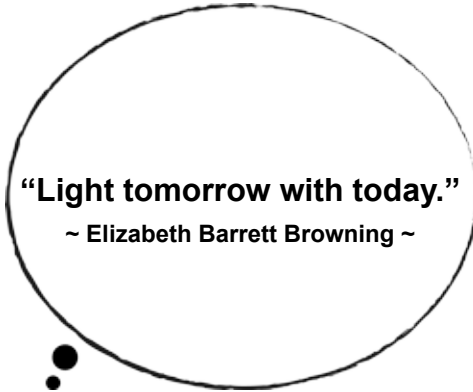


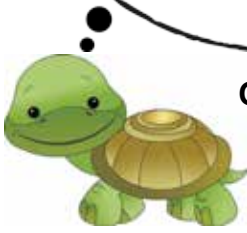
**Spelling Error**

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**



**"Light tomorrow with today."**  
~ Elizabeth Barrett Browning ~



Quote to ponder...

**Care To Share**

This month's Care to Share winner is

**Carolyn**

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**  
BROOKFIELD  
4080A N Brookfield Road  
Brookfield, WI 53045  
**262-781-0084**  
www.DOCTOREBNER.com

PRSRT STD  
US POSTAGE PAID  
BROOKFIELD WI  
PERMIT NO.615

Return service requested

**SPINE TIME**

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

**"NATURE IS THE SOIL FROM WHICH WE EMERGE."**

Dr. Zach Bush, ION\* CEO and founder, recounts what pushed him to start looking to nutrition, our food system, and the soil, for answers to the chronic disease epidemic. "As we started to study the food, we realized the tomato and the kale of today was nothing like those vegetables 60 years ago." This stark realization laid the groundwork for what would ultimately become a dedicated mission to reconnect human health to the soil from which we derive our nutrition, and ultimately our wellbeing.

**Watch Video**

**OUR ROOT-CAUSE SOLUTION IS LITERALLY ROOTED IN SOIL.**



ION\* Intelligence of Nature harnesses the potential of ancient soil by tapping into bacterial metabolites to help facilitate electron transfer at a cellular level. Electron transfer is how microbes and cells talk to one another. When you open the lines of cellular communication, a domino effect of health begins including reinforced tight junctions, reduced inflammation, better digestion, and much more.

Call today: **262-781-0084**  
**Chiropractic Care Center - Brookfield**  
4080A N. Brookfield Rd., Brookfield

# SP NE T ME

Brought to you by *Your Chiropractic Care Center Brookfield*



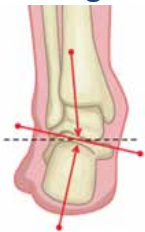
## Mark Your Calendar

### Closings

Saturday 8/6



## When the Foot Hits the Ground Everything Changes



Learn more about the effects off asymmetrical pronation and correcting it with Foot Levelers custom orthotics.



## Health HACK



### SAVE WILTING HERBS WITH AN ICE CUBE TRAY



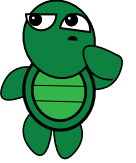
When your fresh herbs are on the way out (starting to turn brown or are wilting), don't toss them!

Instead, put chopped herbs in ice cube trays, fill with olive oil, and freeze.

Now you'll always have cubes ready for sautéing veggies and meat or tossing in sauces!

Source: (as seen on <https://gethealthyu.com/clever-life-hacks-improve-health/>)

## BETTER FOR BABY



Healthy mom, healthy baby – the perfect combination during pregnancy and after a precious child comes into the world. Unfortunately, the world that child comes into is teeming with health risks, perhaps the most concerning of which is type 2 diabetes.

It's estimated that globally, nearly 500 million people suffer from type 2 diabetes, with poor diet and inactivity the most common causes. What if mom's healthy habits during pregnancy could reduce her child's future risk of developing type 2 diabetes? According to research, they can.

Researchers have discovered that expectant mothers who exercise during pregnancy have offspring with a lower type 2 diabetes risk. This reduced risk is upheld even if the mother is obese or eats a high-fat diet (putting her at risk for type 2 diabetes herself). Why the reduced risk? According to the study, exercise promotes placental secretion of SOD3 (supurooxide dismutase 3), which appears to preserve normal glucose metabolism in the child. Type 2 diabetes results when the body is unable to process glucose (blood sugar) properly, resulting in perpetually elevated glucose levels in the blood. Findings appear in *Diabetes*, the research journal of the American Diabetes Association.

So, let's recap: Maternal exercise is better for baby because it reduces his/her risk of developing type 2 diabetes. But that's not all; exercise also reduces maternal diabetes risk, which means physical activity during pregnancy really does help promote a healthy mom, healthy baby.

Source: *To Your Health*



## TEA IN THE CAFETERIA



Let's say you're in a crowded cafeteria, and you buy a cup of tea. As you're about to sit down you see your friend way across the room. So you put the tea down and walk across the room and talk to your friend for a few minutes. Now, coming back to your tea, are you just going to pick it up and drink it? Remember, this is a crowded place and you've left your tea unattended for several minutes. You've given anybody in that room access to your tea.

Why should your mind be any different? Turning on the TV, or uncritically absorbing mass publications every day – these activities allow access to our minds by "just anyone" – anyone who has an agenda, anyone with the resources to create a public image via popular media. Just because we read something or see something on TV doesn't mean it's true or worth knowing. So the idea here is, like the tea, perhaps the mind is also worth guarding, worth limiting access to it.

Source: *The Doctor Within*