

STUCKY
CHIROPRACTIC

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.

Supplements of the Month: Inflamm-Eze Plus, ProOmega Curcumin, Boswellia Complex

Inflam-Eze Plus

Inflam-Eze Plus is a comprehensive herbal formula to support healthy inflammatory markers in the body. Inflam-Eze Plus is a rich source of phytochemicals that act as free radical scavengers to promote healthy cell reactions to oxidative stress. Drawing upon the traditions of Ayurveda practices, the Inflam-Eze Plus formula contains several potent herbal ingredients and proprietary blends all known for their ability to support healthy inflammatory markers in the body.

Boswellia Complex

A quick search on "boswellia" will yield many pages — after all, there are 16 known boswellia species. *Boswellia serrata*, or Indian frankincense, is mostly used for medicinal purposes. It's extracted from a moderate to large sized tree that's native to India, Yemen, Somalia and Ethiopia. *Boswellia serrata* is abundant in benefits such as reducing body inflammation and helping treat conditions like osteoarthritis, rheumatoid arthritis and inflammatory bowel disease. It's also a painkiller, and can help inhibit cartilage loss. Boswellia can be used to alleviate asthma and may have protective effects against diseases like leukemia and breast cancer.

ProOmega Curcumin

ProOmega Curcumin offers a powerful combination of concentrated omega-3 fish oil, plus optimized curcumin and the potent antioxidants L-Glutathione and N-Acetylcysteine (NAC) to achieve complete functional support for long-term health. ProOmega achieves broad-based cellular, metabolic, and cardiovascular benefits by managing excessive cell signaling activity at central control points, while also limiting oxidative stress.



20% Discount this month

25% For Wellness Club members

We are excited to announce a new partnership between Stucky Chiropractic and Revitalizing Health and Hormones, combining our expertise to offer comprehensive wellness solutions. Our collaboration will introduce you to a range of services including hormone replacement therapy and other holistic approaches to health. Together, we aim to promote overall well-being and empower our clients to achieve optimal health through personalized and integrated care.



Scan the QR code to learn more about Revitalizing Health and Hormones and Bioidentical Hormone Replacement Therapy.



Employee Spotlight: Cortney & Ahnika

Cortney and Ahnika are a mother-daughter duo here at Stucky.

Cortney (left) enjoys traveling, hiking, horseback riding, and spending time with family! She is from Osseo, WI and has been working at Stucky since April 2023.

Ahnika (right) enjoys hiking, baking, reading, horseback riding, traveling, and spending time with friends & family! She is also from Osseo and has been working at Stucky since January 2024.

April 3rd is National Walking Day

Walking is one of the most versatile forms of exercise, because you can do it just about any time, anywhere.

Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Think better, feel better, and sleep better
- Reduce your risk of serious diseases like heart disease, stroke, diabetes, and several types of cancer
- Improve your blood pressure, blood sugar, and blood cholesterol levels
- Increase your energy and stamina
- Improve your mental and emotional well-being and reduce risk of depression
- Improve memory and reduce your risk of dementia
- Boost bone strength and reduce your risk of osteoporosis
- Prevent weight gain

If 150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal. And it's easy to fit in a few minutes of walking several times a day. Just over 20 minutes of walking each day is enough to meet this goal!

Remember that any movement is better than no movement - do what you can, when you can!

Will These “Foods” be Banned for Toxic Chemicals?

Excerpt from: Dr. Mercola

California lawmakers are hoping to ban five toxic chemicals used in the manufacturing of many processed foods, including titanium dioxide, potassium bromate, brominated vegetable oil, red dye no. 3, and propylparaben. Combined, these chemicals are estrogen disrupters, cause lower sperm count, are known to cause cancer in animals and humans, disrupt the gut microbiome, damage the central nervous system, cause loss of memory and muscle coordination, and are linked to hyperactivity in children.

If enacted, the bill would prohibit the manufacture, sale, and distribution of products containing these chemicals, such as Skittles, Sour Patch Kids, jellybeans, Pez candy, Campbell’s Soup, and Trident sugar-free gum to name a few.

In an era in which the FDA claims food additives are more regulated than at any other time in history, they continue to list titanium dioxide as safe under Title 21, yet as the agency must surely know, published studies have raised safety questions. Although food companies began phasing out titanium dioxide in products shipped to the EU, it continues to be added to food sold in the U.S., Britain, and Canada.

When The New York Times requested a comment from the FDA on why the EU banned titanium dioxide, but the U.S. had not, the official comment was that available studies “do not demonstrate safety concerns connected to the use of titanium dioxide as a color additive.”

Tatiana Santos, chemicals manager with the European Environmental Bureau, spoke with a reporter from The Guardian, characterizing the FDA’s lack of consumer protection in a statement, “The U.S. often waits until the harm is done, and the EU tries to prevent it to a certain extent. It often seems the U.S. favors the market over protection.”

Each of the five food additives listed in California’s proposed bill may trigger health concerns, so it’s a good idea to watch for these on food labels. When you cook and bake using whole products, you can avoid toxic chemical additives the FDA insists are not dangerous to your health, but which data show can cause damage.

Mercola, Dr. Joseph. “Will These ‘foods’ Be Banned for Toxic Chemicals?”, Dr. Mercola’s Censored Library (Private Membership), 5 Apr. 2023, takecontrol.substack.com/p/bill-to-ban-five-toxic-chemicals.



"I think the curvature in your spine will correct itself once you roll off your belly."

Earth Day is April 22nd

Learn more about this years theme, Planet vs. Plastics

The plastic threat to human health:

- BPA is used to make billions of plastic beverage containers, dinnerware, protective linings of food cans, and toys. It is considered an endocrine disrupter, meaning it can both decrease or increase endocrine activity in humans and cause adverse health effects.
- BPA is able to be absorbed by fat tissue and is associated with increased risk of breast cancer.
- The label BPA-free on a container doesn't mean that it is free from other harmful chemical compounds that are slightly different but have a different name.
- Growing research links many Phthalates, which are a group of chemicals used to make plastics more flexible and harder to break, with a variety of adverse outcomes including weight gain and insulin resistance and other consequences for the human reproductive system both for females and males.
- When food is wrapped in plastic containing BPA, phthalates may leak into the food. Any migration is likely to be greater when in contact with fatty foods such as meats and cheeses than with other foods.
- It is not recommended to heat food in plastic containers with the codes 3 and 7, which are likely to cause chemicals to leach into food.

Microplastics and drinking water:

- Each year, the average American ingests more than 70,000 microplastics in their drinking water supply.
- A single fleece jacket sheds up to 250,000 microfibers during a single wash. In the transport from the washing machine into drinking water, "microfiber captures" are being developed by entrepreneurs to prevent fibers from jeopardizing water treatment infrastructure.
- Microfibers from synthetic fibers have been shown to make up the majority of human material found along the worlds shorelines.
- Microplastics can also come from car tires. Plastic dust is created by the friction between the wheels and the road and is blown into waterways and inhaled by humans. Car tires shed 20 grams of plastic dust every 100 kilometers.



"I highly recommend their services. I have been to other chiropractors and there is no comparison!" -Mary

"They go beyond just "getting the job done and moving onto the next." They are really there to help take my health to the next level and get me feeling my best." -Ashley

" If you're in need of great chiropractic care, head over to Stucky Chiropractic! They'll get you taken care of!" -John

"The team at Stucky is always upbeat and striving to help each patient be the best they can be both mentally and physically."

-Terrie

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