

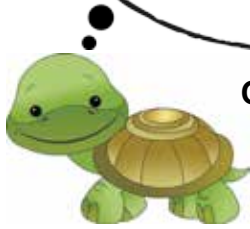
Spelling Error

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!

Sue

"Make the ordinary come alive...
The extraordinary will take care of itself."
~ William Martin ~



Quote to ponder...

Care To Share

A **BIG** thank you to all patients for referring friends and family to us for care.



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SPINE TIME

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Pain Relief and Better Health, Naturally.

5 STEPS TO A HEALTHIER POSTPARTUM

- 1. Writing postpartum affirmations**
This is a concept that we don't realize we need until we hit the road running. Just like during birth, we still need encouragement throughout postpartum, i.e., You're a good mom. Affirmations are your silent cheerleaders.
- 2. Making a freezer meal party**
Grab your partner or a friend and write a list of items that you can make to freeze for postpartum and cook away all day.
- 3. Assigning family, friends, spouse roles**
Communication is key here! Do this before postpartum hits to make sure your support team knows exactly how to care for you.
- 4. Setting aside time for yourself**
Tossing the mom guilt and doing your thing whether it's to soak in an Epsom salt bath or read a book.

Source: Pathways to family wellness



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

SPINE TIME

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Mark Your Calendar

Sunday, 5/14/23



A heartfelt thanks to all our servicemen and women this Memorial Day weekend.

Closings:

No closings



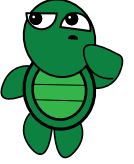
TRAVELING Ts

Please remember to take your CCC Ts along on your vacation. We would love to place even more pictures onto our map!!



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What is the Value of Postpartum Doula support?



Postpartum doulas support a family as they transition from birth into settling in as a new, extended family. The postpartum period might be one of the most challenging moments of one's life; wise, loving support can help to make this period of great transition, a little easier.



In most developed countries, we are more and more disconnected from our greater families and communities. We are most commonly living in isolated, nuclear family units. The care of mother and baby, in the immediate aftermath of birth, can weigh heavy on the family. Many women do not have the support systems in place, or know how to plan and activate their community; others might have very challenging circumstances. This is where a postpartum doula can step in.

In a very tangible sense, a postpartum doula's primary work is to nurture the mother and baby, as well as support partners and older children. The mother and baby in particular, need special attention as they recover from the birth. This work could come in the form of caring for the baby while the mother takes a shower, preparing a nutritious meal, looking after the older siblings as the mother and baby focus on breastfeeding, or even a shoulder rub.



Source: BirthWorks International



Health HACK



TAKE AN EPSOM SALT BATH

Skip the bubbles and enjoy a mineral-rich soak instead. Epsom salt baths have been used as an ancient remedy to help reduce tension and are said to help people relax and fall asleep. Add a few drops of your favorite essential oils and let everything melt away.

<https://www.beachbodyondemand.com/blog/self-care-for-mothers-day>