

**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!

**Julie**



"It is better to light a single candle than to curse the dark."



Quote to ponder...

**Care To Share**

This month's Care to Share winner is

**Brandy**

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



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**Chiropractic Care Center**  
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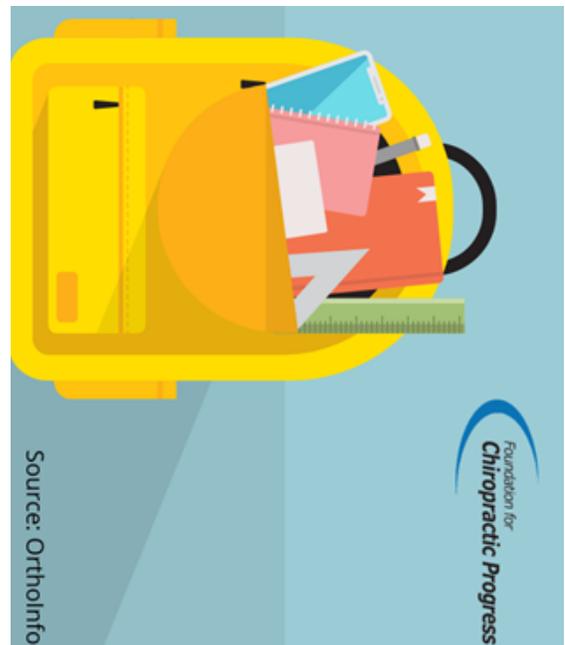
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**SPINE TIME**

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

**IT'S  
BACK TO SCHOOL TIME!**



Foundation for  
**Chiropractic Progress**

Source: OrthoInfo

**Backpack Tips to Avoid  
Back Pain**

- Always use both shoulder straps
- Pack light
- Tighten the straps to keep the load closer to the back.
- See your chiropractor for additional tips



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# SPINE TIME

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



## Mark Your Calendar

### Closings

Monday, 9/ 5



## Health HACK

### Berry Mango Quinoa Salad



#### Ingredients:

- 1/2 cup blueberries
- 1/2 cup cubed mango
- 1/2 cup sliced strawberries
- 1 cup dried quinoa (2 cups cooked)
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 10 chopped basil leaves
- Dash of salt and pepper

#### Directions:

Cook 1 cup dried quinoa in 2 cups water, to yield 2 cups cooked quinoa. Combine cooked quinoa with fruit. Mix olive oil, lemon juice, chopped basil, and dash of salt and pepper to make dressing. Combine dressing with quinoa and enjoy!

Source: <https://www.onpoint-nutrition.com/blog/5-healthy-tips-for-your-labor-day-plan>

## FIRST DOWN AND CHIROPRACTIC TO GO



When you witness a crushing tackle during a game of Monday Night Football, you probably wonder how these guys can continue to get out and play again the following week. Besides simply being big and tough, one way players in the National Football League (NFL) get back on their feet is through chiropractic treatment.

The trainers surveyed in a study in the Journal of Manipulative and Physiological Therapeutics predominantly referred players to chiropractors for low back pain, neck injury, and headaches. Chiropractic is a natural, safe alternative to drugs and surgery.

Source: Chiroweb



## CAN SODA LEAD TO PANCREATIC CANCER?

Think twice before reaching for that next soda pop - it could be hazardous to your health. A new study has connected the consumption of soda with pancreatic cancer. According to the latest study published in Cancer Epidemiology, Bio markers & Prevention, a journal of the American Association for Cancer Research, drinking as little as two soft drinks a week appears to nearly double the risk of getting pancreatic cancer.



People who drank two or more soft drinks a week had an 87% increased risk -- or nearly twice the risk -- of pancreatic cancer compared to individuals consuming no soft drinks.

Researchers from the study evaluated 60,524 men and women enrolled in the Singapore Chinese Health Study, begun in 1993, for up to 14 years, looking at their diet and whether they got cancer. In Singapore at that time, Mueller says, there was very little intake of diet soda. What they found was interesting - about 140 cases of pancreatic cancer. Those who drank two or more a week -- the average number was five -- had the 87% increased risk. Make sure to keep your beverages like your diet - clean and not as processed as sugary drinks like soda which can have adverse effects on your overall health.

Source: To Your Health