

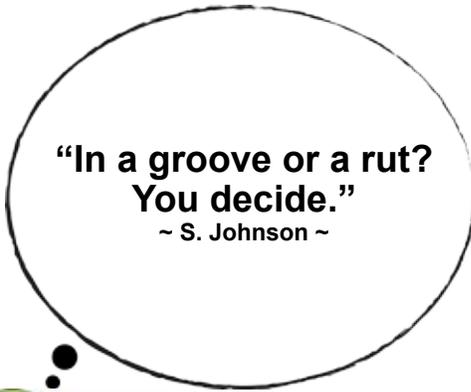


Spelling Error

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!

Kateri



**"In a groove or a rut?
You decide."**

~ S. Johnson ~



Quote to ponder...

Care To Share

This month's Care to Share winner is

Rondalyn

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

TWO WOLVES



An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."



Call today: 262-781-0084

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

SPINE TIME

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Mark Your Calendar

Closing:
NO CLOSINGS



A LITTLE MORE CHIROPRACTIC, A LOT LESS PAIN



Why should I visit a doctor of chiropractic when I'm not experiencing pain or other symptoms?

That's the question many patients still ask themselves, despite the growing body of research supporting the value of chiropractic maintenance care. Here's why. The latest study on maintenance care for low back health suggests receiving chiropractic care periodically dramatically reduces the number of days LBP patients experience "bothersome" low back pain over the course of a year.

Published in the multidisciplinary open-access journal PLOS One, the investigator-blinded, two-arm, randomized, controlled trial included 328 consecutive patients ages 18-65 with nonspecific low back pain who experienced a favorable response to chiropractic care during their initial course of treatment. Patients were recruited from 40 chiropractic clinics between 2012-2016. Patients were then randomly allocated to one of two groups for one year: a maintenance care group that received periodic chiropractic care or a control group that returned to their chiropractor only when LBP symptoms were present.

Every week, researchers assessed subjects' low back pain with a single question: "On how many days during the past week were you bothered by your lower back (i.e., it affected your daily activities or routines)?" During the 12-month tracking period, members of the maintenance care (MC) group made an average of 6.7 visits to the chiropractor, compared with 4.8 visits by members of the control group. Those additional visits correlated with **12.8 fewer days of bothersome low back pain**, on average, for MC group members compared to control group members.

How important is 12.8 fewer days of bothersome LBP a year? You know the answer, but do your patients (or non-patients in pain who haven't made the decision to visit a chiropractor yet)? For anyone who's experienced LBP, particularly in chronic / recurring fashion, we like to think it's well-worth a few "extra" visits to the chiropractor every year.

As mentioned, this also isn't the first study to investigate maintenance care for low back pain. For example, in 2011 we reported on a study in Spine titled, "Does Maintained Spinal Manipulation Therapy for Chronic Non-Specific Low Back Pain Result in Better Long-Term Outcome?" Patients suffering from chronic LBP (six months or longer) received one month - 12 visits - of spinal manipulative therapy and then were randomized to receive either maintenance SMT visits every two weeks for nine months or the initial 12 visits only.

After 10 months, only the group receiving maintenance care reported significant improvement, while pain and disability scores had returned "near to their pretreatment level" in the group receiving one month only of SMT.

Source: https://www.dynamicchiropractic.com/mpacms/dc/article.php?id=58285&no_paginate=true&friendly=true%3fno_b=true



Health HACK



Start every morning with a glass of water with fresh-squeezed lemon or lemon oil!

There are so many benefits of lemon water, but the main reasons to drink it are that it flushes your system of toxins, alkalizes your body, and keeps your digestive system working as it should.

This gives you more energy, fights off inflammation, and provides you with an all-natural health boost that's easy peasy, lemon squeezy.

Source: <https://gethealthy.com/clever-life-hacks-improve-health/>

