



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: D-Hist and Allerplex

D-Hist

Natural D-Hist is a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for seasonal challenges caused by common environmental allergens. The formula includes quercetin, bromelain, stinging nettles leaf, and N-acetyl cysteine. The powerful combination actively promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation.

Allerplex

Allerplex, with vitamin A, supports the body's ability to handle seasonal challenges. It supports the body's natural ability to manage mucus movement. Additionally, Allerplex can support the body's ability to handle seasonal, environmental and dietary challenges, healthy liver function, and healthy lung and respiratory function.

Pollen Allergies: Symptoms & Natural Support Strategies

Excerpts from Dr. Jockers

Spring is here. If you are one of the millions dealing with pollen allergies, you know that it's also allergy season. You may love the sunshine and the beauty of the flowering trees, but chances are, you could live without sneezing, runny nose, coughing, watery eyes, and other symptoms of pollen allergies.

I have good news for you. You don't have to suffer from symptoms of pollen allergies this season. Pollen is a tiny, egg-shaped powdery grain that is released from flowering plants. Pollen is carried by the wind, bees, and other insects from one plant to another to serve their essential reproductive role. This is all amazing for our plants, however, when pollen is flying around the air, it can land in your eyes, nose, lungs, and skin. If you have pollen allergies, specific pollen can lead to a variety of allergic reactions.

How The Immune System Reacts to Pollen Allergies

Your pollen allergies have everything to do with your immune system. When your immune system is malcoordinated, it may result in pollen or other allergies. This can happen from any major bodily stressor that interferes with the healthy function or natural maturity of your immune system.

A Balanced Immune Response Is Key

Even though most people don't connect gut health to allergies, the most common issue that can increase your symptoms or make you prone to allergies is altered and unbalanced gut flora. Your gut microbiome is responsible for 70 percent of your body's innate immune response and allows your body to differentiate between safe environmental particles, including pollen, weed, and dust, and unsafe environmental particles, including bad bacteria, viruses, and unhealthy yeast. This may not only increase your risk of pollen and other seasonal allergies, but also increase your risk of asthma, autoimmune conditions, and chronic inflammation.

<https://drjockers.com/>



Spring Cleaning Benefits for Your Health & Home



Spring is a season that for many people brings to mind thoughts of a fresh start. It makes sense then that it can feel great to give your home a refreshing, top-to-bottom spring cleaning when the weather starts getting warmer — and it turns out it can be good for your health.

Why is it called a “spring clean”? It’s because most people find the spring to be an annually energizing time when it feels good to get rid of the old and bring in the new.

Here’s more about some of the health benefits of spring cleaning:

- Reduces exposure to allergens and irritants, such as dust, mildew and mold.
- Helps prevent respiratory issues, such as asthma and trouble breathing due to poor air quality.
- Decreases the chances of being exposed to harmful bacteria that can make you sick, including those living on the dirtiest surfaces in your home, such as cutting boards, countertops, doorknobs, etc.
- Helps stop germs from spreading from one family member to another, including those that cause viruses and infections. (Remember, the best way handle viruses and bacteria is a healthy immune system!)
- Reduces the risk of falling and slipping if you remove clutter from pathways, hallways and staircases. It can even decrease the risk of a fire starting in your home if things are cleaned and organized regularly.
- Makes your home more calming and convenient to navigate, which can help reduce stress. For example, a tidy and peaceful-feeling bedroom may help improve your ability to sleep, which can translate to dozens of health perks like improved focus and moods.
- Can help you stick to healthy habits, such as cooking at home and working out at home, if you’re better able to find what you need and have the space to exercise.
- Can save you money if you’re better able to find and use what you already have. (You can also try selling unwanted items.)

<https://draxe.com/health/spring-cleaning-benefits/>

Get Outdoors in Eau Claire!

Lowes Creek County Park: Great for some hiking or mountain biking.

Carson Park: Spend time at the beach, go fishing, or try hiking on one of the trails.

Putnam Park: Head to Putnam Trail for a hike, run, or bike ride.

River Prairie Park: A great place to have a picnic while enjoying the weather.

Pheonix Park: Float down the Chippewa River on a tube, spend some time fishing, and on Saturdays, visit the farmers market!

Mt. Simon Park: Enjoy the trails, playgrounds, and outdoor sports amenities. You can also opt to hike to one of the highest points in Eau Claire for a great view!

Owen Park: The perfect spot to hang up a hammock. Bring a book and relax outside!

<https://www.visiteauclaire.com/things-to-do/outdoors/>

Dad Joke Corner

Which month of the year is the shortest?

May! It only has 3 letters.



Health Benefits of Spending Time Outdoors

Excerpt from *Trip Outside*

- **Being in nature boosts life satisfaction.**

A recent study found that men and women who spent just 20 minutes in a park setting reported a 64% hike in life satisfaction.

- **Soaking up the sun elevates vitamin D levels.**

Regular sun exposure is the best source of vitamin D. An estimated 40% of U.S. men and women are vitamin D deficient, which can lead to some pretty scary health implications, including depression, cancer, and osteoporosis.

- **Spending time outside may lower blood pressure.**

Researchers report that the nitric oxide present in the skin responds to the sun's rays by widening blood vessels, resulting in lower blood pressure. Although study participants whose blood pressure was already in the normal range noticed a minimal drop, it's believed that folks with high blood pressure would likely experience a more significant change.

- **Outdoor time improves sleep.**

Going outdoors could improve your quality of sleep, according to Stanford Medicine. It seems that increasing the amount of time an individual spends outside helps to regulate body temperature, along with the sleep-wake cycle, otherwise known as the circadian rhythm.

- **Spending time outside increases happiness.**

The boost in mood from being outside may be due, in part, to nature's ability to zap anxiety and ruminating thoughts. A 2015 study published by Science Direct found that folks who walked in a wooded area reported a better emotional state when compared to study participants who walked in an urban location.

- **Nature relieves stress, anxiety, and depression.**

Studies show that walking in a green environment lowers the stress hormone cortisol. While cortisol is vital for optimal mental and physical health, elevated levels have been linked to a menagerie of health problems, including anxiety, depression, memory and concentration problems, and even sleep disorders.

- **Spending time in green spaces boosts immunity.**

Research suggests that spending time in nature wards off everything from diabetes and ADHD to cardiovascular disease and cancer. This is largely due to the relaxed state that nature promotes. Forests are particularly beneficial for the immune system, as plants produce phytoncides, which have been shown to increase natural killer cells—a type of white blood cell in humans. Plus, sun exposure strengthens infection-fighting T cells.

<https://tripoutside.com/health-benefits-of-getting-outdoors/>

Happy Mothers Day from our Stucky family!



Lara & Logan



Melissa, Dr. Becker & Jake



Alicia, Avery & Braylon



Rebecca, Emily, Ryan & Jake



Dr. Alyse & Kinsley



Dr. Pam & Dr. Jay with Dr. Hall, Dr. Alyse, Kinsley, Anthony, Taylor, & Francois



"A mother is she who can take the place of all others but whose place no one else can take."

- Cardinal Mermillod



Tracie, Terry & Family

MEMORIAL DAY 2023

We would like to acknowledge all the great men and women who went before us to fight on the battlefields for our freedom and our united nation. We at Stucky give thanks to those who gave their lives in service to America, so that we can live free.

We are grateful to them and their families for the sacrifice of life! As they say, freedom is not free, it comes at a great price.