



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.

Creating Peace through Simplicity

By: Dr. Tim Gunderson on Behalf of Stucky Chiropractic

As we start off 2016 with resolutions and promises, I've taken a good look at my own life. I'm a proponent of choosing "one word" each year that will guide my vision and decisions throughout that year. Last year was "Authenticity". My word for 2016 is "Simplicity." (See "Simplicity" Pg. 2)



The Truth About Statin Drugs

By: Dr. Eldon Dah

"Statins" is a class of drugs that lowers the level of cholesterol in the blood by reducing the production of cholesterol by the liver. (The other source of cholesterol in the blood is dietary cholesterol.) Statins block the enzyme in the liver that is responsible for making cholesterol. Examples of Statin drugs are: atorvastatin (Lipitor), Fluvastatin (Lescol, Lescol XL), Lovastatin (Mevacor, Altoprev), Pravastatin (Pravachol), Rosuvastatin (Crestor), Simvastatin (Zocor), and Pitavastatin (Livalo).

The truth about statin drugs is finally getting attention in scientific journals, and it's the same truth we've been telling customers for years: statins are cellular poison. They accelerate aging and cause diabetes, heart attacks, muscle fatigue and memory loss.

(See "Statin Drugs" Pg. 3)

Mental Health & Your Gut

By: Dr. Mercola (excerpt from mental-health-gut-flora article)

When it comes to your mental health, your behavior, and even your mood, we tend to think that the brain is in charge. In reality, your gut may be calling the shots. In the 1800s and early 1900s, it was thought that wastes in your colon could produce infections that lead to depression and psychosis.

Widely accepted for a time, mental-health patients were often treated with colonic purges and bowel surgeries, but eventually this was regarded as quackery.

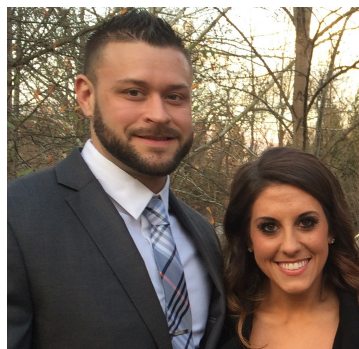
Today, research is bearing out what the scientists of yesteryear were already privy to – that your mental health is very much dependent on the microbes in your gut. As Scientific American reported: "*Scientists are increasingly convinced that the vast assemblage of micro fauna in our intestines may have a major impact on our state of mind.*"

In addition to the brain in your head, embedded in the wall of your gut is your enteric nervous system (ENS), which works both independently of and in conjunction with the brain in your head.

(See "Mental Health" Pg. 2)

Congrats Dr. Hall & Dr. Alyse!

Exciting news! Dr. Eddie Hall & Dr. Alyse Hall are fully



trained, newly licensed chiropractors in the State of WI. and have joined the Stucky staff. They are ready and excited to serve the Chippewa Valley. They are now seeing patients (Monday, Wednesday, Thursday, & Friday.) Learn more at the Meet the Doctor page (stuckychiropractic.com)

If you know someone looking for excellent chiropractic care, have them schedule an appointment today! ■

Simplicity (From Pg. 1)

In reflecting on my life's focuses, I've realized that striving for a more simple life creates more overall peace within me. There are 5 areas of change that I'm creating in my life for 2016 that I think will help me to create the simplicity and peace that I desire.

1. Slow Down - This year I vow to slow down in thought and action. Often times as I look at my past years, I see that I've had a very fast-paced thought life. My mind moves from one thing to the next and I don't allow it to slow down to clear out, ponder, and create simplicity. Because my mind has run at 100 mph, then my feet do as well. Creating awareness in my thought life will help me to slow down my walk and talk.

2. Say "No" more - One of the more difficult things in my life has been saying "no" to things that are asked of me. I think often times in my past I've said "yes" to things just because I feared the confrontation of saying "no." I learned a saying a few years back that I am going to put into action more this year -- "I appreciate you thinking of me for ____, but at this time my plate is full." Also, I'm redefining my definition of a "full plate" and it's not what society tells me it should be.

3. Get off Social Media - Creating more peace in my life has been dramatically improved by my absence on social media. Ahhh.....does this feel great! I've been off it for about a

month, and I'm not likely to go back! I'm not suggesting that everyone get off all social media, but for me, a fast, and perhaps a complete absence forever, has been a blessing to me and my family.

