



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!
Easton

“Stress is not a badge of honor, nor is it a requirement to get the job done.”

~ Lee Papa ~



Quote to ponder...

Care To Share

Please help our clinic grow, refer friends and family to us for care.



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



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SPINE TIME

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

THE GIFT

According to the legend, a young man was traveling in the desert and came across a spring — a most welcome find on an extremely hot day. The water was crystal clear and contained the sweetest water the young man had ever tasted. He filled an old leather canteen and went on his way. Near the end of his journey, the young man visited an old priest who had been his mentor and friend.



Wanting to share the sweet water with him, the young man offered the priest a drink from the canteen.

The priest drank deeply and expressed his gratitude with gracious enthusiasm. Another man asked for a drink, and the young man gladly handed him the canteen.

One drink, and the man spat and cursed loudly. “That’s the worst water I’ve ever tasted. It has drawn bitterness from that old leather canteen you have,” he shouted, wiping his mouth with his sleeve.

The young man tasted the water and found the man was absolutely right. The water was foul and tasted strongly of mildewed leather.

“Why did you pretend to like the water when it was so awful?” the young man asked the priest.

“You tasted the water. I tasted the gift,” he replied.

Source: register-herald.com



Call today: 262-781-0084

Chiropractic Care Center - Brookfield
4080A N. Brookfield Rd., Brookfield

SPINE TIME

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Mark Your Calendar

November 1-22
FOOD DRIVE

Donations to benefit the Waukesha Food Pantry

Saturday, November 11
VETERANS DAY



Thursday, November 23
THANKSGIVING DAY



Health HACKS



SPOON IN THE SUPERFOODS

There may be no easier way to amp up the nutrition of your fancy feast than adding superfoods to your dishes. While there are plenty of specific superfood recipes to choose from, you can actually adapt the classic recipes you already make and just fold in some extra nutrition. Making yams? Sprinkle chia seeds on top. Have a great vegetable side dish? Fold in some fresh pomegranate seeds and hemp seeds. Even sides like cranberry sauce can be enhanced with a spoonful of acai powder or Superfood+ Berry Blend to sneak in an array of extra antioxidants.

<https://navitasorganics.com/blogs/navitalife/5-healthy-hacks-to-try-this-thanksgiving>



NEARLY 20% OF AMERICANS SUFFER FROM CHRONIC PAIN, INCLUDING 65% OF VETERANS.



Sources:
The U.S. Department of Veteran Affairs
European Journal of Pain

Chronic pain limits mobility, interferes with the body's proper functioning and has even been shown to shorten life expectancy.



Consider chiropractic care for a noninvasive approach to managing pain and improving mobility.



ABNORMAL POSITIONING OF THE FOOT CAN ALTER YOUR BODY'S ALIGNMENT, RESULTING IN POOR POSTURE, BACK, HIP, KNEE AND FOOT PAIN



High Heels

