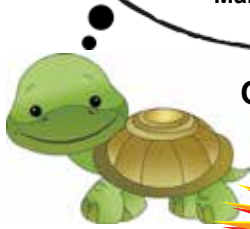


Spelling Error

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!
Isabel

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years."
~ Mark Twain ~



Quote to ponder...



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Care To Share

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Source: Joy Danzite



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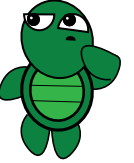
Closings

6/2 - 6/7



Happy Father's Day!
Sunday, 6/20/21

CHIROPRACTIC AND GOLF – A WINNING COMBINATION



Golfers can improve their swing, avoid injuries and drop their score with Chiropractic care. PGA golfers such as Tiger Woods, Rory McIlroy, Jack Nicklaus and Rickie Fowler among others, have been using regular Chiropractic care for years in preparation for their games and tournaments, furthermore to keep their bodies free from injuries. In fact, 72% of pro-golfers utilize Chiropractic care on tour, and Chiropractors have been part of the official PGA Sports Medicine Team for decades.



Now, research has confirmed what most pro-golfers already knew: regular Chiropractic care can indeed improve your golf swing and, as a result, lead to improved overall performance of your play.

A study performed by sport medicine physicians in Brazil, examined two groups of golfers: one group performed daily stretches and warm-ups, the other group received Chiropractic care in addition to these stretches and warm-ups. After four weeks, the group who received Chiropractic care increased their drive distance by 5-10 meters, whereas the stretching and warm-up group made little improvements. Chiropractors have extensive training in improving the biomechanics of human movement. It is important to maintain movement in your spine so you are able to bend properly and make the movements necessary to have the perfect swing on the course.

OVERVIEW

76-80% of all injuries that occur on the tour are to the lower back. And another 20-25% of injuries affect the neck, shoulders, elbows and hips. THIS IS WHY:

BACK: A golf swing requires the spine to rotate, bend laterally and extend. Golfers do this twisting, rapid and repetitive, motion at around 130-160kph/80-99mph, repeated over a 100 times in one round, which places a lot of strain on the body.

SHOULDER: Repeatedly raising your arms during the upswing can pinch sensitive shoulder tendons. Unchecked small irritations can transition to more significant tears over time

ELBOW: Firmly gripping a club places stress on the bony bumps on your forearm, where the wrist muscles attach to your elbow. Pain on these bumps are called "golfers elbow" and "tennis elbow", golfers can suffer from either. . . or both

KNEE: The act of swinging places tremendous torque on your knees, this stress can damage ligaments and irritate cartilage. It is important to keep this joint moving freely and without restrictions, allowing you to reach full range of movement

We love golf, it is an absolutely amazing sport, but we do have to acknowledge that injuries are very frequent in this sport, this is because the core of this sport, the swing, is a repetitive twisting at around 130-160 km/hour. This repetitive twisting of the spine is repeated numerous times over a round of golf, often resulting in back/hip pain. Imagine going to the gym and working only one side of your body everyday for years and neglecting the opposite side. Golf tends to create this same type of imbalance in the body, setting golfers up for injury.

For a proper swing you need unrestricted joint motion in the spine and pelvis, optimal hip mobility, and less upper body tension!

If you're hoping to improve your rounds of golf but not seeing a chiropractor for regular care, you're missing out on a key advantage to your game!



Health HACK

Eat Your Fruits Instead of Drinking Them



Fruits are very healthy. They are loaded with water, fiber, vitamins and antioxidants. Studies have repeatedly linked eating fruit to a reduced risk of several diseases, such as heart disease, diabetes and cancer.

Because fruits contain fiber and various plant compounds, their sugars are generally digested very slowly and do not cause major spikes in blood sugar levels. However, the same does not apply for fruit juices. Many fruit juices aren't even made from real fruit, but rather concentrate and sugar. They may even contain as much sugar as a sugary soft drink.

Even real fruit juices lack the fiber and chewing resistance provided by whole fruits. This makes fruit juice much more likely to spike your blood sugar levels. It also makes it way too easy to consume too much in one sitting.

Source: 25 Simple Tips to Make Your Diet Healthier

Source: CostaSpine