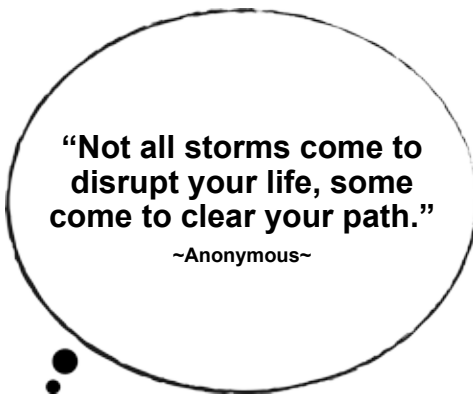


Spelling Error

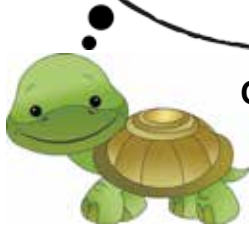
Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!
Carrie



"Not all storms come to disrupt your life, some come to clear your path."

~Anonymous~



Quote to ponder...

Care To Share

This month's Care to Share winner is
Wesley
A **BIG** thank you to this month's winner and
Alicia
for referring friends and family to us for care.



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

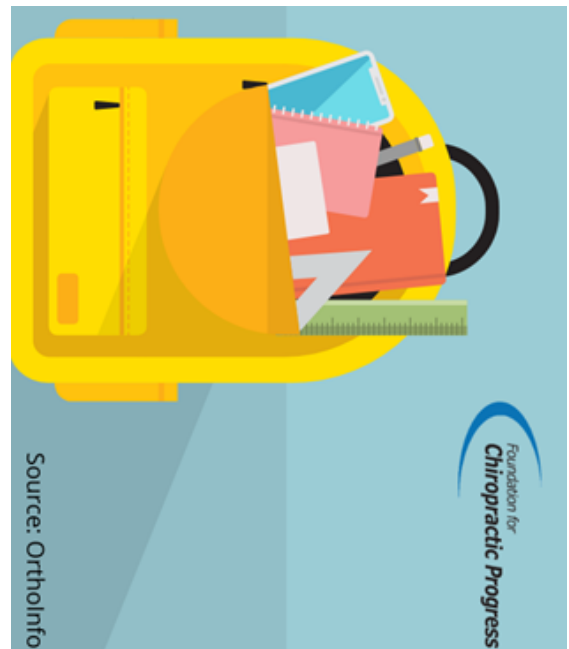
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Return service requested

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



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, 9/6
Monday, 9/27



Health HACKS



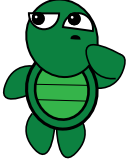
Shop for groceries with cash.



Another way to eat healthier: hit up an ATM. According to the Journal of Consumer Research, you're more likely to buy calorie-loaded snacks if you use a credit or debit card for your purchase. By paying in cash, the thinking goes, you've likely predetermined a spending amount on groceries and won't load your cart up with unnecessary, often unhealthy foods.

Source: 20 Easy Health Hacks That Will Make You Feel Better Every Day | Best Life

AMA PUBLISHES PATIENT RECOMMENDATION FOR NON-DRUG OPTIONS FOR LOW BACK PAIN



July 22, 2021 (Falls Church, VA) This Journal of the American Medical Association (JAMA) acknowledged that low back pain is one of the most common reasons people seek care. They further reported that the American College of Physicians advice that for acute and subacute low back pain, patients "should stay active as tolerated" and begin with nondrug treatments. The listed options they recommend include spinal manipulation. The patient recommendation goes a step further and states that patients with chronic low back pain, priority should be given to nondrug treatments combined with exercise. The 'therapies' mentioned include spinal manipulation. While nondrug options for care were listed, no specific professions were listed in the resource page.

The International Chiropractors Association (ICA) applauds JAMA for helping advance the public awareness on the value of nondrug options for low back pain. This is an integral action for the conventional medical community in overcoming their over reliance on prescribing pain medicine including opioids. The non-drug approach in particular spinal manipulation, which chiropractors refer to as spinal adjustments focuses on understanding and addressing the root causes of pain, rather than simply suppressing the symptom of pain through drugs. Research evidence validates that when consumers first avenue of care is chiropractic, the likelihood they will end up with an opioid prescription is reduced by half.

Source: ICA



7 SIGNS OF AN UNHEALTHY GUT



Source: ionbiome.com