

STUCKY
CHIROPRACTIC



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: 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.

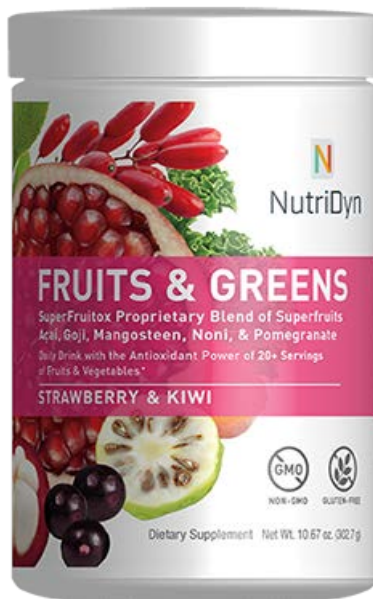
Benefits of Fruits and Greens

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.
- Supports healthy nutrient digestion and gastrointestinal function.
- Naturally alkalizes the body.
- 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



Flavors we offer:

Blackberry Tangerine
Strawberry and Kiwi
Pink Lemonade
Chocolate
Mint
Espresso
Chocolate Peppermint
Green Tea Melon
Grape

Junkfood “Brainwashes” You so You’re Wired to Eat More

Excerpt from Dr. Mercola

If you’re like most people, you’re consuming an unhealthy amount of sugar on a regular basis. Even if you don’t consistently eat junk food, candy or sweetened beverages, most processed foods contain an excessive amount of added sugar.

- Researchers found participants who ate high-fat, high-sugar snacks experienced changes in neural encoded responses so they no longer preferred low-fat, low-sugar snacks and they subconsciously preferred a lot of fat and sugar.
- Data shows bingeing on sugar for just six weeks can slow brain function, memory and learning. One study showed sugar affected the reward system in a "manner similar to that of drugs of abuse".
- Eating junk food for one week can impair your appetite control; data also shows the more sugar you eat, the lower your nutrient intake.
- Eliminating sugar is a quick and clear route to better health. Metabolic flexibility is a key to better health; it is also important to avoid industrial vegetable oils or seed oils, margarine, shortening and any fake butter and spreads. Instead, choose from a list of healthy fat foods that include olives, avocados and coconut oil.

Excessive amounts of sugar also trigger other brain changes, including impairing spatial memory and inhibiting neurogenesis in the hippocampus, the area of the brain that’s involved in learning and memory processes. An animal study also showed a high-sugar diet alters inhibitory neurons in the prefrontal cortex, where decision making and impulse control are centered.

In addition to impairing impulse control and the inability to delay gratification, which may contribute further to addiction, this brain alteration also increases the risk of mental health problems in children and adolescents. A high-sugar diet also takes a toll on your physical health by contributing to unwanted pounds, and the pace could be remarkably rapid.

https://takecontrol.substack.com/p/junk-food-consumption-rewires-the-brain?utm_source=%2F-search%2Fjunk%2520food&utm_medium=reader2

C	E	O	B	C	G	E	S	I	N	E	R	D	S
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SWIMMING
SHORTS
LEMONADE
GARDEN
PICNIC
BEACH
POOL
SANDALS
CAMPING
POPSICLE
SUMMER
FATHERS DAY

Dad Joke Corner

**What do
you call a
snowman in
June?**

A Puddle!



New Neck Pain Studies Support Chiropractic First

Research studies on the effectiveness and cost savings of chiropractic treatment are constantly being performed and evaluated. The following excerpts are for those of you who like to see the research and science behind what we do. The final result - chiropractic works and is cheaper for non-surgical care.

Excerpt from Dynamic Chiropractic

Led by principal investigator David Elton, DC, Optum has produced several groundbreaking studies that help to demonstrate the value of chiropractic care for low back and neck pain ahead of less guideline concordant care that includes unnecessary use of imaging, pharmaceutical and other interventions.

The latest: two new studies that examine neck pain (NP) utilization costs associated with the timing of non-pharmaceutical services for neck pain and utilization costs associated with chiropractic visits.

The first is a retrospective observational analysis of 124,780 individuals with 137,274 episodes of nonsurgical neck pain who contacted 70,252 medical primary care providers.

Sadly, even though neck pain clinical practice guidelines emphasize non-pharmaceutical and non-interventional first-line approaches first, only “22.1% of episodes included at least one of five non-pharmaceutical services at any time during an episode” and only 7.4% received non-pharmaceutical care in the first seven days. “Active care (13.7% of episodes), manual therapy (10.8%), and chiropractic manipulative therapy (9.4%) were the most common non-pharmaceutical services.”

The second is a retrospective cohort study of individuals with NP designed to “examine the dose response association between the number of visits of CMT (chiropractic manipulative therapy), AC (active care), MT (manual therapy), or acupuncture, the exposure to pharmaceutical, imaging, and interventional services, and total episode cost.” The investigators looked at 91,805 individuals who initially contacted a chiropractor (DC), physical therapist (PT) or acupuncturist (LAc) for their non-surgical NP. The total expenditure for all care was \$39,150,944.

According to the findings, “47.8% of DC-CMT episodes, 31.8% of PT-AC, and 35% of PT-MT had 1 to 3 visits. For LAc-acupuncture, 4 to 6 visits were most common, at 27.5% of episodes.” Interestingly, the study found that the patients who didn’t receive CMT or who had greater than three visits were more likely to be exposed to second- and third-line services which typically include NSAIDs, opioids and spinal injections.

Looking at the results, the authors found that:

“The DC-CMT combination was associated with the lowest overall median total episode cost (\$185, Q1 80, Q3 455), a finding that remained consistent within each visit count category.

“The median number of different HCPs (health care providers) seen during an episode increased with an increasing number of visits for the PT-AC and PT-MT combinations and was unchanged for the DC-CMT and LAc-acupuncture combinations.”

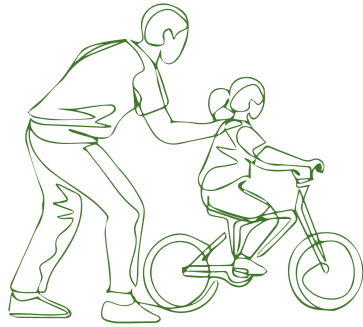
Taken together, these two studies highlight the importance of beginning nonsurgical NP care with a doctor of chiropractic before beginning medical care to not only provide more cost-effective care, but also avoid low-value care that can ultimately increase costs and include side effects. These findings by Optum will likely be recognized by other health care payers, who will be incentivized to find ways to direct their insureds to more appropriate NP care.

<https://dynamicchiropractic.com/article/59326-new-neck-pain-studies-support-chiropractic-first>

Happy Father's Day!



Dr. Hall, Dr. Alyse, and Kinsley



Dr. Kyle, Stephanie, Bryndel, Piper, and Hadley



Dr. Chris, Annika, and Sara



Dr. Becker and Jake



E	E	P	O	Y	E	B	T	S	G	L	P	C	M
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Stop by on
June 7th for our
Fruits & Greens
sample day!

Love what you
taste? For the
month of June, get
a 20% discount
and 25% for our
Wellness Club