

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!
Suzette

"If everything around you seems dark, look again, you may be the light."

~ Rumi ~



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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BROOKFIELD
4080A N Brookfield Road
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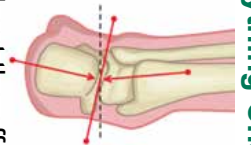
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SPINE TIME

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

**When the Foot Hits the Ground
Everything Changes**



Learn more about the effects of asymmetrical pronation and correcting it with Foot Levelers custom orthotics.



OMEGA-3 INDEX - BASIC TEST

The Omega-3 Index Tests measure the amount of EPA and DHA in the blood.

Do you know your number?

When you take an **NutriDyr[®] omegaquant** Omega-3 Index test it gives you a percentage, which is simply a **Basic Test** measure of the amount of EPA and DHA in your blood. An Omega-3 Index of 8% or higher is ideal, the lowest risk zone. However, most people hover around 6% or below. And unfortunately in the US, most people are at 4% or below—the highest risk zone.

Omega-3 Index Basic Test

Dried Blood Spot Collection Kit No Additional Lab Fees

Raising your Omega-3 Index to the desirable zone of 8% will help ensure you are getting enough of the right omega-3s—EPA and DHA—to protect your health.



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
No Closings



EAT YOUR SUNSCREEN

No, not the lotion in a tube! But real food is actually some of the best sunscreen around.

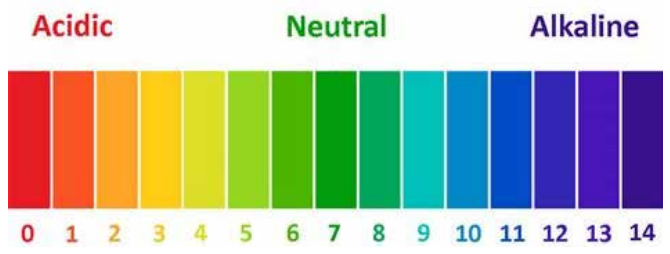
That's because sunburn is a type of inflammation, and diet has a tremendous impact on inflammation in the body. Your diet can increase or decrease your skin's sensitivity to UV rays, as well as its ability to repair itself when it does get damaged. To reduce your sun-sensitivity and risk of sun damage, make sure you're eating enough anti-inflammatory foods like:

- Healthy fats rich in Omega-3s: Omega-3s help to reduce inflammation in your body and promote healing. Fish (like sardines and salmon), eggs, flaxseed and walnuts. Omega-3s are also available in supplement form via fish oil and flaxseed oil (vegan).
- Other healthy saturated fats: coconut oil, avocado oil and organic grass-fed butter. Saturated fats are the building blocks of healthy skin (and hair and nails).
- Veggies: The vitamins and antioxidants in veggies help to protect cells from the effects of UV radiation. Leafy greens and tomatoes are particularly good.
- Other antioxidant-rich foods: berries, beans, nuts and green or black tea. Antioxidants help reduce inflammation and free radicals in your cells, as well as protect against sunburn and skin damage.

Source: <https://fourwellness.co/blog/10-summer-wellness-tips-for-healthy-living>

PH: WHAT'S YOUR NUMBER?

What is pH? What does it do? Why do I need to know about my pH? pH (for "potential hydrogen") "pH" or "potential for hydrogen" is the measure used to determine whether something is an acid or alkaline.



Since our bodies are largely made up of water, a train (as you will) which is biologically useful in allowing nutrients, oxygen and biochemicals to be transported from place to place within our bodies. This water-based train can have either acid or alkaline properties which are measured by a graduated scale called pH. With 1.0 to 6.9 is considered acidic, 7.0 is neutral, and 7.1 to 14.0 is alkaline. The lower the pH number, the greater the acidity, and the higher the pH number, the greater the alkalinity. Now what does this have to do with optimal health?

WHY SHOULD I BE CONCERNED ABOUT MY PH LEVELS?

pH has a profound effect on health and disease. Imbalances in pH means that the body has become too acidic or too alkaline for long periods of time which is not very well tolerated by the body. In fact, the body has regulatory mechanisms (breathing, circulation, digestion, hormonal production, etc.) that serve the purpose of managing and balancing pH levels. If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxins and die.

THE IMPORTANCE OF ACID AND ALKALINE BALANCE FOR HEALTH

Nothing does well in an overly acidic or alkaline pH medium. Similar to how acid rain can destroy a forest or how alkaline wastes can pollute a lake, an imbalanced pH can continuously corrode all body tissues. Slowly eating into the 60,000 miles of our veins and arteries like rust eating into metal. Studies have shown that healthy people's body fluids are slightly alkaline while the same fluids of those who are sick are acidic, ranging from slightly acidic to extremely acidic. Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Cancer cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acid in the body leaches calcium from bone resulting in osteopenia or osteoporosis. Whatever health situation you are faced with, you can monitor your progress toward a proper acid/alkaline balance by testing your pH. The easiest way to measure your pH is by your saliva or urine with litmus paper. Monitoring your pH gives you a general indication of how well or how hard your body is working to survive your lifestyle. One great way to enhance your pH is to start using a superfood greens drink each day!

Source: To Your Health