



# HEALTHY LIVING NEWSLETTER

Our mission is to empower individuals to lead healthier, happier lives by providing exceptional chiropractic care. We are dedicated to restoring and optimizing the body's natural balance, fostering overall well-being and enhancing the quality of life for our patients. Through compassionate and personalized treatment, we aim to inspire a lifelong journey of wellness, one adjustment at a time.

## Product of the Month: Orthotics

Your feet are the foundation of your body. They support you when you stand, walk, or run. They also help protect your spine, bones, and soft tissues from stress and injury as you move around. Your feet will perform better when all their muscles, arches, and bones are in their ideal stable positions.

The foot is constructed with three arches which, when properly maintained, give exceptional supportive strength. These three arches form a supporting vault that distributes the weight of the entire body. If there is a compromise of one arch in the foot, the other arches must compensate and are subject to additional stresses that usually lead to further compromise.

Healthcare professionals know alleviating pain in one part of your body often requires treating a different part. The pain in your neck could be caused by a misalignment in your spine that is caused by unbalanced positioning in your feet.

By stabilizing and balancing your feet, orthotics enhance your body's performance and efficiency, reduce pain, and contribute to your total body wellness. Our orthotics compliment your overall healthcare, especially when you stand, walk, and live your active life.

While orthotics have many benefits on their own, studies have proven even better results when combined with chiropractic care. A randomized controlled trial was performed in 2017 to investigate the efficacy of shoe orthotics with and without chiropractic treatment for chronic low back pain compared with no treatment. After six weeks of custom shoe orthotics, back pain and dysfunction were significantly improved when compared to no treatment. The addition of chiropractic care led to higher improvements in function.

This month is **Arch Madness!** Utilize the free foot scan at Stucky Chiropractic and determine if orthotics will benefit your overall wellness. All orthotics have a 20% discount this month, and 25% for members of our Wellness Club.



# Is Your Sunscreen Doing More Harm Than Good?

*Excerpt from: Dr. Mercola*

Vitamin D, often referred to as "the sunshine vitamin," is different from other vitamins in that it influences your entire body. While scientists refer to vitamin D as a vitamin, it is actually a steroid hormone obtained from sun exposure, food sources and supplementation. Vitamin D receptors have been found in almost every type of human cell, from your brain to your bones.

This is because these "experts" fail to realize that vitamin D deficiency not only raises your risk of skin cancer but many of the most common cancers as well, which claim far more lives than the deadliest skin cancer, melanoma. Breast and prostate cancers are just two examples where low vitamin D renders you more vulnerable to more aggressive forms of the disease. Low vitamin D also raises your risk for heart disease, diabetes, osteoporosis, and other chronic diseases.

The scientific evidence, now running in excess of 34,000 studies, details the many benefits of UV exposure, both for vitamin D production and other benefits that are completely unrelated to vitamin D. The most important thing you can do to prevent skin cancer is to spend a sufficient amount of time in the sun as frequently as possible, ideally close to daily to maintain an optimal vitamin D level.

A primary risk factor for skin cancer is intermittent overexposure, not sensible exposure. Appropriate sun exposure means, first and foremost, avoiding sunburn. As long as you avoid sunburn you are getting the benefits of sun exposure.

## Sun Avoidance Promotes Early Death

One of the most compelling reasons for getting regular, sensible sun exposure on bare skin is that it promotes optimal physical and psychological health and helps prevent chronic diseases of all kinds. As noted in a scientific review by dermatologist Dr. Richard Weller, sun exposure has cardiovascular benefits independent of vitamin D, and cardiovascular disease is a far greater public health problem than skin cancer.

In fact, research suggests your risk of dying from heart disease or stroke is 800% greater on average than your risk of dying from skin cancer. One of the key messages in Weller's paper is that public health messages really should be determined based on all-cause mortality, not a singular disease.

A study driving home this risk-benefit reality was done in Sweden. More than 25,500 Swedish women between the ages of 25 and 64 were followed for 20 years. Detailed information about sun exposure habits and confounding factors were obtained and analyzed in a "competing risk" scenario.

Overall, women who got regular sun exposure did have a higher risk for melanoma compared to sun avoiders, but they also had a lower all-cause mortality risk, likely due to their increased vitamin D levels. Women with active sun exposure habits ended up having a lower risk of cardiovascular disease and non-cancer death compared to those who avoided the sun.