4. Listening with my eyes - As my coach Dr. Jay LaGuardia has taught me, *to create more peace in my life*, I need to engage with each person that I encounter. To do that, I'm focusing on listening with my eyes. Listening with my eyes allows me to engage my whole being with the person in front of me. I think this will be the most difficult of all 5 steps for me. I have a tendency to listen with my head (the head nod), but not my eyes. When I listen with my eyes, my heart gets involved, and that's a good thing. For me, deepening relationships creates the peace I desire.

5. Invest in Relationships - This brings me to my final action step. This year I vow to invest in others. I plan to invest deeply in a few relationships like I never have before. I also plan to invest more in all of my relationships. Doing steps 1-4 will help me to free up margin, or space, to do step 5.

I'm excited for what 2016 holds and I ask you...What is your "one word" this year? What steps are you taking in this next year to create more peace in your life? Will you watch less news? Will you volunteer more? Will you watch less TV? Will you create more space and margin in your daily routine? The choice is yours! I'm excited to pursue this peace through simplicity in 2016! ■

Mental Health (From Pg. 1)

Your ENS contains 500 million neurons and is thought to be largely responsible for your "gut instincts," responding to environmental threats and sending information to your brain that affects your well-being. This communication between your "two brains" runs both ways and is the pathway for how foods affect your mood. For example, fatty foods make you feel good because fatty acids are detected by cell receptors in the lining of your gut, which then send warm and fuzzy nerve signals to your brain.

However, this gut-brain connection is far more than just comfort food or butterflies in your stomach. According to Scientific American: *"The gut-brain axis seems to be bidirectional—the brain acts on gastrointestinal and immune functions that help to shape the gut's microbial makeup, and gut microbes make neuroactive compounds, including neurotransmitters and metabolites that also act on the brain."*

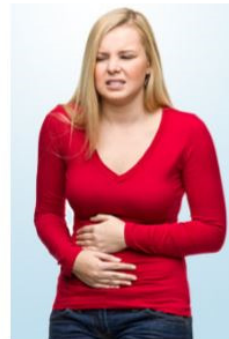
Learn more! Attend the **Think Well Workshop** - March 8 at 6:30 PM. Also ask your Stucky Chiropractor about probiotics & enzymes for the health of your gut and brain! Enzymes are on sale now! ■

Why Enzymes? ...

More than 100 million Americans have digestive problems

How do you feel after eating?...

- Energized or
 Uncomfortable



Symptoms that Point to Possible Dietary Modifications Needed:

- ♦ Stiff, Sore Joints
- ♦ Anxiety - Irritability
- ♦ Headaches
- ♦ Constipation - Diarrhea
- ♦ Indigestion
- ♦ Restlessness
- ♦ Gas Pain - Bloating
- ♦ Insomnia

Ask Your Chiropractor About Enzymes

NOW 20% OFF

25% Off for Wellness Club Members



Healthy Living For People & Pets

By: Karen Rabideaux, Assistant Director ECCHA



Healthy living is not only important for us humans, but is also something we should think about in regards to our

pets. The Eau Claire County Humane Association is proud to have partnered with Stucky Chiropractic to offer Healthy Living for People & Pets. Every three months, the ECCHA will be present at Stucky Chiropractic with adoptable pets, information about a pet health topic, and to answer your questions about the shelter. We will also have a goodie basket for your pets related to our topic that one lucky visitor will be able to WIN!

Our first visit will be on Thursday, March 2nd (3:30-5:30 PM) at Stucky Chiropractic. In honor of March being National Nutrition Month, we will be discussing **diet and nutrition** for your pets. Learn about the different types of pet food available and what is best for your pet, how to read pet food labels, raw diet pros and cons, treats, and what foods your pets should never eat. Plus, there will be some great pets up for adoption that will be happy to do some taste testing. Please join ECCHA and Stucky Chiropractic for your health and your pets. For more information, visit our Facebook page ECCHA.org ■



THINK ON WHAT IS IMPORTANT

- * When you let go of your dreams, you die while still alive.
- * Measure your success via your impact, not your income.
- * Life's best pleasures are life's simplest ones.
- * Growth happens when you push past your comfort zone.
- * Gratitude is the antidote to fear.
- * Action is the solution to procrastination.
- * As you become more successful, become more humble.
- * Dream big. Start small. Act now.
- * Life is short. Help more people.
- * Your daily behavior reveals your deepest beliefs.
- * The fastest way to get respect is to give respect.
- * Enthusiasm is contagious.

