



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!

Keith



Quote to ponder...



Care To Share

This month's Care to Share winner is

Wesley

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.

A matter of perspective:

A man found an eagle's egg and put it in a nest of a barnyard hen. The eagle hatched with the brood of chicks and grew up with them. All his life, the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he would trash his wings and fly a few feet in the air.



Years passed and the eagle grew very old. One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among powerful wind currents, with scarcely a beat of its strong golden wings. The old eagle looked up in awe. "Who's that?" he asked. "That's the eagle, the king of the birds," said his neighbor. "He belongs to the sky. We belong to the earth - we are chickens." So the eagle lived and died a chicken, for that's what he thought he was.
Song of the Bird by Anthony DeMello

So, what will YOUR perspective be in this new year?



**WE WISH YOU A
HAPPY & HEALTHY NEW YEAR!**



Call today: 262-781-0084

Chiropractic Care Center - Brookfield
4080A N. Brookfield Rd., Brookfield

SPINE TIME

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Mark Your Calendar

Closings:

MON 1/1

SAT 1/27

MON 1/29

2024

HAPPY NEW YEAR



Chiropractic is health insurance. Premiums small, dividends large.



BONE SUPPORT WITH MAGNESIUM

Enhanced Support for Healthy Bone Function & Integrity.

Bone Support with Magnesium is a natural dietary supplement formulated with microcrystalline

hydroxyapatite concentrate, providing highly bioavailable calcium and phosphorus for supporting bone function, bone integrity, teeth, and other physiological processes. This supplement also features an evidence-based dose of vitamin D3 and magnesium for enhanced bone mineral support, calcium absorption, and healthy muscle function. calcium and phosphorus for supporting bone mineral density, bone remodeling, and muscle function.



Source: <https://cccbrookfield.nutridyn.com/bone-support-with-magnesium>



GET MOVING WITH WEIGHT-BEARING EXERCISE

EXERCISE IS CRUCIAL FOR THE MAINTENANCE OF BONE, AND IT MUST BE WEIGHT-BEARING.

That means activities that the skeletal system does against gravity. This is the power of resistance. High impact weight-bearing exercises include jogging, jumping rope, step aerobics, racquet sports or even heavy gardening. Moderate impact may include climbing stairs, dancing or hiking.

Low impact exercises would be indicated for those with severe bone loss and include elliptical or stair machines, low impact aerobics or simply walking. The point is to get moving and do something. Not only will weight-bearing exercise model the muscle, it will stimulate the bone that it's attached to. The stress of the tendon on the bone has a bone-building effect. Exercise and training will also improve balance and coordination which will help decrease the risk of falls.

The stress of using weights during exercise can potentially be added as well. Weight lifting with a few pounds, or lifting what you can (even as light as soup cans from your cupboard to get started), can help provide more needed resistance to help build bone. Elastic bands or weight machines will also work for this.

Studies have shown that **ONLY 20 MINUTES** of modest impact, resistance training or vibration therapy 3x per week **CAN IMPROVE BONE MINERAL DENSITY**.^{3,4} Like other weight-bearing physical activities, vibration therapy causes muscles and bones to work against gravity and is also utilized for increasing bone density in older persons and others at risk for osteoporosis.

Source: <https://www.f4cp.org>

Health HACK



SET INTENTIONS, NOT RESOLUTIONS

Why start the new year with rigid resolutions that will most likely result in stress and guilt? Creating intentions (and actively writing them down) is a much more realistic approach to setting goals for yourself. Draft up daily, weekly, and monthly intentions to help take the pressure off your daily schedule and allow you to focus on the big picture.

Source: <https://www.realsimple.com/holidays-entertaining/holidays/new-years-resolutions>