

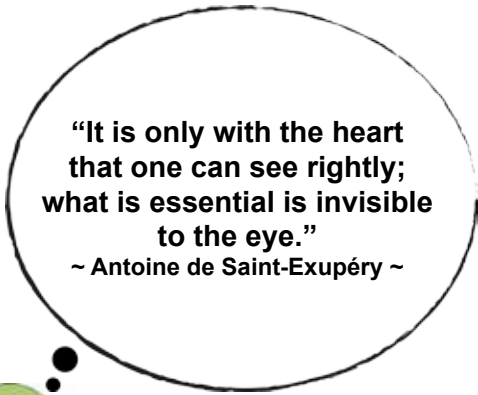


Spelling Error

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!

Jim



"It is only with the heart that one can see rightly; what is essential is invisible to the eye."
~ Antoine de Saint-Exupéry ~



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



4080A N Brookfield Road
Brookfield, WI 53045

www.DOCTOREBNER.com

PRSRT STD
US POSTAGE PAID
BROOKFIELD WI
PERMIT NO.615

Return service requested

SPINE TIME

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

OMEGA PURE EPA-DHA 1000

Omega-3 Support for Cardiovascular, Immune, Musculoskeletal, Skin, & Cognitive Function ♦ Omega Pure EPA-DHA 1000 is a super-concentrated and purified fish oil supplement containing evidence-based doses of the key omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in triglyceride form.



An extensive body of clinical research has demonstrated the efficacy of supplemental EPA and DHA for:

- Healthy cardiovascular function ♦
- Healthy Immune function ♦
- Musculoskeletal support ♦
- Promote Skin vitality ♦
- Cognitive support ♦
- EuroFins batch tested for over 450 potential contaminants

Omega Pure EPA-DHA 1000 is also manufactured in a pharmaceutically licensed/cGMP facility and tested for quality and purity. The product is stabilized with antioxidants and is free from impurities and environmental contaminants (e.g. heavy metals, PCBs, dioxins). Plus, **no "fishy" taste!**

Source: <https://nutrify.com>



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

Closings
NO CLOSINGS



LIKE US ON FACEBOOK!

CHIROPRACTIC CARE CENTER
BROOKFIELD



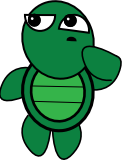
Chiropractic is health insurance. Premiums small, dividends large.



TRAVELING T's

Please remember to take your CCC T's along for your vacation. We enjoy placing all the new pictures on our wall!

CHIROPRACTIC FOR BEGINNERS



Your brain tells your heart to beat, your toes to wiggle, your lungs to breathe, and other organs what to do. The brain sends messages to every cell, and system of the body through a network of tiny "wires" called nerves.

Every message your brain sends and receives goes through the big, thick wire that extends from the brain down your back. It is called your spinal cord.

Like your brain, your spinal cord is so important that it is covered by protective bones. These 24 moving bones surround the spinal cord like beads on a necklace. These bones protect your spinal cord while you turn, bend, lift, twist or when you do all the activities you like to do.

Just like the necklace that can get "kinked" and tangled up, your spine can too. This can happen from bumping your head, falling down, getting "stressed out", and from lots of other causes. When that happens, your spinal bones can rub or irritate the spinal cord or nerves of the spinal column. Doctors call this subluxation.

Subluxation make it hard for the brain and the cells of your body to send messages back and forth. That's when you can feel pain, get sick and not feel good.

Your chiropractor helps make the subluxations go away.

Source: Back Talk Systems, Inc.



Health HACK



HEART HEALTY RED & PINK SUPERFOODS FOR VALENTINE'S DAY

APPLES The pectin in apples provides 4 grams of filling and cholesterol-lowering fiber per serving	BEETS Rich in vitamin C and folate, beets are packed with antioxidants and fight inflammation	RED BERRIES These low-calorie, fiber-rich foods are an excellent source of vitamin C	CHERRIES The antioxidants in this sweet fruit are known to protect heart health	CRANBERRIES Loaded with vitamin C, cranberries can help your body fight off infections more quickly
GRAPEFRUIT Its Vitamin C is great in shielding against colds and flu	POMEGRANATE SEEDS These powerful little seeds are rich in antioxidants and vitamin C	RED PEPPERS These brightly-hued veggies are rich in vitamin C and carotenoids	RED WINE Red wine contains resveratrol, a compound chock-full of antioxidants	TOMATOES Rich in lycopene, vitamin C and vitamin K

Source: <https://i.pinimg.com/originals/64/a5/4b/64a54bf42324c3e980e09238a53f045f.jpg/>