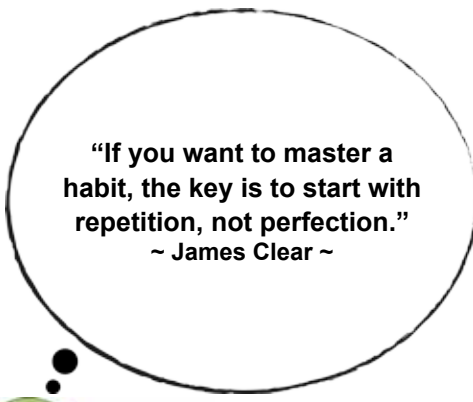


Spelling Error

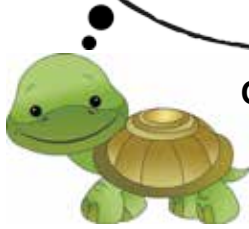
Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!

Isaac



**"If you want to master a habit, the key is to start with repetition, not perfection."
~ James Clear ~**



Quote to ponder...

Care To Share

This month's Care to Share winner is

Ruth

A **BIG** thank you to this month's winner and

Elena

for referring friends and family to us for care.



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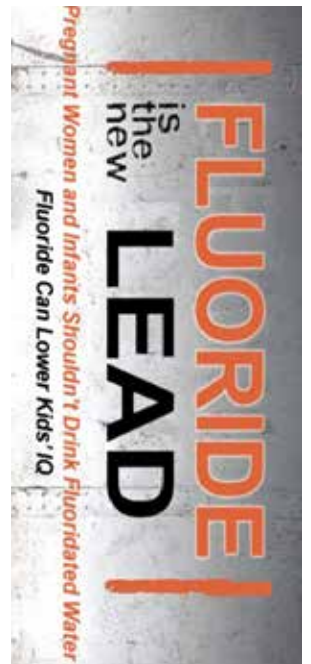
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- Similar Loss Of IQ From Fluoride As From Lead
- IQ Loss Seen At Doses From Fluoridated Water
- Same Industry Denials, Personal Attacks On Scientists
- Industry Tactic: Blaming The Victim
- Fluoride Is The New Lead But Worse

The National Toxicology Program (NTP) report on the neurotoxicity of fluoride confirms what experts have long been suggesting: **that fluoride is the new lead** in its ability to lower IQ in children. Over the past five years, experts in toxicology and epidemiology have equated the harm to developing brains from fluoride to that from lead.

NTP final report confirms similar loss of IQ from fluoride as from lead

Source: <https://fluoridealert.org/articles/fluoride-is-the-new-lead/>



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Mark Your Calendar

Closings

Saturday 6/24 - Wednesday 7/5



Sunday, 6/18



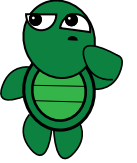
EAT WITHOUT DISTRACTIONS



For most of us, mealtime is spent multi-tasking: We mindlessly munch on chips while scanning Facebook or inhale a plate of pasta while watching Netflix. Mindful eating is the opposite. It's the practice of paying full attention to the eating experience: recognizing your hunger and fullness cues, noticing your emotions, observing the aromas, flavors, and textures of the foods. When you eat mindfully, you naturally slow down, eat less, and enjoy improved digestion. The first step toward becoming a mindful eater is to remove distractions, so close your laptop, put away your phone, shut off the TV, and turn your full attention to the food in front of you.

Source: <https://www.lifehack.org/353246/21-simple-health-hacks-you-can-use-everyday>

PROPRIOCEPTION, ALIGNMENT AND PERFORMANCE



Proprioception is defined as "sensing the motion and position of the body". The human body is equipped with several independent yet interrelated mechanisms to sense and provide this necessary information. Specialized nerve endings are present in the soft tissues of the musculoskeletal system which interact with the central nervous system and coordinate our body movements, our postural alignment and our balance.

Athletic performance in particular, relies on this delicately controlled and finely tuned system of receptors and feedback loops and the validity of the information which is sent into the spinal cord. This coordination allows for appropriate motor responses, and sometimes, beautifully accomplished physical activities. It's when these mechanisms are interfered with that the body starts developing biomechanical problems.

Performance in athletes is directly determined by the status and coordination of the proprioception system. Injury prevention, return to-sports rehabilitation, and even winning depend a great deal on how smoothly and quickly the musculoskeletal system can respond to position, speed, and balance changes.

Joint adjustment, especially of the spinal joints, has a direct and immediate effect in normalizing receptor responses.

Patients with proprioceptive imbalances can benefit from specific postural supports to help them achieve proper body positioning. Stude and Brink investigated proprioceptive feedback, posture, and golf performance with Foot Levelers' individually designed Parflex Plus® custom flexible orthotics. The test subjects were experienced golfers without any specific foot or ankle problems. The researchers found that "six weeks of wearing these custom-made, flexible orthotics has a positive influence in promoting balance and proprioceptive symmetry."⁹ Three specific areas of improvement were identified when using the Parflex Plus® custom orthotics: decreased fatigue; improved symmetry (noted in the test subjects' improved ability to balance on one leg); and when the subjects were tested in the posture most parallel to the classic golf stance (double leg, eyes open or eyes closed), the stabilization index was much improved. This demonstrated that "proprioception was significantly enhanced" by having the golfers wear their custom orthotics for the six week period.



Source: footlevelers.com