

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!

Tony

"If you want to go fast, go alone. If you want to go far, go together."
~ African proverb ~



Quote to ponder...

Check out our
SUPPLEMENT STORE
@
DOCTOREBNER.com

Care To Share

This month's Care to Share winner is

Dennis

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

Becky and Greg

for referring friends and family to us for care.



4080A N Brookfield Road
Brookfield, WI 53045

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SPINE TIME

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



Say the oil light comes on. What are you going to do? Pull into your nearest gas station and put a quart of oil in the engine or are you going to disconnect

the light so you won't see it? The logical answer doesn't require much thought. Now let's talk about your body. If you get pain in your head, are you going to check out the cause and correct it? Or, are you going to take a pain killer and assume the problem is gone because the symptom has been alleviated?



False
Evidence
Appearing
Real

Forget
Everything
And
Run

Face
Everything
And
Rise



Call today: 262-781-0084

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

SPINE TIME

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



Mark Your Calendar



Happy Easter!
Closings

SATURDAY, 4/17



NEED CHIROPRACTIC?

"Computer Neck"



Driving Stress



Forward-Flexed Neck Positions



Side-Flexed Neck Positions

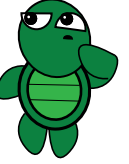


Shoulder & Upper Back Tension



SECOND BRAIN?

Currently, 80% of the population suffers from gas, bloating, indigestion, and heartburn, all stemming from poor gut health. But when you factor in inflammation that is caused by poor gut health, those are just the tip of the iceberg. Given the number of symptoms, conditions, and diseases that chronic inflammation is responsible for, it quickly becomes clear why maintaining your gut health is so important. So why do we suddenly need help maintaining our gut health? To start, overprescribed antibiotics, glyphosate damage, and a lost connection with our environment. Our microbiome is not thriving as it should and neither are we.



The gut lining is a barrier, our first line of defense, working to protect our bloodstream (and the rest of our body) from toxic substances such as glyphosate, gluten, and other foreign particles. But just as importantly, it functions to allow the passage of beneficial nutrients. Preserving the integrity of this barrier is key to health.

Tight junctions are the seals between cells which help to create a defensive barrier in the epithelial layer of your gut lining. They function to keep toxins and foreign particles out of the bloodstream while also allowing nutrients to enter. Proper tight junction integrity at the gut lining is the foundation of health.

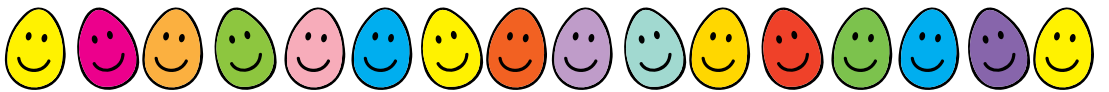
Tight junctions are protected by the carbon and mineral metabolites: of bacterial digestion. When the intestinal bacteria are balanced and thriving, this matrix of metabolites produces a strong enzyme defense system that protects the tight junctions. Over the last sixty years there has been a steady loss of biodiversity in our bowel bacterial ecosystem. Factory farming, processed foods, and widespread antibiotic use have all played major roles in this decline.

There is a growing body of well-developed science that demonstrates that the tight junction barrier in the gut can be degraded with exposure to gluten and glyphosate (the main chemical in commercial herbicides).

Recent science has called the gut our "second brain," or "Enteric Nervous System" (ENS). It consists of two thin layers of more than 100 million nerve cells that line our gastrointestinal tract, from our sinuses all the way to our rectum, and serves as a vast communication network. We now know that the majority of neurotransmitters, or "chemical messengers," such as serotonin and dopamine, are made in our gut lining, with very little being made in the brain comparatively. However, the production of these chemical messengers is dependent on the right bacteria, fungi, and even parasites and viruses, being present in our gut. Together, these make up our gut microbiome.

Glyphosate is the active ingredient in the most commonly used weed killers, including Roundup. These weed killers are used broadly in agriculture and found in varying quantities throughout our environment. The volume of usage of this herbicide has led to reports of significant levels of glyphosate in water, air, rainfall, and even human breast milk. The World Health Organization classified glyphosate as a "probable human carcinogen" and it is implicated in a wide variety of human health disorders.

Source: Biomic Science



Health HACK



Clean and Change out Your Bedding & Pillows

Some experts estimate that, after five years, up to 10 percent of a pillow's weight is made up of allergy or asthma-provoking bacteria, pollen, fungi, mold, and dust mites. Take steps to allergy-proof your pillows with protective covers that seal out allergens, and wash your pillowcase and bed sheets with hot water weekly.

Source: <https://www.nwphysicians.com/tips-to-prepare-your-for-spring/>