

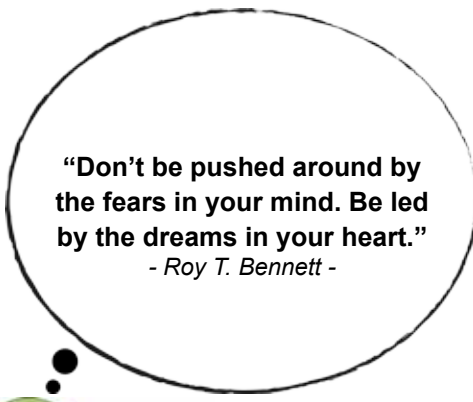


**Spelling Error**

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!

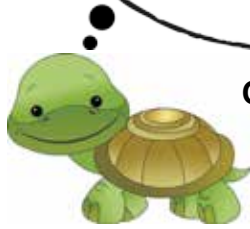
Congratulations to this month's Winner!

**Carrie**



**"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."**

- Roy T. Bennett -



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**

**Chiropractic Care Center**  
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# SPINE TIME

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

**EXPOSED**  
The Electronic Sickenning of America  
and How to Protect Yourself  
2020 UPDATE  
Includes Dangers of 5G & Smart Devices  
**Bill CADWALLADER, MBA, EMRS**  
Certified  
Electromagnetic Radiation Specialist  
with Lois CADWALLADER, MA

"There's a hidden danger pulsating in the airways and buzzing behind the walls of millions of American homes, schools, and businesses. Our families, co-workers, even our pets, are exposed to electromagnetic radiation (EMR) almost continually, 24/7. Few people want to address this topic because they don't know what to do. They are frustrated and overwhelmed by the scattered and conflicting information that's out there. And they fear that they will have to give up their electronic necessities. I felt that way as well—until I learned that the great news is that you CAN take control of your exposure to harmful electromagnetic radiation and learn how to use your electronic devices more safely."

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

# SPINE TIME

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## Mark Your Calendar

### Closings

Monday, 9/ 4



Happy  
**LABOR DAY**



## Health HACK



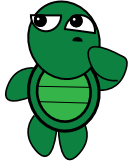
### Start "Sheet pan Sundays"



Throwing veggies and protein on a sheet pan with your favorite herbs and spices and then roasting them is one of the easiest ways to get supper on the table and healthful foods in your belly, says Jessica Stamm, a registered dietitian nutritionist in Los Angeles. "Get creative based on seasonal produce; in summer, I love combining chicken with nectarine, sweet potato, and onion," she says. Designating a specific day of the week for this type of dinner (it doesn't have to be Sunday!) gives you the chance to prep ahead so you can try new healthy foods and recipes. Pro tip: Make enough for leftovers so you have a few lunches covered for the week.

Source: <https://www.prevention.com/health/a37015464/best-health-hacks/>

## GIVING STUDENT ATHLETES THE CHIROPRACTIC EDGE



The benefits of chiropractic care have long been acknowledged in professional athletics. Doctor of chiropractic (DCs) can be seen on the sidelines as crucial members of the medical staff for 90% of professional sports organizations including Major League Baseball, all of the National Hockey League teams and all of the teams in the NFL. Not only are DCs well-versed in injury care and management, they also work to prevent injuries and provide strategies for athletes to enhance performance. For our younger developing athletes, DCs offer similar benefits.

Doctor of Chiropractic routinely analyze posture and recommend ways to correct any imbalances found. Tech Neck is currently a very concerning issue amongst youth worldwide and the altered posture and symptoms that come with it can affect the health of youth, set them up for injury and influence sports performance. DCs offer a variety of interventions to correct the unhealthy posture of Tech Neck and help kids lay a foundation to support future spinal health and avoid premature joint degeneration and deformity.



Agility is a main factor when enhancing performance. This can sometimes be a challenge for kids undergoing growth spurts and having to periodically re-learn how to coordinate a taller, larger body. Chiropractic care can help developing athletes with strategies to maintain balance, stability and flexibility so they keep their game strong:

Stability allows the body to quickly return to a state of equilibrium after it is disrupted (eg. from a sudden movement or quick turn.) Stability directly affects an athlete's resilience and allows for a strong solid foundation on which to be grounded or defend from opponents. Chiropractic care can help stabilize skeletal inequities through spinal adjustments, restore optimal alignment and address issues such as gait issues, uneven shoulders or hips that can affect both balance and stability.

As young athletes heal from injury, they often are more focused on getting back in the game as quickly as possible. For parents and guardians, a main concern includes the dangers of painkillers and the possibility that their child will mask the pain with pills and potentially cause more injury.

**Chiropractic care is not only drug-free**, but also highly effective for managing both acute and chronic neuromusculoskeletal pain.

Whether in sports arenas, on a school team or at a park near home, DCs are a vital part of the healthcare team for athletes. DCs provide pain relief and injury recovery and then go beyond those basics to focus on prevention and remain injury free. By adjusting the joints of the spine and extremities to optimize function, offering nutritional and lifestyle recommendations and providing strategies to improve balance, stability and flexibility, DCs provide a competitive edge as they strive to improve the overall performance and resilience of student athletes of all ages.

Source: *Foundation for Chiropractic Progress*