In short, if you're concerned about mortality, and not just mortality from one specific disease (melanoma), the scales are decidedly tipped toward sun exposure being of tremendous benefit.

**Google**  
Reviews ★★★★★

"I love this place. Everyone is amazingly friendly and it feels like family. Stucky truly changed my life and I would recommend them to anyone." -Chad

"I chose Stucky because they do X-rays and since I only have one spine I want to protect it at all costs." -Alexandra

"I would not go anywhere else for my Chiropractic needs!!" -Heather

"Everyone there is so supportive of me as I move forward in my wellness journey." -Vicki

We love hearing from our patients and we welcome your feedback!

# Preparing for Daylight Saving Time

## Gradually Adjust Your Schedule

The American Academy of Sleep Medicine advises trying to slowly adjust your schedule by going to bed around 15-20 minutes earlier each day. The timing of other daily activities, such as meals and exercise, can also be gradually adjusted forward.

## Take a Short Nap if Necessary

If you find yourself grappling with significant daytime sleepiness in the days after switching to daylight saving time, a short nap may be beneficial. Keeping a nap under 30 minutes can boost your alertness while reducing grogginess after waking up.

## Prioritize Daylight Exposure

Light is the central driver of circadian rhythm, so finding time for daylight exposure on the days following the change to daylight saving time can help your body's internal clock acclimate to the new timing of light and dark.

Natural light has the most powerful effect on our bodies' circadian rhythm. Even on a cloudy day, natural light provides more of the illumination that works to align circadian rhythm than artificial indoor lighting does.

## Sleep Well Beforehand

An important step in preparing for daylight saving time is obtaining quality sleep in the nights leading up to the time change. Receiving extra sleep beforehand can help you build up a "sleep bank" to better cope with the switch to daylight saving time.

## Dad Joke Corner

**Why did the bird go to the chiropractor?**

***It needed tweet-ment!!***



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IRELAND  
LEPRECHAUN  
POT OF GOLD  
SHAMROCK

DUBLIN  
IRISH  
LIMERICK  
RAINBOW  
SNAKES

GREEN  
LEGEND  
PATRICK  
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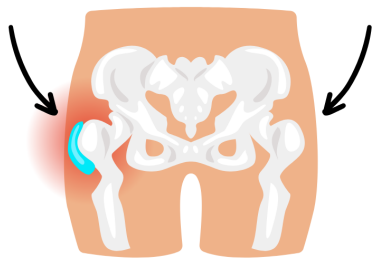




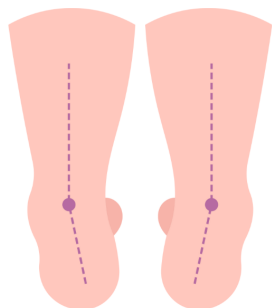
# Understanding the Foot Spine Connection

The "foot-spine connection" is a phenomenon that most patients have no clue about because the focus is usually on the location of pain with the classic healthcare system in the U.S. As chiropractors, we have studied and witnessed the effects of overall body biomechanics and the related kinetic chains. In fact, much of our success has been analyzing the state of a patient's body parts and biomechanics as ways of identifying aberrant movement patterns and subluxations/misalignments of specific joints that affect the whole. In other words, we do not just chase pain. We acknowledge the patient's pain, but we look at the biomechanics of the body to locate the cause. Often the source of the pain is elsewhere.

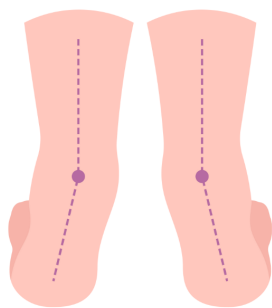
With this simple exercise, you can feel the foot spine connection for yourself!



First, place your fingers to the greater trochanters of your femurs.



Now roll your feet all the way out into excessive supination (you will notice your inner arch gets higher). As you roll your feet out, you can feel the external rotational forces on the bones of the lower extremities. Hold that position for a second and feel the stress on the lateral ankle, knee, hip, pelvis, and lower spine.



While you are still standing, now roll your feet all the way in and really collapse those arches down. Feel the difference? The forces on the medial ankle, medial knee, hip, sacroiliac joint, and lower back are felt because you are forcefully overpronating the feet.

**That exercise demonstrates the connection between the bottom of the feet and the hips, pelvis, and spine**

Wong, Kevin M. "How Understanding the Foot-Spine Connection Enhances Athletic Performance." The American Chiropractor, 1 Feb. 2022.