



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: Magnesium

Magnesium is the fourth most abundant mineral in the human body, and one of the seven essential minerals we can't live without. In fact, a lack of magnesium can place you at risk for impaired metabolic function and reduced mitochondrial function, both of which may trigger serious health problems.

Magnesium Deficiency Affects Migraines, Anxiety and Depression

Magnesium may be used by people alleviating a magnesium deficiency, however, it is also beneficial for your mental health. It has shown potential in combatting anxiety, as magnesium is known to assist with producing the hormone serotonin in your brain, which may significantly affect feelings of anxiety and happiness. In fact, low magnesium intake was shown to decrease serotonin levels which can negatively affect mood.

Although the brain is just 2 percent of your body weight, it uses nearly 20 percent of your oxygen supply in metabolic processes, remaining remarkably constant despite changes in mental and motor activities. Magnesium facilitates processing in the neural networks and is used to keep the blood-brain barrier healthy.

Magnesium has proven to be essential for learning, concentration, memory, and enables the brain's plasticity, or its ability to adapt to challenges. Additionally, maintaining optimal levels of magnesium has proven effective in reducing the number of attacks and the number of days per month you may experience a migraine.

Magnesium for Your Bone and Muscle Health

Magnesium contributes to the structural development of bone, and adult bone contains nearly 60 percent of the total magnesium in your body. As it is involved in bone formation, subclinical levels may contribute to the development of osteoporosis.



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Vitamin D Deficiency Symptoms & Sources to Reverse It

Excerpts from Dr. Axe

Can vitamin D deficiency be cured? Yes, there are ways you can naturally increase your vitamin D levels and decrease your risk of developing related health conditions.

What Is Vitamin D? (Why We Need It)

Vitamin D is a fat-soluble vitamin that's stored in the liver and fatty tissues. It's somewhat different than other vitamins because the body makes most of it on its own (with the help of sunlight), rather than solely relying on food sources to get enough.

Here are some of the benefits associated with this vitamin:

1. Contributes to bone health by aiding in calcium absorption into the bones, as well as other vitamins and minerals that contribute to skeletal health, including magnesium, vitamin K and phosphorus.
2. Supports the immune system and may help prevent prolonged or excessive inflammatory responses. Adequate levels seem to help protect against some infections and viruses by regulating the role of white blood cells, decreasing viruses' ability to reproduce, and activating enzymes that prevent tissue damage.
3. Helps support healthy cell replication and may play a role in protecting against the development of autoimmune conditions.
4. Promotes cardiovascular health and helps regulate blood pressure, cholesterol levels and inflammation.
5. Helps manage blood sugar levels and works with calcium to regulate insulin secretion.
6. May help prevent depression and mood disorders. It helps keep your mood positive, energy levels up and can help treat seasonal affective disorder (a type of "winter depression").
7. Seems to play a role in preventing obesity. Studies show deficiency is tied to greater volumes of fat, serum, liver, and muscle mass, although the relationship is still being researched.

Vitamin D From the Sun

Many people assume that the best way to maintain normal vitamin D status is through drinking milk, eating fish, or even taking supplements like cod liver oil. While these do serve as food sources, direct exposure to the sun is actually the best way to absorb this important vitamin.

It's believed that up to 90 percent to 95 percent of most common absorbance of vitamin D comes from casual sunlight exposure. When you sit in the sun exposed, without sunscreen, for roughly 10 minutes, you likely absorb about 10,000 units of natural vitamin D. However, keep in mind that this amount differs from person to person, depending on skin tone.

<https://draxe.com/nutrition/vitamin-d-deficiency-symptoms/>

Word Scramble Answers

1. outfield
2. Express
3. umpire
4. concessions
5. dugout
6. pitcher
7. slugger
8. curveball

The Monthly Stretch



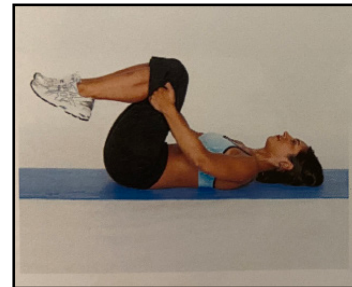
Low Back Exercise

*Hold each stretch for 30 to 60 seconds, repeat on both sides 2-4 times

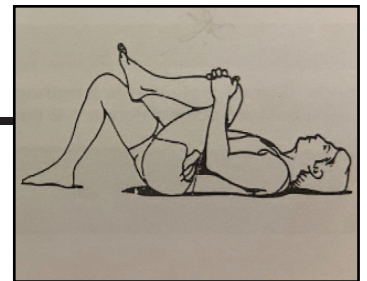
Low Back Stretch:

Lie on your back with your knees bent and your feet flat on the floor. Bring one leg up and then the other. Gently pull both bent knees up towards your trunk, using your hands. Keep your head relaxed on the ground.

