



# 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: OrthoMune, Viracid, and Congaplex

### OrthoMune

OrthoMune is a targeted blend of nutrients designed to provide a broad-spectrum support to the body's immune reserves. The formula includes quercetin, a powerful bioflavonoid that aids in supporting the immune system. Quercetin is best known for its antioxidant activity in scavenging free radicals. Additionally, quercetin helps balance the level of cytokines and improve T-lymphocyte balance. Vitamin C and N-acetyl cysteine are potent antioxidants that promote respiratory function and support the function of quercetin.

Vitamin C is a potent antioxidant that has been studied for many years for its immune-supporting effects. N-acetyl cysteine (NAC) is the precursor of the master antioxidant, glutathione. NAC has been shown to support mucus clearance and normal respiratory function, through its ability to cleave disulfide bonds in mucus. Vitamin D and zinc are important micronutrients needed to create a robust immune reserve. This powerful combination works to promote healthy respiratory and immune function. Zinc is essential for maintaining immune system integrity and healthy immune development. It has been shown that low vitamin D levels have immunologic implications with a significant decrease in immune function, affecting respiratory health.

### Viracid

Our body's immune system is a complex and dynamic defense system that comes to our rescue at the first sign of exposure to an outside invader. The dynamic nature of the immune system means that all factors that affect health need to be addressed for it to function at peak performance. The immune system is very sensitive to nutrient deficiencies. While vitamin deficiencies can compromise the immune system, consuming immune enhancing nutrients and botanicals can support and strengthen your body's immune response.

Viracid's synergistic formula significantly boosts immune cell function including antibody response, natural killer (NK) cell activity, thymus hormone secretions, and T-cell activation. Viracid also helps soothe throat irritations and nasal secretions and maintains normal inflammatory balance by increasing antioxidant levels throughout the body. Viracid contains the synergistic nutrient blend of zinc, vitamin C, vitamin A, L-lysine, and pantothenic acid (vitamin B5), which each play a key role in maintaining a healthy, functioning immune system.

### Congaplex

Congaplex is one of the best short-term immune system nutritional support combinations ever made. These are not immune boosting herbs. Rather this supplement supplies the critical nutrients that the immune system needs to fight an infection. You can think of Congaplex as the food and fuel needed by the body's army soldiers. This supplement is packed with full vitamin complexes such as vitamin A and vitamin C. It contains bio-available calcium which helps white blood cells do their job. Nutritional yeast supplies vital trace minerals like magnesium, chromium, zinc, selenium, and manganese.



# Giving Student Athletes The Chiropractic Edge

## *Foundation For Chiropractic Progress*

Youth sports in the United States is a \$19.2 billion dollar market, a size that rivals even the National Football League. According to the CDC, organized sports participation in the U.S. among children aged 6-17 years was at 54.1% in 2020. That translates to approximately 60 million youth taking part in sports activities.

Involvement in team activities provides a variety of benefits for growing bodies and minds. In addition to needed physical activity, for many kids, participation provides an important social outlet and support network that can reduce stress as well. Many athletes may also do better academically as sporting activities require skill sets that include discipline, repetition and memorization that can translate to work in the classroom. Involvement in sports also requires teamwork, communication, problem-solving skills, goal setting and determination that can all be applied throughout life.

The benefits of chiropractic care have long been acknowledged in professional athletics. Doctors of Chiropractic (DCs) can be seen on the sidelines as crucial members of the medical staff for 90% of professional sports organizations including Major League Baseball, all of the National Hockey League teams and all of the teams in the NFL. Not only are DCs well-versed in injury care and management, they also work to prevent injuries and provide strategies for athletes to enhance performance. For our younger developing athletes, DCs offer similar benefits.

### **The Chiropractic Edge**

Chiropractors work with patients of all ages and understand the complexities of how the bones and soft tissues of the body develop throughout childhood and adolescence. DCs strive to support younger athletes to encourage optimal health both on and off of the playing field.

**Screenings:** During development, scoliosis screenings are important for all children to ensure potential cases are caught early, monitored, and managed appropriately. Doctors of Chiropractic routinely analyze posture and recommend ways to correct any imbalances found. Tech Neck is currently a very concerning issue amongst youth worldwide and the altered posture and symptoms that come with it can affect the health of youth, set them up for injury and influence sports performance. DCs offer a variety of interventions to correct the unhealthy posture of Tech Neck and help kids lay a foundation to support future spinal health and avoid premature joint degeneration and deformity.

**Performance Enhancement:** Agility is a main factor when enhancing performance. This can sometimes be a challenge for kids undergoing growth spurts and having to periodically re-learn how to coordinate a taller, larger body. Chiropractic care can help developing athletes with strategies to maintain balance, stability, and flexibility so they keep their game strong.

