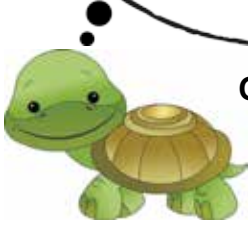


**Spelling Error**

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**

"It's easy to be a naive idealist. It's easy to be a cynical realist. It's quite another thing to have no illusions and still hold the inner flame."  
~Marie-Louise von Franz~



Quote to ponder...



**Care To Share**

This month's Care to Share winner is

**Brianne**

A **BIG** thank you to this month's winner and to *Alex, Carly, Michelle and Ryan* for referring friends and family to us for care.



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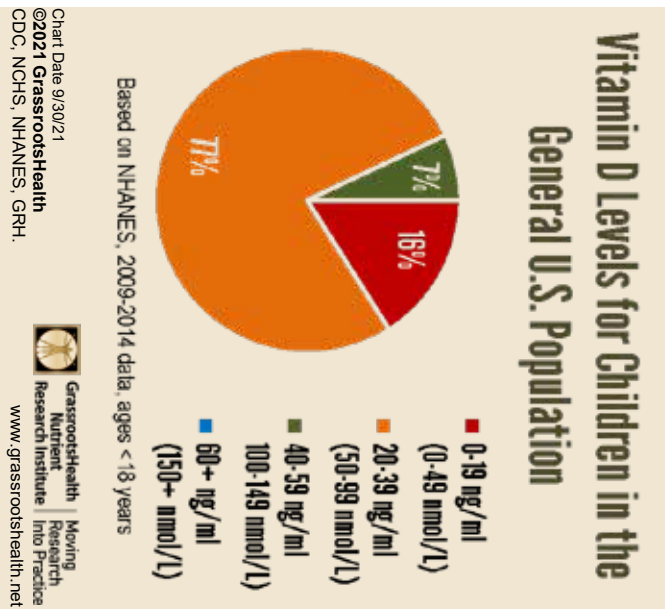
www.DOCTOREBNER.com

**SPINE TIME**

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

**MOST CHILDREN ARE NOT GETTING ENOUGH VITAMIN D**

- 93% of children in the general US population have vitamin D levels below 40 ng/ml (100 nmol/L), 16% of whom are below 20 ng/ml (50 nmol/L)
- Vitamin D levels tend to drop among children and teens as they age, likely due to the need for increased intake as they grow bigger. A general requirement for vitamin D intake from all sources is around 35 IU/pound (75 IU/kg) per day, on average.
- Not testing children's levels as they age and grow can easily lead to vitamin D levels below what is recommended.



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, 10/23

**October 30<sup>th</sup>**

**HALLOWEEN PARTY!**

Dare to join us in dressing up, and a special treat may come your way. All of us at CCC await you...



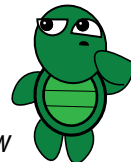
“Why did the composer go to the chiropractor?  
*Because he had Bach problems.”*



## TRAVELING Ts

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

## CURB KIDS' SCREEN TIME FOLLOWING A CONCUSSION



You're probably thinking to yourself:

*If my child's just experienced a concussion, they're out of their favorite sport for at least a few weeks, so why not let them at least enjoy some (if not more than usual) screen time?*



The reason is simple and sobering: It could complicate their recovery, particularly within the crucial window of time – the first 48 hours following the concussion.

Researchers divided children into two groups for comparison. One group was permitted screen time in the 38 hours following their concussion, while the second group was allowed no screen time during the same time period. The average patient age was 18 years, and all had presented to an emergency department within 24 hours of sustaining a concussion.

Patients who abstained from screen time experienced concussion symptoms for 3 1/2 days, on average, by comparison, patients with unrestricted screen time needed an average of eight days to reach symptom resolution.

The study, published in JAMA Pediatrics, notes that 2.5 million people visit the ER every year for traumatic brain injuries in the U.S., and children and adolescents (ages 10-19) are the most likely age group to suffer a concussion. In other words, concussions – and recovery from them – are a big deal. It's safe to say that every parent wants one thing if their child experiences a concussion: a quick recovery. Curbing their screen time might be part of the answer.



## Health HACKS



### For the Trick-or-Treater:

Fill up first. What kid doesn't want to eat their favorite candy right when it goes into their trick-or-treat bag? Having a healthy meal **BEFORE** your kids go trick-or-treating can reduce their temptation to snack while walking or to overindulge, because their tummies will be full.

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-have-a-healthy-halloween>

