



# 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: Omegas

Omega-3s are a family of essential fatty acids that play important roles in your body and may provide a number of health benefits. As your body cannot produce them on its own, you must get them from your diet. Following are some of the potential benefits of omegas:

### Good for Heart Health

One of the most well-known omega-3 benefits is the way they positively affect risk factors associated with heart disease and stroke, the leading causes of death worldwide. Studies show that adults who eat diets rich in fish tend to have low instances of these diseases.

### May Fight Mental Disorders and Decline

There are a number of conditions related to brain and mental health that seem to improve when individuals get good omega-3s. They can include depression, anxiety, ADHD, and even Alzheimer's.

### Reduce Inflammation

One reason omega-3 fatty acids may be so beneficial to many aspects of health could be that they help decrease system-wide inflammation, the root cause of most diseases. By eating a nutrient-dense and anti-inflammatory diet, you give your body its best chance to fight disease like it was designed to do.

### Linked to Preventing and Managing Autoimmune Diseases

Characterized by the immune system attacking healthy cells, mistaking them for foreign intruders, autoimmune conditions include diseases such as type 1 diabetes, lupus, rheumatoid arthritis, ulcerative colitis, multiple sclerosis, leaky gut syndrome and many more.

### May Support Healthy Bones and Joints

Essential fatty acids, including omega-3s, are recognized in scientific research as able to increase the amount of calcium you absorb from your gut (partly by enhancing the vitamin D effect) and improve the strength of your bones and synthesis of bone collagen.

### Might Improve Sleep Quality

It's possible that children, in particular, may experience problems with sleep when they don't get enough omega-3 fatty acids in their diets. In adults, low omega-3 levels are associated with obstructive sleep apnea. One reason for this may be that low omega-3s are linked to lower levels of melatonin, the hormone partly responsible for helping you to get to sleep in the first place.

### Beneficial for Infant and Child Development

It seems that infancy and childhood are some of the most important periods of time in a person's life to get plenty omega-3s in the diet, probably because of the amount of long-chain fatty acids found in the brain and retina. It's crucial for developing babies and children to get a good amount of DHA and EPA so their brains and eyes develop fully and properly.

### Linked to Lowered Macular Degeneration Risk

Your retina contains quite a bit of DHA, making it necessary for that fatty acid to function. The National Eye Institute, part of the National Institutes of Health, concludes that there is "consistent evidence" suggesting long-chain polyunsaturated fatty acids DHA and EPA are necessary for retinal health and may help protect the eyes from disease.





## Congratulations to Mallorie and David and their beautiful baby girl, Maybel!!



## Healthy Back to School Habits

### Reduce Screen Time

Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family—with these tips.

Turn off the TV during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.

Limit screen time to two hours each day for children 2 or older.

Suggest playing outside after school and join in the fun.

Turn on some music and have a family dance party.

Be a good role model. If you reduce your screen time and move more, your kids will too!

### Get Active

Kicking off the school year can be a busy time, leaving little room for physical activity. These three steps can help you find time to be active as a family.

1. Keep track of how your family spends time for one week.

2. Start small. Find two 30-minute time slots when your family can be active together after school or on the weekends.

3. Get going. Try these great tips:

- Walk your kids to school
- Ride bikes after dinner
- Play baseball
- Jump rope
- Shoot baskets
- Dance
- Walk the dog
- Play tag
- Rake leaves

8. September	<h2>Dad Joke Corner</h2> <p><b>Why shouldn't you tell a secret in a cornfield?</b></p> <p><i><b>Because the corn has ears!</b></i></p> 
7. Squirrels	
6. Backpack	
5. Leaves	
4. Pencils	
3. Apple Picking	
2. Sweatshirt	
1. Football	



# These 8 daily habits could add up to 24 years to your life

It's clear now more than ever that living longer is heavily influenced by lifestyle choices like diet and exercise, but a recent unpublished study found that certain habits can add more than 20 additional years to your life.

The research, presented last month at the American Society for Nutrition's annual meeting, found that practicing eight healthy habits at age 40 was associated with an additional 24 years of life for men.

Women saw similar benefits from incorporating the practices in their lives at age 40, with 21 extra years added to their lives.

"We were really surprised by just how much could be gained with the adoption of one, two, three, or all eight lifestyle factors," said Xuan-Mai Nguyen, lead study author and health science specialist at the Department of Veterans Affairs, in a press release.

"The earlier the better, but even if you only make a small change in your 40s, 50s, or 60s, it still is beneficial."

The eight habits, listed in order, starting with the highest impact on lifespan, include:

1. Exercising
2. Not having an addiction to opioids
3. Avoiding smoking
4. Managing your stress levels
5. Adhering to a healthy diet
6. Not binge drinking
7. Prioritizing good sleep
8. Maintaining positive social relationships

Even adding only one of the habits to their routine seemed to provide 4.5 or 3.5 more years of life for men and women, respectively. Just two of the behaviors added seven more years of life for men and eight extra years for women.

The observational study looked into the lifestyle choices of more than 700,000 U.S. military veterans from ages 40 to 99, who are all participants of a years-long study called the Million Veteran Program.

Lack of physical activity, opioid use and smoking had the biggest impacts on lifespan with a 30% to 45% increased risk of death, the study found.

"Stress, binge drinking, poor diet, and poor sleep hygiene\* were each associated with around a 20% increase in the risk of death, and a lack of positive social relationships was associated with a 5% increased risk of death," the release states.

Participants also saw increases when adding the healthy habits in their 50s and 60s, said Nguyen: "It is never too late to adopt a healthy lifestyle."

\*Poor sleep hygiene includes any factors that disrupt the normal balance of the sleep-wake cycle. This can include background noise, uncomfortable temperatures, consuming caffeine before bedtime, etc.



# Tasty Autumn Trail Mix

Ready in 5 minutes!

This is an antioxidant rich snack that tastes great and is highly energizing. This is great for kids and for a nice holiday or special event party dish.

Pumpkin seeds are one of nature's richest sources of zinc, magnesium and B vitamins that help with the methylation process that protects our DNA and detoxifies bad hormonal metabolites. Pumpkin seeds also contain small chain omega 3 fatty acids and are alkaline forming in the body.

Coconut flakes are an excellent source of medium chain saturated fats that enhance immunity, gut health, and brain function. Pecans are rich in antioxidant compounds and dried fruit has various polyphenolic compounds that benefit our health.

Cinnamon not only gives this a nice autumn flavor, but it also helps to improve insulin sensitivity and blood sugar stability. This is key for maintaining healthy blood sugar levels and keeping inflammation under control.

## Ingredients:

½ cup of pumpkin seeds  
½ cup of raisins  
¼ cup of dates  
½ cup of dehydrated apples  
½ cup of almonds  
¼ cup of pecans  
½ cup of coconut flakes  
1 tsp cinnamon

## Instructions:

Step #1: Assemble all the ingredients  
  
Step #2: Mix all ingredients together in a bowl  
  
Step #3: Enjoy!



<https://drjockers.com/tasty-autumn-trail-mix/>

## Enjoy This September Word Scramble

1. BFTOLOLA \_ \_ \_ \_ \_
2. ATTEWSSHIR \_ \_ \_ \_ \_
3. LEPPA KNGPICI \_ \_ \_ \_ \_
4. CSELPIN \_ \_ \_ \_ \_
5. AELSVE \_ \_ \_ \_ \_
6. KCABCPAK \_ \_ \_ \_ \_
7. RIELQSSRU \_ \_ \_ \_ \_
8. RESEPMTB \_ \_ \_ \_ \_