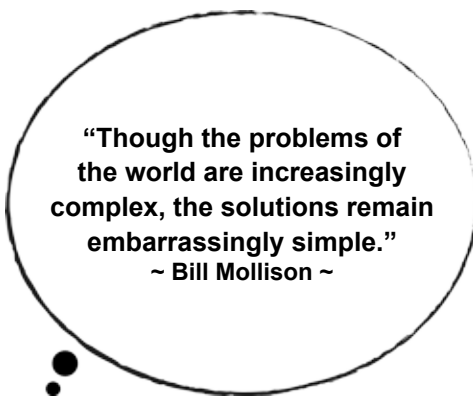




## Spelling Error

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**



"Though the problems of the world are increasingly complex, the solutions remain embarrassingly simple."  
~ Bill Mollison ~



Quote to ponder...



Check out our  
**SUPPLEMENT STORE**  
@  
**DOCTOREBNER.com**

## Care To Share

This month's Care to Share winner is

**Armando**

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



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[www.DOCTOREBNER.com](http://www.DOCTOREBNER.com)

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# SPINE TIME

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

Sunday, 5/9/21



LIKE US ON FACEBOOK!

CHIROPRACTIC CARE CENTER

BROOKFIELD

Call today: 262-781-0084

Chiropractic Care Center - Brookfield

4080A N. Brookfield Rd., Brookfield



Back pain during pregnancy is extremely common. If you're looking for a safe, drug-free approach to maintain pelvic balance and spinal function, consider chiropractic care.

**3 ways** chiropractic care fits into your **PREGNANCY**

Reduce pain and achieve optimal wellness with chiropractic care.

Source: American Pregnancy Association

**MAINTAIN SPINAL FUNCTION**

**ENHANCE PELVIC BALANCE**

**REDUCE MUSCLE TENSION**

# SPINE TIME

Brought to you by Your **Chiropractic Care Center Brookfield**



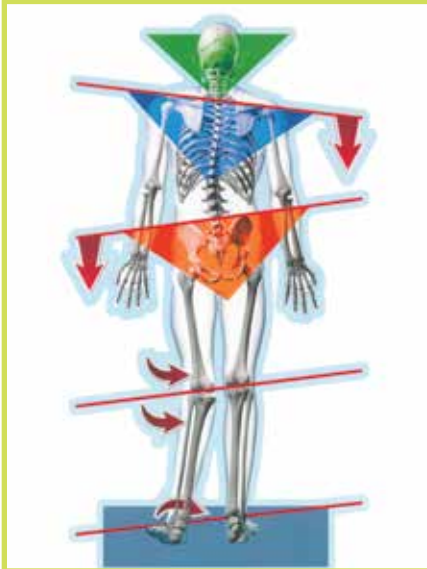
**Mark Your Calendar**  
**Closings:**

Sat, 5/29 through Sat, 6/7



**A heartfelt thanks to  
all our servicemen and  
women this  
Memorial Day weekend.**

## WHY CHIROPRACTIC?



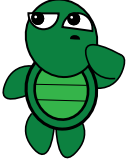
## Health HACKS



If you plan to round out your Memorial Day BBQ with dessert, instead of heavy cakes and sugary frozen treats there are plenty of naturally sweet, light options to choose from. Fruit is awesome whether it is chilled or grilled as an end of meal sweet treat. You can make your own frozen pops using fresh fruit juice. Nothing sweetens up a meal quite like a fresh fruit crumble.

Source: <https://www.previnex.com/blog/9-memorial-day-bbq-health-tips/>

## Mom through kid's eye



Who took this hideous picture of me?!

Self-loathing and disgust swell up and threaten to bring me to tears.

Just as I am about to hit delete, my boy walks in the room.

"Do you know anything about this picture?" I ask him.

I turn the screen so he can see it. He smiles huge.

"I took that of you in Tahoe," he says. "You looked so beautiful laying there. I couldn't help it, mom."

"You need to ask me before using my phone to take pictures," I say.

"I know," he says. "But mom, seriously, look how pretty you look?"

I look at the picture again and try to see what he sees.

My daughter walks over and takes a look.

"That could be a postcard mom," she says smiling. "You're so beautiful. I love it."

I take a deep breath.

This is exactly what I needed.

My default mode is to see and focus on the flaws and imperfections. I'm starting to see a bit more.

I still see my dimply, fat thighs.

I also see a mom collapsed on the shore that just explored the lake for hours with her children.

I still see chubby arms.

I also see the arms of a mom that just helped her kids across the rocks and hot sand so their feet wouldn't hurt.

I still see a fat woman wearing a black dress bathing suit to try to hide her weight issue.

I also see an adventurous mom that loves her children something fierce.

Like many women, I have struggled with my weight most of my life. It's not something that will ever go away for me. I don't have a naturally slim body. Never have.

Right now I'm the heaviest I've been in 10 years. Yet...

I have not let my weight stop me this time. I am wearing tank tops, sundresses and bathing suits in public. I'm running around playing with my kids this summer and I sometimes even feel attractive.

Yes. You heard me.

"I feel pretty. Oh so pretty. I feel pretty, and witty and bright."

Well... not exactly. But something like that.

Is it because I'm getting older? Is it that I have more to worry about than just how I look? Or maybe it's because my kids look at me with such adoring eyes.

Really, it doesn't matter.

I don't hate my body anymore.

That's huge for me to admit and hard to even wrap my mind around.

I'm not giving up on exercising and getting healthy. Those are things I will continue to strive for because I want to be around awhile.

Right now though, I just want to love my body where it is. I want it to be OK to see myself the way my kids do.

Thank you, kids.

*Bridgette White is a stay-at-home mother of two who lives in Sacramento with her husband and two guinea pigs. She is the author of BridgetteTales.com, a blog about depression, self-discovery and parenting. Bridgette worked at the Sacramento Bee for 7 years and was featured as part of the inaugural Sacramento cast of Listen To Your Mother.*