

Spelling Error

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!
Steve

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
~ Albert Einstein ~



Quote to ponder...

Care To Share

This month's Care to Share winner is **Diane**

A **BIG** thank you to this month's winner for referring friends and family to us for care.



LOOKING FOR QUALITY SUPPLEMENTS? check out our **SUPPLEMENT STORE @ DOCTOREBNER.com**

Chiropractic Care Center
BROOKFIELD
4080A N Brookfield Road
Brookfield, WI 53045
www.DOCTOREBNER.com

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SPINE TIME

Brought to you by Your **Chiropractic Care Center Brookfield**
Pain Relief and Better Health, Naturally.

Year End Checklist for Patients with
Flex Spend Accounts



Don't lose your benefits before the year ends.

- You can use your balance on:
- ✓ Low back (Lumbar) Support Pillows
 - ✓ Neck (Cervical) Pillows
 - ✓ Icepacks
 - ✓ Custom Orthotics

Ask at the front desk.

IT'S TIME TO REORDER YOUR FOOT LEVELERS ORTHOTICS. DID YOU KNOW YOU CAN USE YOUR FLEX SPEND ON ORTHOTICS?



Call today: 262-781-0084
Chiropractic Care Center - Brookfield
4080A N. Brookfield Rd., Brookfield

SPINE TIME

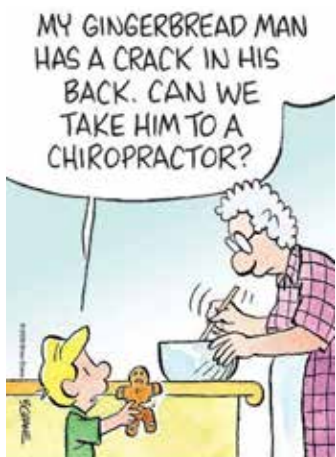
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Mark Your Calendar

Closings:

SATURDAY, 12/24 & MONDAY, 12/26



Health HACK

Bone Broth Hot Chocolate



Ingredients

- 1/2 cup Kettle & Fire Chicken Bone Broth
- 1 cup whole milk raw or non-dairy milk
- 1 1/2 tbsp maple syrup
- 1-2 tbsp cacao powder (depending on how chocolatey you want it)
- vanilla
- 1 pinch sea salt
- 1 scoop collagen optional (for added gut healing goodness)

Instructions

Blend it together and enjoy!

Source: <https://blog.kettleandfire.com/bone-broth-hot-chocolate/>

BIOKINETIC INTERACTION

The spine is one link in a biomechanical Kinetic Chain, where movement at one joint influences movement at other joints in the chain, extending from the feet to the spine. Locomotion demonstrates the complexities of biokinetic interaction and the risk of imbalance or structural deficiency that leaves the spine vulnerable to destructive torque, bending, and shearing stresses.



In seven out of 10 cases of back pain, postural fatigue and spinal strain are frequent causes of discomfort. The stress can often be traced to altered foot biomechanics that lead to pelvic and spinal distortion.

Custom-made functional orthotics are useful in correcting abnormal biomechanics in the lower extremities and enhancing the effectiveness of Chiropractic care.

Source: Dr. Mark N. Charrette @ Footlevers.com



Merry Christmas



A New You Starts Now

Detox and Purification Challenge

starts Monday, January 2

Are you experiencing:

- Fatigue?
- Difficulty sleeping?
- Indigestion?
- Food cravings and weight gain?
- Reduced mental clarity?
- Low libido?
- Skin issues?
- Joint discomfort?

Toxins may be to blame!



Start the new year in a healthy direction

SP Detox and Purification Challenge

You'll choose between two programs that support your body's natural ability to metabolize and expel toxins, which is important to maintaining your health and vitality.*