Statin Drugs (from Pg. 1)

The findings were published in the *American Journal of Physiology*. Lead author and stem cell biologist Professor Reza Izadpanah stated, "People who use statins as a preventative medicine for health should think again, as our research shows they may have general unwanted effects on the body which could include muscle pain, nerve problems and joint problems." In fact, after only a few weeks of use, the study revealed that statins "prevented stem cells from performing their main functions, to reproduce and replicate other cells in the body to carry out repairs... [statins also] prevented stem cells from generating new bone and cartilage...[and] increased ageing."

Recently, a customer who had been on statin drugs and Metformin for several years reported having all of these symptoms: he recently had a heart attack, he has diabetes sores on his toes, loss of memory, and muscle pain.

Though these findings are getting public attention, they are hardly the first. Even in a 2003 article published in the journal



Pharmacotherapy, researchers noted that cognitive impairment and dementia were associated with statin therapy.

Natural alternatives have shown they can fill the role of statins without side effects. In fact, a study in *BioFactors* found that when usage is discontinued, CoQ10 can reverse statin damage.

Another natural remedy is Nattokinase, a natural enzyme that breaks down blood clots and acts as a blood thinner.

Consider products like Neurotransmitter Support, SAM-e, L-Arginine, and L-Taurine. It is important that people know there are natural alternatives to statins, but they must be sought out. I would encourage those on statins to re-evaluate if they are truly needed, and under the care of their health care provider, get off statin drugs and on to natural remedies.

Here at Stucky Chiropractic, your chiropractor can help you make good alternative choices. Be sure to talk about this at your next appointment. ■



SUPER BOWL TRIVIA

1. Who was the MVP of the first Super Bowl?
2. What player holds the record for most career fumbles in a Super Bowl?
3. What player holds the record for most consecutive completions in a Super Bowl?
4. What was the first team to win five Super Bowls?
5. Which two teams played in the very first Super Bowl in 1967?
6. Who won the first two Super Bowls?
7. Which team set the record, at 602, for most yards gained in a Super Bowl?
8. Which team played 4 Super Bowls, but has never led a Super Bowl for even a single second?
9. True or False: No network footage exists of Super Bowl I.

ANSWERS: 1. Bart Starr was MVP of the first two Super Bowls. 2. Roger Staubach coughed up the ball five times in four Super Bowl appearances. 3. Joe Montana completed a Super Bowl record 13 consecutive passes. In Super Bowl XXIV. 4. The San Francisco 49ers became the first team to win five Super Bowls. 5. Green Bay Packers & Kansas City Chiefs. 6. Green Bay Packers 7. Washington Redskins, with 6 touchdowns vs Denver, 1988. 8. Minnesota Vikings. 9. True, supposedly it was taped over for a soap opera.

DATES TO KNOW

CALENDAR OF EVENTS

- February 5 Valentine Prize Drawing
- February 14 HAPPY VALENTINE'S DAY
- February 16 Move Well Workshop (6:30 PM @ Stucky)
- February 19-21 See Stucky @ the Home & Garden Show
- Ideal Protein Introductory Workshops (StuckyWeightLoss.com)

Employee Spotlight—Meet Rebecca

Rebecca is a chiropractic assistant and (self-proclaimed) front desk chit chatter at Stucky Chiropractic Center.

Rebecca worked for Stucky from 1997-2004, before leaving to be a stay at home mom. She's been back for round two since February 2015.

Stucky Chiropractic has been a part of her life since she was a very young child. She would come with her grandparents for their regular monthly adjustments with Dr. L. Joe Stucky.

When she's not working, she loves watching her kids play sports. In summer she & her husband, Jason can be found on the water (boating & fishing), or camping and at the baseball field. She spends much of winter in the gym watching the kids play basketball, but also loves all the typical outdoor snow activities. Rebecca is always up for a trip down Pinehurst Hill on a sled.



In her spare time, she is on the board of directors for the EC nationals, the north side little league organization. She also owns a photography business where she showcases her talent as a photographer.

She is a Pinterest fan. When asked about this, she said, "I have yet to really utilize the things I find, but I sure like looking!"

Her favorite thing about working for Stucky is helping the patients with everything from checking in, to scheduling, understanding insurance & payment options, to choosing supplements and pillows. Most of all, helping them understand that the power that made the body heals the body. "I love seeing

the progress people make as they begin to realize how great a benefit chiropractic is to their lives and then they share with the rest of their family! The philosophy of the office, the energy I feel when I am here & my co-workers are all a close second to my favorite thing. I'm very happy to be back at Stucky!" ■