged areas of the back with the utmost precision during a cold laser treatment. The wavelength used or length of the laser treatment will vary on an individual basis and depend on the injured area's severity and size.

In addition to alleviating discomfort and painful symptoms, low-level laser therapy can help provide numerous other benefits. A laser-based back treatment can help relieve pain without the need for surgery or intensive treatments. Some of the most common benefits of laser therapy for acute back pain include:



**Reduced inflammation:** Inflammation can cause additional pressure to build around sensitive nerves or muscles, worsening painful or uncomfortable symptoms.

**Non-invasive:** One of the most important aspects of laser therapy for back pain is that it is a non-invasive treatment modality that can improve symptoms related to acute back pain.

**Expedited recovery:** Laser therapy for acute back pain can expedite the recovery process and help regenerate damaged bone and tissue.

**Improved blood circulation:** A laser treatment can help stimulate blood flow and restore proper circulation to painful areas of the back.

**Accuracy:** Laser treatments are highly accurate because they use innovative technology to precisely target the source of acute back pain.

**Stimulated nerve regeneration:** Low-level laser therapy can relieve acute back pain by stimulating regeneration of damaged or unhealthy nerves.

<https://www.erchon.com/laser-therapy-for-acute-back-pain/>

# Happy Father's Day



Dr. Becker, Melissa & Jake



Stephanie, Bryndel, Piper, Hadley & Dr. Kyle



Annika, Dr. Chris & Sara



Dr. Hall & Kinsley

J U N E S T S S S S Y K S E U L B M  
 U S M E A U Y E O U H I K I N G S A  
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## Summer Word Search

- ANTS
- AUGUST
- BARBECUE
- BASEBALL
- BEACH
- BEEES
- BICYCLE
- BLUE SKY
- BOATING
- BREEZE
- CAMPING
- FISHING
- FLIES
- FLOWERS
- GARDENING
- GOLF
- GREEN GRASS
- HAT
- HIKING
- HOLIDAYS
- HOT
- ICE CREAM
- JULY
- JUNE
- MOSQUITOES
- NO SCHOOL
- PICNIC
- ROLLER BLADES
- SANDALS
- SKATEBOARD
- SOCCER
- SOLSTICE
- SPRINKLERS
- SUNBURN
- SUNGLASSES
- SUNSCREEN
- SUNSHINE
- SUNTAN
- SWEAT
- SWIMMING
- UV RAYS
- WASPS
- WATER FIGHTS
- WATERMELON