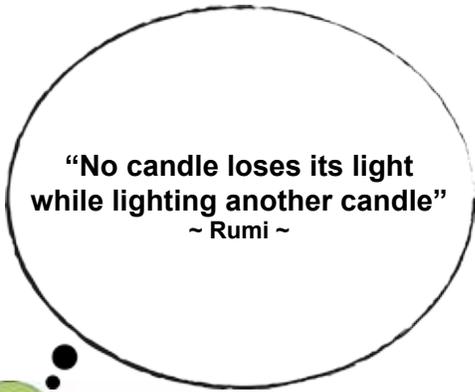


Spelling Error

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!

Isaac



"No candle loses its light while lighting another candle"
~ Rumi ~



Quote to ponder...



Check out our **SUPPLEMENT STORE** @ **DOCTOREBNER.com**

Care To Share

This month's Care to Share winner is

Jane

A **BIG** thank you to this month's winner 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.

VITAMIN D IS GOOD FOR YOUR HEART

Vitamin D has been known first and foremost for promoting bone health, but its powerful role in promoting a strong immune system has been brought to the public's attention over the past two years with the COVID pandemic taking center stage. But vitamin D is beneficial for much more than just bone and immune health; in fact, vitamin D even appears to be good for your heart.

A study published in the European Heart Journal suggests people with normal vitamin D levels are less likely to suffer from high blood pressure and heart disease than people with vitamin D deficiency. Study participants with the lowest levels of vitamin D (blood levels of 25-hydroxy-vitamin D) had double the risk for heart disease compared to participants with normal levels.

What's your vitamin D status? Your heart will thank you for it.



Vitamin D Test



Find it at our **SUPPLEMENT STORE** @ **DOCTOREBNER.com**

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SPINE TIME

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Mark Your Calendar

Closings

SATURDAY, FEBRUARY 26TH
MONDAY, FEBRUARY 28TH



Participate in Community Supported Agriculture (CSA)

This coming season your very own CCC will be a pick up site again for Full Harvest Farm, LLC, a 40-acre, mixed vegetable farm dedicated to organic production. They offer couple, family and every-other-week CSA shares; available on Wednesdays. Registration is open at www.fullharvestfarm.com

Business News



at Village Wellness-Brookfield. We are a body-positive and ability-encouraging yoga and meditation studio. We welcome all levels and abilities, especially beginners and those who aren't yet sure if yoga or meditation is right for them. We also schedule on-demand to fit your schedule.

Online schedule at www.kolibriyoga.com
18720 Pleasant St. Brookfield, WI 53045
414-530-9061

HORMONAL INFLUENCES ON PELVIC AND SPINAL INSTABILITY DURING PREGNANCY



Pregnancy is considered the ultimate "stress test" of a woman's body.

The hormone relaxin peaks at about 14 weeks. The function of this hormone is to prepare the body for childbirth by relaxing the pelvic ligaments, and softening and widening the cervix. However, with this process comes concerns over pelvic and spinal instability and altered biomechanics throughout pregnancy and during the postpartum period. There are differing opinions as to how long relaxin remains in the body postpartum, with suggestions being anywhere from five months up to one year. Instability of the pelvis and spine during pregnancy leads to postural changes and poor body mechanics, which will contribute to the etiology of common, but not normal, symptoms women experience during their childbearing years. Some such symptoms are:

- Low back pain
- Pubic symphysis separation / pelvic girdle pain
- Sacroiliac dysfunction
- Sciatica
- Upper back and neck pain
- Foot pain
- Overpronation
- Diastasis recti

Chiropractic care to help support the adapting musculoskeletal and nervous system, and minimize pain /discomfort during pregnancy and during labor and delivery, is vital.



Source: *Dynamic Chiropractic*



Health HACK



SLEEP MORE

Sleeping restores the body, helps decrease stress and increases overall happiness. To reap the full benefits, clocking seven hours each night is key. A calming bedtime routine and going to bed and waking at the same time each day are all great ways to establish healthy sleep patterns. Getting ample sunshine and physical activity throughout the day also aid in improving sleep quality.

[Shttps://www.bioiq.com/10-tips-for-a-healthy-heart/](https://www.bioiq.com/10-tips-for-a-healthy-heart/)