**Balance:** Enables the athlete to be agile and exert their body with greater strength, speed, and precision. Imbalance can inhibit performance or contribute to situations that can result in injury. DCs work with muscular imbalances between flexor and extensor muscle groups and provide exercises for athletes to gain and maintain stability and increase proprioceptive skills which allow for the body's ability to inherently sense movement, action, and location.

**Stability:** Allows the body to quickly return to a state of equilibrium after it is disrupted (eg. from a sudden movement or quick turn.) Stability directly affects an athlete's resilience and allows for a strong solid foundation on which to be grounded or defend from opponents. Chiropractic care can help stabilize skeletal inequities through spinal adjustments, restore optimal alignment and address issues such as gait issues, uneven shoulders or hips that can affect both balance and stability.

**Flexibility:** Provides optimum range of motion (ROM) that is needed to maximize speed, strength, and overall performance. In track, for example, increased flexibility in the hip and muscles of the leg can allow for a longer stride or ability to position the legs for a hurdle. Flexibility also plays a role in injury prevention; rigidity in tissues that require a specific ROM can more easily lead to sprain/strain injuries.

**Injury Recovery:** Two of the most common injuries that arise from participation in sports include head injury (concussion) and sprain/strain of the spine and/or the extremity joints. DCs on the sidelines are trained to assess injuries when they occur and provide early interventions for healing. In the case of head injuries, DCs understand current concussion guidelines and how to assess for brain injury, communicate with emergency services, determine a need for imaging studies and safely stabilize the head and neck to minimize further damage or complications.

A concussion is a type of traumatic brain injury, not unlike what is experienced with whiplash. A bump, blow or jolt to the body causes the head to move rapidly back and forth affecting the brain within the skull. After any type of injury, care should be sought out as soon as possible to mitigate complications and facilitate healing. Though most mild concussions are not usually life threatening, they should be closely monitored. The tissues need time to heal and symptoms can be significant.

Athletes and their parents should realize that a concussion is a “traumatically induced transient disturbance of brain function.”

DCs are trained to assess concussion injury and monitor symptoms that may include:

- Affective/emotional function such as mood changes or irritability
- Cognitive functions such as confusion, disorientation, amnesia, mental fog, or difficulty concentrating
- Physical symptoms like headache, dizziness, balance issues and visual changes
- Sleep issues such as drowsiness, sleeping or more or less difficulty falling asleep

In sports, as in car accidents, this type of injury is most often accompanied with injury (sprain/strain) to the cervical spine (neck) Sprain/strains also occur in sports in other parts of the spine, shoulder, and extremities such as the wrist or ankle. DCs work to keep optimum motion in the affected joints, facilitate healing in the soft tissues and mitigate symptoms to promote complete healing and faster healing times.

**Pain Relief and Beyond**

As young athletes heal from injury, they often are more focused on getting back in the game as quickly as possible. For parents and guardians, a main concern includes the dangers of painkillers and the possibility that their child will mask the pain with pills and potentially cause more injury. Chiropractic care is not only drug-free, but is also highly effective for managing both acute and chronic neuromusculoskeletal pain. DCs work to keep optimum motion in the involved joints, provide physiotherapy modalities when indicated, offer exercises to strengthen and stabilize injured muscles and joints, address muscle spasms and recommend nutrition or supplements that can work to reduce inflammation in the body. All of these strategies maximize the healing process to safely get young athletes back to the sport they love.

Whether in sports arenas, on a school team or at a park near home, DCs are a vital part of the healthcare team for athletes. Starting with exams and screenings, Doctors of Chiropractic work to keep young athletes safe and healthy. DCs provide pain relief and injury recovery and then go beyond those basics to focus on prevention and remain injury free. By adjusting the joints of the spine and extremities to optimize function, offering nutritional and lifestyle recommendations, and providing strategies to improve balance, stability, and flexibility, DCs provide a competitive edge as they strive to improve the overall performance and resilience of student athletes of all ages.

At Stucky Chiropractic, we pair chiropractic care with other non-invasive treatments to promote faster recovery. SoftWave Therapy and FX laser are especially beneficial for athletes.

