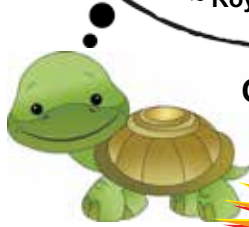


**Spelling Error**

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!  
**Bob**

"Be grateful for what you already have while you pursue your goals.  
If you aren't grateful for what you already have, what makes you think you would be happy with more."  
~ Roy T. Bennett~



**Quote to ponder...**



**Care To Share**

This month's Care to Share winner is  
**Jim**

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



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**Back pain**

**Rounded shoulders**

**Rounded upper back**

**Signs of possible bad posture**

**Posture Pointers**

- 3** Posture is the 3rd most common reason for doctor visits
- 10-12 POUNDS** The weight of the average human head
- 49 POUNDS** The force on the neck when the head is tilted forward 45°
- 2-4 HOURS** Average time each day spent hunched over a phone or device

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# SPINE TIME

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## Mark Your Calendar

**November 1-24**  
**FOOD DRIVE**

Donations to benefit the Waukesha Food Pantry

**Thursday, November 11**  
**VETERANS DAY**



**Thursday, November 25**  
**THANKSGIVING DAY**



NutriDyn omegaquant

**Vitamin D Test**



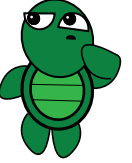
The Vitamin D Test measures the amount of this important nutrient in your blood.

Why Vitamin D is Important for Your Health?

Vitamin D, like all nutrients, is essential for life. Our bodies need it from our environment (sunlight and food in this case) to function. It also plays an important role in building and maintaining strong bones. But that's not all. Every cell in our body has receptors for vitamin D, meaning it can affect virtually everything that happens inside our cells. Research shows that people with higher blood levels of vitamin D live better for longer, with immune and cardiovascular systems that function better. ♦

## LISTENING: KEY TO BRAIN HEALTH

By Editorial Staff



Over the years, we've discussed various ways to promote brain health and avoid cognitive decline with age, including exercise, diet, sleep and more. But could something as simple as having people around you who listen also make a difference? Let's look at the research.

As we age, cognitive resilience is critical; that means our brains possess the capacity to withstand "differences in brain structure from age- and disease-related changes." If your brain lacks this resilience, you're more susceptible to cognitive decline. New research involving nearly 2,200 older adults (average age: 63 years) suggests "high listener availability" (in other words, having people around you who will listen. Among the questions researchers asked study participants, "Can you count on anyone to listen to you when you need to talk?" helped determine the degree to which participants had high listener availability.



Study findings, published in JAMA Network Open, revealed that compared with low listener availability, high listener availability was associated with greater cognitive resilience. Interestingly, other forms of social support, including advice, love / affection, emotional support and sufficient contact, were not significant determinants of resilience.

No matter our age, sometimes we all just want someone who's there to listen, right? Apparently when someone is there to do so, it actually has health benefits. Cultivating relationships that stand the test of time and feature a true willingness to listen to what you have to say – it's not just a feel-good benefit, it's great for your brain as well.



## Health HACK



### USE A SMALLER PLATE

You can still try all of the different delicious dishes, but using a smaller plate will help you indulge appropriately without overdoing it. You'll be surprised how full you feel without filling a huge plate!

Source: <https://www.preventcancer.org/2018/11/5-healthy-thanksgiving-hacks/>