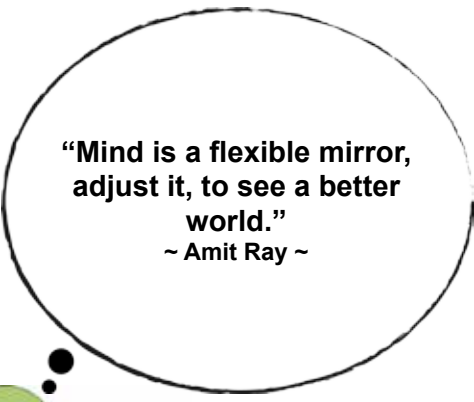


Spelling Error

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!

Mary



"Mind is a flexible mirror, adjust it, to see a better world."
~ Amit Ray ~



Quote to ponder...

Care To Share

This month's Care to Share winner is

Dave

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



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

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Omega Pure EPA-DHA 1000 is a super-concentrated and purified fish oil supplement containing evidence-based doses of the key omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in triglyceride form.



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Source: <https://nutrify.com>

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SPINE TIME

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Mark Your Calendar

Closings
NO CLOSINGS



Participate in Community Supported Agriculture (CSA)

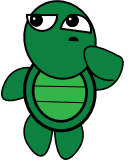
This coming season your very own CCC will be a pick up site again for Full Harvest Farm, LLC, a 40-acre, mixed vegetable farm dedicated to organic production. They offer couple, family and every-other-week CSA shares; available on Wednesdays. Registration is open at www.fullharvestfarm.com



TRAVELING Ts

Please remember to take your CCC T's along for your vacation. We enjoy placing all the new pictures on our wall!

THREE COMPONENTS OF A SUCCESSFUL PHYSIOLOGICAL BIRTH



Power

The nervous system (Power) operates in all body processes, including childbirth. For birth to proceed as it was naturally designed to, the nervous system must facilitate the transmission of information through the body. By removing interferences and imbalances to the nervous system, chiropractic care helps lead to a normal, physiological birth.

Passage

For the baby to descend through the birth canal (Passage), the balance of the mother's pelvis is vitally important. With chiropractic care, the muscles and ligaments of the pelvis and uterus are free to move and function for the benefit of the mother and baby. The result is greater ease and comfort in pregnancy and birth.



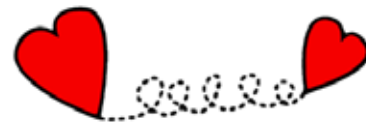
Passenger

The baby (Passenger) wants to get into the best possible position to descend through the birth canal. The movements inherent to the birthing baby may be positively supported when the mother's nervous system is optimally functioning and her pelvis is balanced. Birth is a cooperative endeavor, where the mom and the baby play vitally connected roles.

Source: *Dynamic Chiropractic*



Health HACK



STOP BEATING YOURSELF UP.

As humans, we're known for being our own worst enemies. While a certain amount of soul-searching and introspection is a good thing, focusing too much on what you perceive to be your own shortcomings can cause stress and contribute to being diagnosed with high blood pressure. If you've been hard on yourself as of late, use this Valentine's Day to start the heart-healthy habit of being kind to the person you face each day in the mirror.

<https://blog.rhealthc.com/12-heart-healthy-tips-for-valentines-day/>