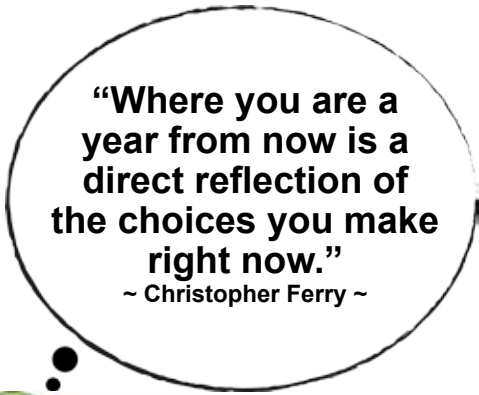


Spelling Error

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!

Gretchen



"Where you are a year from now is a direct reflection of the choices you make right now."

~ Christopher Ferry ~



Quote to ponder...



Check out our **SUPPLEMENT STORE**

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Care To Share

This month's Care to Share winner is

Mary

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



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SPINE TIME

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Pain Relief and Better Health, Naturally.



The concept of the "closed Kinetic Chain" describes the important interrelation of the feet and lower extremities to the pelvis and spine. Altered foot function and structural imbalance can result in significant changes to gait and posture. These changes will inevitably impact the pelvis and spine, resulting in chronic spinal complaints and poor response to chiropractic care.

The gait cycle is divided into the stance phase and swing phase. The stance phase (62% of the gait cycle) describes what happens to foot mechanics during weightbearing. The swing phase is the non-weightbearing part of the cycle (38%).

As chiropractors, we are concerned most with the stance phase which can be divided into 3 periods:

1. Heel strike
2. Mid-stance
3. Toe-off

Problems arise when the patient pronates excessively or supinates excessively.

Foot Levelers stabilizing orthotics with the patented Gait Cycle System, help provide a balanced foundation and support through all phases of the gait.



Call today: 262-781-0084

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

SPINE TIME

Brought to you by *Your* **Chiropractic Care Center Brookfield**



Mark Your Calendar

Closing:

SATURDAY 1/1/2022



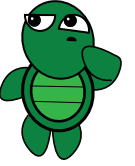
IN AND OUT OF THE SLEIGH...
CLIMBING UP AND DOWN CHIMNEYS...
CARRYING AROUND A BIG BAG
OF HEAVY STUFF...
I'D NEVER MAKE IT
WITHOUT
YOU!



"Chiropractic is health insurance. Premiums small, dividends large."

B. J. Palmer, D.C.

MAGNESIUM INTAKE AFFECTS ASSOCIATION BETWEEN VITAMIN D AND RISK OF TYPE 2 DIABETES



Magnesium is the fourth most abundant mineral in the human body, however, an estimated 42% of young adults have ongoing magnesium deficiency. This can lead to problems with energy metabolism, muscle function, blood pressure regulation, insulin metabolism, cardiovascular function, nerve transmission, neuromuscular contraction, and more.

Magnesium is also an important co-nutrient for vitamin D, and is involved in the biosynthesis, transport, and activation of vitamin D. Studies have shown that poor magnesium status potentially impairs vitamin D metabolism enough to limit the parathyroid hormone (PTH) response, which increases the activation of vitamin D to then increase calcium absorption. Also, an existing magnesium deficiency may result in a vitamin D level that does not increase as much as expected in response to vitamin D supplementation. As illustrated by Deng et al., without sufficient magnesium, the amount of vitamin D that can be metabolized and used by the body is limited and may result in a lack of conversion of vitamin D into its other active forms.

One disease that vitamin D has been associated with is type 2 diabetes. Several studies have shown a decrease in type 2 diabetes incidence and progression among those who either supplement with vitamin D or who have higher vitamin D levels.

To see if magnesium intake affected the relationship between vitamin D and type 2 diabetes risk, Huang et al. completed a study that looked at whether the effect of vitamin D on the risk of type 2 diabetes differed based on a low versus a high magnesium intake.

The authors found that magnesium intake affected the association between vitamin D level and the incidence of type 2 diabetes, where the distribution of vitamin D levels between participants with or without type 2 diabetes was not significantly different in the low magnesium intake group, but was in the high magnesium intake group.

Source: *grassrootshealth*



Health HACK



ADD ONE NEW HEALTHY FOOD EACH WEEK

Start with the alphabet: week one, A is for asparagus. Eat them raw, sautéed, baked, grilled. Week two, B is for brussel sprouts. Eat them sautéed, baked with balsamic glaze or peeled into brussel sprout hash. Check out #ONENEWFOOD for photos and ideas.

Source: <https://prettywellness.com/new-years-resolutions/>