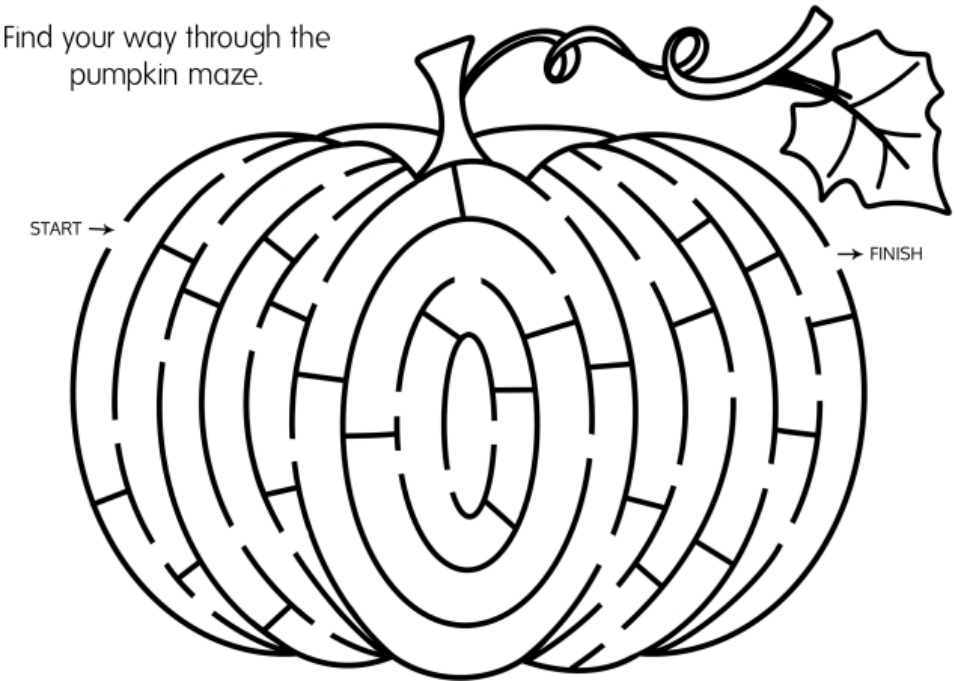
**SoftWave Tissue Regeneration Therapy** repairs tissues by stimulating stem cells and growth factors in the body that are responsible for muscle and connective tissue healing.

**FX Laser Therapy** can help improve overall muscle health by stimulating muscle cells to regenerate and heal. Laser treatments can help improve symptoms of aching or painful muscles.

**Dad Joke Corner**

**What do birds say on halloween?**

*Trick or tweet!*





# October is National Chiropractic Health Month

Through their whole-person, patient-centered approach, Doctors of Chiropractic (DCs) elevate the health and wellness of their communities by helping people of all ages live more fully and actively. A growing list of research studies and reviews demonstrate that the services provided by chiropractors are clinically effective, safe, and cost-effective. Following are excerpts and summaries from a few of those studies. The evidence supports the natural, whole-body, non-drug approach of chiropractic for a variety of conditions.

“Patients who saw a chiropractor as their initial provider for low back pain (LBP) had 90% decreased odds of both early and long-term opioid use.”

Kazis et al. (2019), BMJ Open

“In a Randomized controlled trial, 183 patients with neck pain were randomly allocated to manual therapy (spinal mobilization), physiotherapy (mainly exercise) or general practitioner care (counseling, education and drugs) in a 52-week study. The clinical outcomes measures showed that manual therapy resulted in faster recovery than physiotherapy and general practitioner care. Moreover, total costs of the manual therapy-treated patients were about one-third of the costs of physiotherapy or general practitioner care.”

Korthals-de Bos et al. (2003), British Medical Journal

“The results of a clinical trial showed that chiropractic care combined with usual medical care for low back pain provides greater pain relief and a greater reduction in disability than medical care alone. The study, which featured 750 active-duty members of the military, is one of the largest comparative effectiveness trials between usual medical care and chiropractic care ever conducted.”

Goertz et al. (2018) JAMA Open Network

“Reduced odds of surgery were observed for...those whose first provider was a chiropractor. 42.7% of workers [with back injuries] who first saw a surgeon had surgery, in contrast to only 1.5% of those who saw a chiropractor.”

Keeney et al. (2012), Spine

“Older Medicare patients with chronic low back pain and other medical problems who received spinal manipulation from a chiropractic physician had lower costs of care and shorter episodes of back pain than patients in other treatment groups. Patients who received a combination of chiropractic and medical care had the next lowest Medicare costs, and patients who received medical care only incurred the highest costs.”

Weeks et al. (2016), Journal of Manipulative and Physiological Therapeutics

“Chiropractic is the largest, most regulated, and best recognized of the complementary and alternative medicine (CAM) professions. CAM patient surveys show that chiropractors are used more often than any other alternative provider group and patient satisfaction with chiropractic care is very high. There is steadily increasing patient use of chiropractic in the United States, which has tripled in the past two decades.”

Meeker, Haldeman (2002), Annals of Internal Medicine

## Chiro Kids Day

In celebration of Chiro Kids Day on November 2nd, Stucky Chiropractic Center invites families to bring their children in for a chiropractic adjustment, learn about the benefits of chiropractic care, and receive tips to keep your children in alignment.