Option #2: Gently raise one bent knee up enough so you can grasp your lower leg with both hands.



Original



Option #2

Dad Joke Corner

Air used to be free at the gas station, now it costs \$0.50. You want to know why?

Inflation.



A Tribute To Our Founder

Dr. L. Joe Stucky was born on August 6, 1936 in Rochester, MN to Wanda (Kracht) and Leo Stucky. He was raised in Pine Island, MN and was involved in multiple sports in high school as well as valedictorian of his graduating class. He received his Doctor of Chiropractic degree from Northwestern College of Chiropractic in 1957. After practicing with his brother, Bill, in Thomasville, GA, he moved to Eau Claire, WI and began his practice in downtown Eau Claire in 1959. He married Kathryn (Hillestad) Mickelson and her two children, Linda and Steve, on March 11, 1961.

Early in his career he was involved in Toastmasters in Eau Claire and was Toastmaster of the year. He was an avid golfer and loved the game. He was a member of Hillcrest Golf and Country Club for 49 years. His real love was Chiropractic, and he was known throughout the world as a speaker on Chiropractic philosophy and teacher of Chiropractic technique known as the Stucky Integrated Method.

He was a Distinguished Fellow of the International Chiropractic Association. Dr. Stucky and his wife, Kay, were two of the original founders of Life Chiropractic College in 1974, now it is Life University in Marietta, GA. He was a mentor and an inspiration to thousands of Chiropractors over the years. His enthusiasm for Chiropractic inspired hundreds to become Chiropractors.

He retired from practice after 52 years of service on June 15, 2009. Dr. Stucky touched so many lives and considered all his patients as friends. When you would ask how he was doing he would always answer, "near perfect".

He was very proud that all his children became Chiropractors and their spouses are Chiropractors as well as two granddaughters. He now has 20 total Chiropractors in his family, including, Dr. Pam, Dr. Alyse, and Dr. Hall.

Dr Stucky passed away on Thursday July 19, 2012. We continue to honor his legacy though providing the best chiropractic care to our patients.



Yield: 2

Total Time: 5 minutes

Ingredients

- 1 banana
- 2 cups fresh or frozen seedless watermelon
- 1/2 cup frozen strawberries
- 1 cup plain coconut milk yogurt
- 1 tablespoon chia seeds (optional)
- maple syrup to taste (optional)

Feeling dehydrated? Try this fresh, sweet, and thirst-quenching watermelon smoothie. It can help boost energy and promote detoxification.

1. Start by adding 1 banana and a ½ cup of frozen strawberries to your blender. (Add maple syrup if you want an added touch of sweetness)
2. Then add in 1 cup of coconut yogurt and 2 cups of fresh watermelon. (Frozen watermelon can work too and will make the end result more slushy.)
3. Blend the ingredients until they are well-combined.



Fourth of July Trivia and Fun Facts

1. When were fireworks first officially used in a celebration of the 4th of July?

- a. 1770
- b. 1777
- c. 1901
- d. 1972

2. Who was the month of July named in honor of?

- a. Romulus
- b. Mark Antony
- c. Pope Gregory XIII
- d. Julius Caesar

3. Which country celebrates its establishment day on July 1st?

- a. Italy
- b. Iceland
- c. England
- d. Canada

Fun Fact #1

Massachusetts became the first state to make the 4th of July an official state holiday in 1781, even before the federal government made Independence Day a holiday in 1870.

Fun Fact #2

Small towns in the U.S. typically spend between \$8,000 and \$15,000 on their fireworks displays.

Fun Fact #3

Thomas Jefferson, 82, and John Adams, 90, both died on July 4, 1826, within five hours of each other on the 50th anniversary of the signing of the Declaration of Independence.

Answers: B, D, D

Official Chiropractic Center of Eau Claire Express

Express Baseball Word Scramble

1. tufldieo _ _ _ _ _

2. xpserse _ _ _ _ _

3. iurpem _ _ _ _ _

4. cnoseniossc _ _ _ _ _

5. uguotd _ _ _ _ _

6. ptrehci _ _ _ _ _

7. glsuger _ _ _ _ _

8. vrculalbe _ _ _ _ _



Follow this link to the Eau Claire Express 2022 Season Schedule!!
<https://northwoodsleague.com/eau-claire-express/game-schedule/>