



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.

September is Drug-Free Pain Management Month

Facts Founded by the Foundation for Chiropractic Progress (F4CP)

Are you or someone you know dependent on prescription pain medications? Chiropractic is and has always been a drug-free pain management alternative.

Today, at least half of all U.S. opioid overdose deaths involve a prescribed opioid.

Overdose deaths involving prescription opioids have quadrupled since 1999, as have the sales of these prescription drugs. From 1999 to 2014, more than 165,000 people have died in the U.S. from overdoses related to prescription opioids – that's three times the U.S. military deaths during the twenty years of the Vietnam War!

In 2014, more than 14,000 people died from overdoses involving these drugs, with the most commonly overdosed opioids: Methadone, Oxycodone, and Hydrocodone. Regrettably, overdose deaths resulting from opioid abuse have risen sharply in every county of every state across the United States, reaching a new peak in 2016: more than 40,000 people a year, or 115 per day.

The newest estimates on the cost of opioid abuse to U.S. employers is estimated at \$18 billion in sick days, lost productivity and medical expenses. An important non-pharmacologic approach in helping to solve this crisis is chiropractic care.

Americans Want & Deserve Chiropractic Care

For the overwhelming number of people who suffer with chronic pain, chiropractic care offers a drug-free, non-invasive, and cost-effective alternative to opioid drugs. Chiropractic is the largest, most regulated, and best recognized of the complementary and alternative care professions.

Patient use of chiropractic in the United States has tripled in the past two decades. The importance of chiropractic care is further amplified since many individuals are prescribed opioids for back, low back and neck pain, headaches, neuro-musculoskeletal conditions, and other related conditions.

At Stucky Chiropractic Center, we are here to help! Refer someone you know to check out chiropractic care as a safer alternative to their pain medications. In our thorough examinations, we look for and address the cause of the pain; and then work to correct the source of pain allowing the body to heal itself!

The More You Know...

- * Opioids are a class of drugs that include the illicit drug heroin, as well as other prescription pain relievers, Oxycodone, Hydrocodone, Codeine, Morphine, Fentanyl, etc.
- * Over 100 million suffer with chronic pain and an estimated 75-85% of all Americans will experience some form of back pain during their life time
- * Doctors of chiropractic are educated and trained to effectively address spinal and neuro-musculoskeletal pain with non-surgical, non-drug management

Source: <https://www.f4cp.org/package/home/viewfile/broseptember-roadmap>

The Importance of Standing More, Sitting Less

Excerpts from Dr. Mercola









With over 300 joints, your body was made for movement. Although the rising tide of technology has created an amazing number of ways to share information, it has also increased the number of hours you remain seated each day. It's likely by now most understand sitting glued to your desk all day increases your risk of illness and early death.

Unfortunately, the average U.S. adult spends 9-12 hours each day sitting, and a 60-minute workout cannot counteract the effects of this level of inactivity. Sitting is not inherently dangerous. The danger is in the amount of time you spend sitting. Brief periods of sitting are natural, whereas long periods can seriously impact your health and shorten your life.

A recent study in the Annals of Internal Medicine demonstrated that sitting for prolonged periods of time can indeed be deadly. Even those who exercised heavily when they were not at the office experienced a significantly increased risk of death when seated for eight hours a day.

As total sedentary time increased, so did early death by any cause, regardless of the participants' age, sex, race, body mass index or exercise habits. The results indicated those who sat in stretches of less than 30 minutes had a 55 percent lower risk of death than those who sat for more than 30 minutes at a stretch.

Although many recommend standing for 10 minutes of every hour of sitting, it seems far wiser to strive to sit as little as possible each day. Here are some things that may go wrong when you're parked in front of your desk all day long:

 Hypertension & Heart Disease	 Less Blood & Lowers Oxygen
 Diabetes & Heart Disease	 Imbalance, Neck Strain, Sore Shoulders & Back
 Cramping, Bloating, Heartburn, & Constipation	 Decreased Mobility & Weakens Gluteal Muscles
 Colon, Breast, Lung, Uterine & Endometrial Cancers	 Poor Circulation, Swollen Ankles, Varicose Veins & Blood Clots

Athletes Benefit from Chiropractic

Excerpts from Palmer College of Chiropractic & Ballerini Chiropractic

In competitive sports, the difference between winning and losing is sometimes measured in microseconds. Athletes need every little bit of strength, speed and flexibility they can get. That's why, when injuries happen, many turn to chiropractic care rather than more invasive options for pain relief. Prescription drugs dull reaction times and carry the risk of addiction, while surgery might leave an athlete benched for months. A certified chiropractic sports physician, on the other hand, is able to relieve pain without drugs or surgery—all while keeping the body balanced, flexible and at optimal performance.

Athletes benefit from chiropractic for numerous reasons. Here are just 7 benefits of chiropractic care for athletes:

1. It helps relieve the torture inflicted by strenuous exercises
2. It can treat various injuries
3. It is non-invasive and drug-free
4. It prevents injuries and enhances performance
5. It reduces pain
6. It increases strength
7. It causes relaxation



Choose Stucky Chiropractic Center and remain at the top of your game. Athletes, coaches, little leagues, and trainers are all invited to contact us to explore how we can help you and your team raise the wellness bar and keep you competitive!

