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**Quote to ponder...**

**“Do you remember how electrical currents and ‘unseen waves’ were laughed at? The knowledge about man is still in its infancy.”**

~ Albert Einstein~



This month's Care to Share winner is

**Jim H.**

A **BIG** thank you to Jim and:

- David and Kristin G.
- Scott and Judy H. • Monica A.
- Nicole S. Aimee B. • Kelli S.

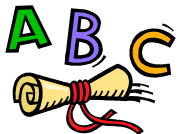
for referring friends and family to us for care.

**Spelling**

Help us with our spelling... tell us about the spelling error and your name will be entrd for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. **Thanks to all of you who precipitate!**

**Congratulations to this month's**

**Winner!  
Hector P.**



**The Patrick Henry Hughes story**

The date was July 16, 2008. I was scheduled to speak that evening for the Kentucky Association of School Administrators (KASA). I was a little "down in the dumps." My keynote presentation was scheduled for 7:00 PM, but I had been invited to show up at 6:00 to see a performance they said I'd enjoy. They introduced the young musician. Welcome...Mr. Patrick Henry Hughes. He was rolled onto the stage in his wheelchair, and began to play the piano. His fingers danced across the keys as he made beautiful music. Patrick Henry Hughes was born with no eyes and a tightening of the joints which left him crippled for life. However, as a child, he was fitted with artificial eyes and placed in a wheelchair. Before his first birthday, he discovered the piano. His mom said, "I could hit any note on the piano, and within one or two tries, he'd get it." By his second birthday, he was playing requests (You Are My Sunshine, Twinkle Twinkle Little Star). His father was ecstatic. "We might not play baseball, but we can play music together." Today, Patrick is a junior at the University of Louisville. His father attends classes with him and he's made nearly all A's, with the exception of 3 B's He's also a part of the 214 member marching band. You read it right...the marching band! He's a blind, wheelchair-bound trumpet player; and he and his father do it together. They attend all the band practices and the half-time performance in front of thousands. His father rolls and rotates his son around the field to the cheers of Patrick's fans. In order to attend Patrick's classes and every band practice, his father works the graveyard shift at UPS. Patrick said..."My dad's my hero."

But even more than his unbelievable musical talent, it was Patrick's

*Cont. inside...*

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## How do I know if I have TMJD (Temporomandibular Joint Dysfunction)?



A variety of symptoms may be linked to TMJD. Pain, particularly in the chewing muscles and/or TMJ, is the most common symptom. Other symptoms include:

1. Limited movement or locking of the jaw.
2. Radiating pain to the face, neck or shoulders.
3. Painful clicking, popping or grating sounds in the jaw joint when opening or closing the mouth.
4. A sudden, major change in the way the upper and lower teeth fit together.
5. Headaches, earaches, dizziness.

### Caring for TMJD

The most important part of caring for TMJD is to accurately determine the anatomical key to the disorder. In other words, is your TMJD due primarily to the muscles, the disc, or the joint? Once that question is answered then specific care for those areas can be initiated.

Next, it is important to understand the relationship between the TMJ and the upper cervical spine (neck). They are intimately related and must be functioning properly if resolution of TMJD is to be achieved.

Additionally, your posture plays a very important role in the functioning of your temporomandibular joint. When you slouch forward and your shoulders become rounded, your chin will begin to poke forward. This position places a tremendous amount of stress on your jaw and leaves your TMJ very susceptible to injury.

Consider conservative care before expensive testing or surgery. While these might ultimately be necessary, depending on the cause of your problem, your doctor of chiropractic can assess your temporomandibular joint to see if conservative chiropractic care is right for you. In many cases a non-drug, non-surgical approach works well when patients work together with their doctor making lifestyle changes that improve temporomandibular joint function.

Source: Chiropractic Wellness Volume Eleven Issue Three

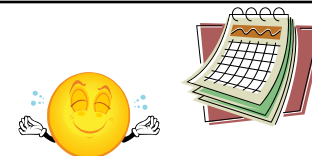
Cont. from back panel....

"attitude of gratitude" that touched my soul. On stage, between songs, he would talk to the audience about his life and about how blessed he was. He said, "God made me blind and unable to walk. BIG DEAL! He gave me the ability...the musical gifts I have...the great opportunity to meet new people."

If I live to be a hundred, I'll never forget that night, that smile, that music, but most importantly, that wonderful "attitude of gratitude." We all face adversity in our life. However, it's not the adversity, but how we react to it that will determine the joy and happiness in our life.

"When we choose not to focus on what is missing from our lives but are grateful for the abundance that's present....we experience heaven on earth." - Sarah Breathnack - From: Learning to Dance in the Rain by Mac Anderson and BJ Gallagher

## Mark your calendar:



### GENTLE YOGA CLASSES

Thursdays - April 7<sup>th</sup> & 21<sup>st</sup> at 9:30 a.m.

Cost is \$15 per class. Space is limited so please sign up ahead. Yoga mats will be provided. **You can also do this yoga sitting in a chair.**

**APRIL 23:** clinic will be closed .



Happy Easter!

### MAY 3<sup>RD</sup> IS NATIONAL TEACHERS DAY

Thanks to all of our wonderful teachers for shaping our future generations and working so hard. We will have a little treat for teachers coming in that week.

Thank you all for helping us celebrate our 9<sup>th</sup> anniversary last month. It was a pleasure to see all of you so excited about the chance of winning a year of FREE care.

**Please help us congratulate our winner:**



**WOW**

**Wellness Orientation Workshop**  
Wednesday, April 13<sup>th</sup> 6:30 pm  
Saturday, April 9<sup>th</sup> at 11:30 am

