

Spelling Error

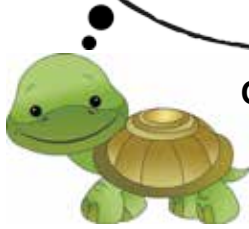
Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!

Jackson



**"If you want to fly, you have to give up the things that weigh you down."
~ Toni Morrison ~**



Quote to ponder...

Care To Share

This month's Care to Share winner is

Tim

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



LOOKING FOR QUALITY SUPPLEMENTS? check out our SUPPLEMENT STORE @ DOCTOREBNER.com



Chiropractic Care Center
BROOKFIELD
4080A N Brookfield Road
Brookfield, WI 53045
262-781-0084
www.DOCTOREBNER.com

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SPINE TIME

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

BENEFITS OF DIAPHRAGMATIC BREATHING

There are so many benefits to the simple life-skill practice of diaphragmatic breathing that it is worth the effort to partner with breath and become a proficient diaphragmatic breather.

Diaphragmatic breathing is scientifically proven to enhance and improve:

- calmness
 - relaxation
 - focus
 - concentration
 - memory
 - immune function
 - lymph flow
 - oxygenation
 - asthmatic conditions
 - digestion
 - detoxification
 - healing (both physiological and psychological)
 - well-being
- Diaphragmatic breathing is also proven to reduce:**
- tension
 - stress
 - anxiety
 - panic attacks
 - heart rate

Source: https://issuu.com/pathways/docs/pw73_spring2022_dh92



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

Saturday 7/1 - Wednesday, 7/5



Thank you to all our servicemen and women who ensure our freedom!



Health HACKS

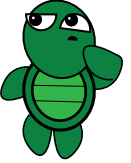


ICE, ICE BABY!

Why make your ice cubes with water this summer when you could add loads of nutrient-rich fruit into the mix too? This is not only a great way to up your vitamin consumption but it looks fabulous too! Try it with blueberries, raspberries, lemon or oranges, or for a cool twist on your usual ice and a slice try making cubes of cucumber and mint.

Source: <https://www.healthwellbeing.com/15-summer-health-hacks/>

JOYS OF INDEPENDENCE... IN AGING



What happens to your vitamin D level as you age? To your fitness level? What decisions are you making today to help you achieve the goal of 'aging in place'? If you or any of your friends are considering such a living goal, make sure #1 you have tested your levels of vitamin D, Omega 3's, and magnesium.

At this point in my life, I'm 80 years old, and my husband Leo is 94! We have the privilege of already having chosen this goal of measuring these nutrient levels and taking steps towards keeping them within a healthy range. Without already having achieved the higher nutrient levels as suggested by our GrassrootsHealth experts, and seeing the spectacular benefits (some of which YOU have demonstrated as part of the GrassrootsHealth' participant cohort) we know we'd now be rushing to make this happen!

Source: [Grassrootshhealth.com](https://www.grassrootshhealth.com)



WHAT CAN CAUSE BIRTH TRAUMA IN INFANTS?

1. Very short labor
2. Very long labor
3. The use of Pitocin to strengthen/induce uterine contractions
4. Pain medications
5. Restricted maternal birthing positions
6. Pulling or twisting on the head to deliver the infant's body
7. The use of forceps or vacuum extraction
8. Cesarean delivery



Left uncorrected, this trauma continues to impact a baby's spinal growth and development, reducing the healthy function of her nerve system. This can cause many health challenges later in life that could easily have been prevented. Nursing difficulties, sleep disturbances, and an inability to be soothed and settled are all potential signs of spinal nerve stress in infants.

Although all infants should be checked right after birth, here are just three clear indicators to find a chiropractor who cares for infants.

1. His head tilts to one side, even after you straighten it.

2. She seems to have difficulty turning her neck to one side.

3. He has difficulty settling down or sleeping soundly.

Source: https://issuu.com/pathways/docs/pw73_spring2022_df92