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**Quote to ponder...**

**"Sometimes the heart  
 sees what is invisible to  
 the eye. "**

~ H. Jackson Brown, Jr ~



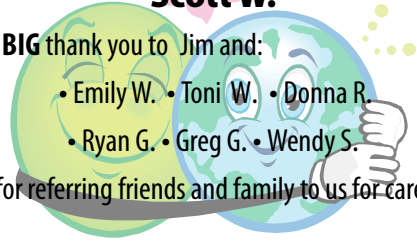
This month's Care to Share winner is

**Scott W.**

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

- Emily W. • Toni W. • Donna R.
- Ryan G. • Greg G. • Wendy S.

for referring friends and family to us for care.

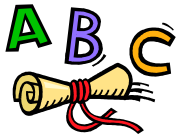


**Spelling**

Help us with our spelling... tell us about the spelling error and your name will be entered 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 participate!**

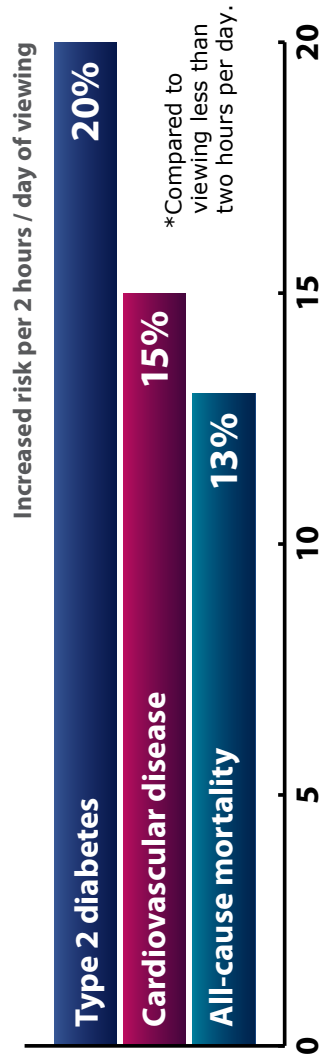
**Congratulations to this month's**

**Winner!  
 Dan I.**



**Prime-Time Health Risks**

A review of studies notes an increased risk of diabetes, cardiovascular disease (fatal or nonfatal) and mortality associated with prolonged television viewing:



SOURCE: Television viewing and risk of type 2 diabetes, cardiovascular disease, and all-cause mortality: a meta-analysis. *JAMA*, 2011;305(23):2448-55.

**WOW**

**Wellness Orientation Workshop**  
**Wednesday, February 8<sup>th</sup> 6:30 pm**  
**Saturday, February 11<sup>th</sup> 11:30 am**



**Call today: 262-781-0084**  
**Chiropractic Care Center - Brookfield**  
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## Are you on cholesterol lowering medications?

"Statin(cholesterol lowering medication) induced CoQ10 depletion is well documented with detrimental cardiac consequences. This drug-induced nutrient deficiency is completely preventable with supplemental CoQ10 with no adverse impact on the cholesterol lowering or anti-inflammatory properties of the statin drugs" ....but why should you care about your CoQ10 levels? Coenzyme Q10 (CoQ10) is produced by the human body and is necessary for the basic functioning of cells. Coenzyme Q10 supports cardiovascular health and function, muscle performance, brain/neurologic health, breast health, periodontal health and immune system health through its bioenergetic and antioxidant activity. CoQ10 provides cell-membrane-stabilizing effects for healthy tissues throughout the body.

*(These statements have not been evaluated by the FDA)*

*Source: Natural Standard® Patient Monograph, Copyright © 2012;*

*Biofactors 2003 18:101-111*

Minimize your side effects with Coenzyme Q10.

We live in an age of compact technology. Smart phones and handheld devices provide us with quick information at any given time or place. We spend hours per day texting, surfing the web, or playing games with friends. But as our technology has become smaller, the pains have become larger. Paying bills for phone contracts and the fastest Internet service can be considered one kind of pain – but what if your technology was actually causing physical harm? What's at risk?

Prolonged usage of mobile phones and handheld devices can place great stress on the body. At any given moment, millions are hunched over a keyboard, neck extended, typing away on a tiny keypad. Our bodies are not designed to cope with long-term usage of compact smart phones and handheld devices. According to the American Chiropractic Association, "Many people find it challenging to maintain their posture in everyday tasks. When you add staring intently at a small screen for long periods, it is easy to fall into a slouched, head-forward position."

The result can establish serious conditions in the body such as:

- Forward Head Posture (Text Neck)
- Repetitive Stress Injury (Carpal Tunnel)
- Frequent Headaches

What can you do?

On your next visit, ask your chiropractor how you can properly use your mobile phones and personal devices in ways that are more conducive to your health. Having an understanding of certain positions and repetitive movement that can cause long-term pain is important for prevention of repetitive injuries.

*Source: Footlevelers*



## Mark your calendar:

### GENTLE YOGA CLASSES

Tuesday, February 7<sup>th</sup> & Thursday, February 23<sup>rd</sup> at 9:30 a.m.

Cost is \$15 per class. Yoga mats will be provided. **You can also do this yoga sitting in a chair.**

### CLOSINGS

Clinic will be closed Saturday, 2/18.

## Hello All:

Here at Chiropractic Care Center Brookfield, we are celebrating our **10th Anniversary this March!** I can hardly believe it!! I feel privileged to be your chiropractor and I am grateful that you have chosen me to be part of your health care team. I am also blessed with an incredible team to support me in the endeavor to pursue our goal: ***Our goal is to promote chiropractic around the world by making a difference in our little corner of the world.***

We will be celebrating all week long starting Monday, March 12th, ending with a party Friday, March 16th, 5pm-7pm. (While little ones are always welcome at the clinic, Friday evening's get-together will be geared toward the grown ups.) Please check your schedule and see if you can join us. We do need a head count, so RSVP by March 2nd 2012 in person or via phone.

I am looking forward to sharing this occasion with YOU,  
*Dr. Ebner*

