

### 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!

**Hector**



**"The beautiful journey of today can only begin when we learn to let go of yesterday."**  
~ Steve Maraboli ~



Quote to ponder...

### Care To Share

This month's Care to Share winner is

**Debra**

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



**LOOKING FOR QUALITY SUPPLEMENTS? check out our SUPPLEMENT STORE @ DOCTOREBNER.com**

**Chiropractic Care Center**  
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# SPINE TIME

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



## TOP 6 VITAMIN D MYTHS

Vitamin D is essential for our health. Know what is true and what is not so you can make the most of vitamin D for YOUR health!

**MYTH #1: VITAMIN D IS STORED IN FAT FOR USE**

Vitamin D is fat soluble, but is not stored as a means of maintaining healthy blood levels, so it needs on a regular basis. In fact, the more fat a person has on their body, the more likely they are to have D deficiency.



**MYTH #2: VITAMIN D IS EASILY TOXIC**

Toxicity is rare! It can be seen when taking too much D, such as 50,000 IU/day or more over 6 months or longer. Supplementing is considered safe+; testing D levels is important when taking higher doses.



**MYTH #3: THE RECOMMENDED DAILY ALLOWANCE (RDA) IS ENOUGH FOR EVERYONE**

Almost all who get only the RDA of 400-600 IU/day of vitamin D are deficient. Studies demonstrate the need for roughly 10 times more than the current daily recommendation.



**MYTH #4: VITAMIN D TESTING IS UNNECESSARY**

There is a higher risk of deficiency among certain individuals (darker skin, higher BMI, older age). Many other factors also influence how each person responds to D, making it useful for everyone to test their levels. Test from [home.grassrootshhealth.net/test](http://home.grassrootshhealth.net/test)



**MYTH #5: SUN & FOOD PROVIDE ENOUGH VITAMIN D**

It is possible to get enough D from sun and food alone (such as for native African tribes and some outdoor workers) but it is very unlikely for most. Nearly everyone requires a vitamin D supplement to avoid deficiency.



**MYTH #6: TAKING VITAMIN D CAUSES KIDNEY STONES**

High levels of vitamin D DO NOT cause kidney stones. Recent studies have shown that people with low levels of D are more than twice as likely to develop a kidney stone!



\*There is a very small group of individuals with rare conditions, such as primary hyperparathyroidism, sarcoidosis, and other granulomatous disorders, who may need cautious with Vitamin D intake.

**MORE MYTHS & INFO AT GRASSROOTSHEALTH.NET/MYTHS**



Call today: 262-781-0084

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

# SPINE TIME

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## Mark Your Calendar



**Happy Easter!**

## Earth Day

APRIL 22

<https://kissthegroundmovie.com/>

## Closings

SATURDAY, 4/15



# Health HACK



## 5 INGREDIENT HOMEMADE PEANUT BUTTER EGGS



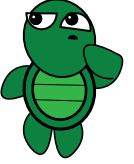
### Ingredients

- 1/2 cup peanut/almond butter
- 3/4 cup almond flour
- 2 Tablespoons maple syrup
- 2 Tablespoons coconut oil, melted
- 1 1/2 cup chocolate chips

### Instructions

- Mix in a medium bowl peanut butter, almond flour, and maple syrup. Use hands to shape into 6 eggs or into 12 mini eggs. Lay on parchment paper lined sheet pan and freeze for 30 minutes.
- In 30 second increments melt chocolate and coconut oil in bowl. Stir every 30 seconds to avoid burning. Repeat until chocolate chips have melted.
- Use a fork to hold frozen peanut butter eggs and dip completely into melted chocolate. Lift and lay eggs back on parchment paper sheet pan. Freeze again for 5 min

Source: <https://asimplepalate.com/blog/5-ingredient-homemade-peanut-butter-eggs/>



## LIPOPROTEIN PARTICLE PROFILE (LPP®) TEST

ASSESS YOUR TRUE RISK FOR HEART DISEASE

### THE SIZE/DENSITY AND NUMBER OF PARTICLES DETERMINE YOUR RISK!

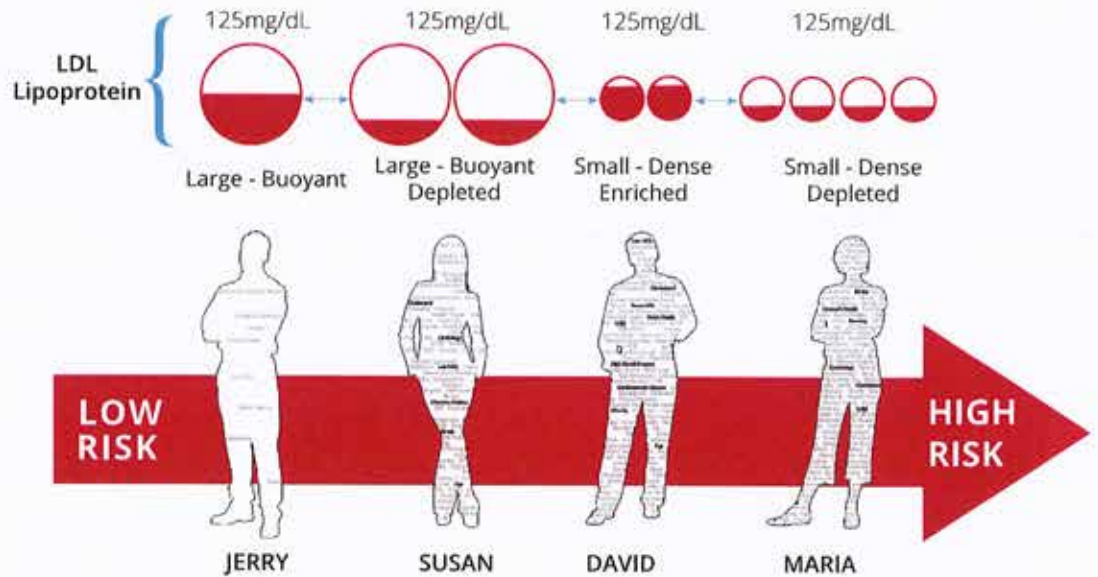
#### LDL CHOLESTEROL MEASUREMENTS DO NOT DETERMINE THE NUMBER OF LDL PARTICLES

LDL particles can be large or small, and the amount of cholesterol contained within these particles varies widely. Smaller particles have a greater risk of causing cardiovascular disease. An increased number of particles also has a higher risk. Bigger the better!

#### LIPOPROTEIN PARTICLES VS. CHOLESTEROL

Each patient shown below has the same LDL cholesterol of 125 mg/dL.

Maria has the highest risk because her LDL particles are the smallest, and has a lot of them.



### WHAT ARE LIPOPROTEIN PARTICLES?

Lipoprotein particles vary in size and density, and carry both triglycerides and cholesterol. Standard testing of LDL ("bad") and HDL ("good") cholesterol don't tell us enough about the particle breakdowns—or fractions—of each of these cholesterol families. By testing exact numbers of LDL and HDL particles, your doctor can tell you what the optimal treatment will be for cardiovascular disease prevention.

Source: SpectraCell.com