Sources: <https://blogs.palmer.edu/askpalmer/2016/07/01/why-do-athletes-often-rely-on-chiropractic-care/>
<https://www.ballerinichiropractic.com/7-benefits-chiropractic-care-athletes/>

“MOST PEOPLE
HAVE NO IDEA
HOW GOOD THEIR
BODY IS DESIGNED
TO FEEL.”
-KEVIN TRUDEAU-

Source: <https://fitness.mercola.com/sites/fitness/archive/2018/08/10/stand-more-sit-less.aspx>

Coaches Corner - Ideal Protein & InBody 570

By Jessica DeGrasse

Would you like to bring your relationship with food back to the fundamentals? So many times we measure our success based on a number we see on the scale. As an Ideal Protein Coach, I see it on a daily basis: people comment how their clothes are changing dramatically, but the scale is not moving as much. Why is that? It's so frustrating. It is because we have not been focusing on what we are losing. Having the InBody 570 as a tool to map people's muscle and fat losses while they go through the program has been really enlightening – even for people who are not on our program, but may be home or at a local gym. We get to see people transform their health and get back to the fundamentals. We get to look below the surface and see how people need to eat to achieve their specific health goals. Based on what the muscle and fat is telling me on the InBody 570 scan, we can adjust the Ideal Protein program. Now, I still get really excited when people say their clothes sizes are changing. These changes help keep us motivated long term. In 6 months or 2 years, our weight will fluctuate greatly, sometimes even daily or hourly. The one thing typical diets do not address is muscle sparing the Ideal Protein programs structure addresses this important aspect. People on our program often notice the change in their clothes well before they notice the weight relief on their body. Whether you're on Ideal Protein or just want to track your muscle and fat ratios, using the InBody 570 as a tool can be so helpful and revealing.



InBody 570 Body Composition Analyzer
Detailed measurements of your healthy eating and fitness progress

Ideal Protein Open House Dates



Learn how you can get back to your healthy self by attending our complimentary Ideal Protein Workshop and working with our Ideal Protein team of experts. Start down the path to a happier, healthier you. Seating is limited, so call to reserve your spot today.

-  **Thursday, September 6 · 6:15 p.m.**
-  **Tuesday, September 11 · 12 p.m.**
-  **Monday, September 17 · 6:30 p.m.**
-  **Tuesday, September 25 · 6:30 p.m.**

Start down the path to a happier, healthier you!
Visit stuckyweightloss.com for more information.

30 Insights for a Life of Acute Brilliance

By Robin Sharma

1. The great call on our lives is to do our part to make other lives better.
2. Get enough rest. It's a key factor in high performance + longevity.
3. Focus on how far you've come versus how far you still have to go.
4. Make the time to thank those who have encouraged you along the way.
5. Remind yourself relentlessly that mastery comes from going to your edges rather than clinging to what's known.
6. Do more things that make you happy.
7. Practice removing complaint from your vocabulary (bonus tip: complaint is often frozen anger).
8. See your work as your craft. And devote yourself to knowing more about what you do than anyone who has ever done what you do.
9. Remember that creativity + peak productivity are seasonal: there's a time to plant and a time to harvest.
10. Be kind to strangers. You just might save a life this way.

Stay tuned for next month's newsletter for 10 more insights!

Source: <https://www.robinsharma.com/article/30-insights-for-a-life-of-acute-brilliance>

Probiotics – One of the Most Important Supplements

Excerpts from Dr. Mercola

The more I study health, the more I have come to appreciate how crucially important the bacteria in your gut are to your health. There is an amazing list of more than 200 studies, which together explore more than 170 diseases which can be helped or treated with probiotics.

The conditions include:

- Irritable Bowel Syndrome
- Atopic Dermatitis
- Diarrhea
- Allergic Rhinitis
- And even the common cold!

“The ability of the gut microbiota and oral probiotics to influence systemic inflammation, oxidative stress, glycemic control, tissue lipid content and even mood itself, may have important implications ...”

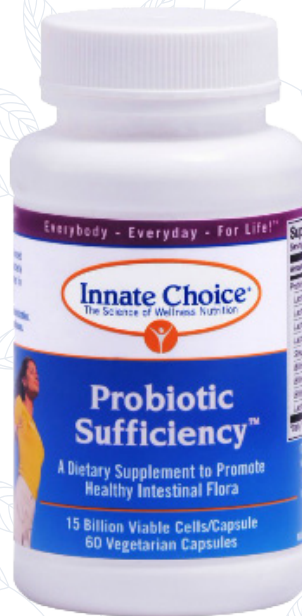
Eating sugar actually nourishes the bad or pathogenic bacteria yeast and fungi in your gut, which may actually harm you more than its impact on insulin resistance. One of the major results of eating a healthy diet is that you cause your beneficial gut bacteria to flourish, and they secondarily perform the real “magic” of restoring your health.

Your body contains about 100 trillion bacteria -- more than 10 times the number of cells you have in your entire body. It’s now quite clear that the type and quantity of micro-organisms in your gut interact with your body in ways that can either prevent or encourage the development of many diseases. The ideal ratio between the bacteria in your gut is 85 percent “good” and 15 percent “bad.”

NOW 20% OFF!

25% off for Wellness Club Members

80% of your immune system is in your gut...
Probiotics strengthen it!



Essential for:

- Optimal digestion of food
- Absorption of nutrients
- Helps your body produce vitamins
- Aids in the elimination of toxins

Ensure optimal gut flora with probiotic supplement.

Available at Stucky Chiropractic Center

Source: <https://articles.mercola.com/sites/articles/archive/2011/09/24/one-of-the-most-important-steps-you-can-take-to-improve-your-health.aspx>

Eat Your Veggies!

Unscramble each of the clue words. Then, copy the letters in the numbered boxes below with the same number.

NESBA

9					

TEBES

12					

RELCYE

1						

MOHSURMOS

6						5			

SEVLIO

8					

RONC

7				

GENRE SEABN

10						2		13	

SAOTOEPT

3								

SACHIPN

11							

MASY

4			

FILL IN THE BLANK!

1 2 3			4 5 6 7			8 9 10 10 11 12 13			!			

