



Helping You Live Better

Newsletter - Happy Easter!

Letter from *Dr. Brown*

Hi Everyone!

Our office initially intended to be closed to comply with the Stay-at-Home guidelines set forth by the CDC and our government. Since our closing I have had so many emergency calls that I decided to be available so you, our patients, can get the emergency care you need. If your appointment was cancelled at the start of this we will still call you to reschedule when the Stay-at-Home guidelines have been lifted. If you have a true emergency: a new injury, a fall, or other symptom with a pain scale of 5-6 please give us a call.



We will be open limited hours with stipulations, again, per the CDC recommendations.

If you need care we ask that you strictly abide by our stipulations. This will keep you and our staff safe.

We will only be able to treat you if:

1. You have not had a fever, difficulty breathing, or any other cold/flu symptoms in the past 2 weeks.
2. You have not been around anyone else who has had fever/difficulty breathing/etc, in past 2 weeks.
3. You have not traveled to ANY hot spot, including Kenosha, Milwaukee, Chicago, in the past 2 weeks.
4. You are not immuno-suppressed.

We will be open Monday, Wednesday, Thursday 2:00-6:00pm. We are scheduling one patient every 15 minutes unless a family is coming in together. We are not using our clipboard system so you will not handle any paper or pens. You will not need to use the "open/occupied" sign system. Our staff will have masks on and of course, tables are wipes with OSHA approved disinfectants after every patient.

Stacey will also be available for massage. (See info below)

When you arrive, we would appreciate if you would wash your hands prior to getting onto a table or use the hand disinfectant available on the front counter.

OK...together, everyone doing their part, we get you feeling better while staying safe!

We can do it!

Massage

Beginning Monday, April 13th, Stacey will be available for massage. Her hours will be:

- Monday 12:00pm-6:00pm
- Wednesday 9:00am-5:00pm
- Thursday 9:00am-5:00pm

We are asking massage patients to please wear a facial mask during their massage.

Thank you in advance!



Supplements

We have Liposomal Glutathione back on the shelves.

Liposomal Glutathione benefits

- Reduces oxidative stress. ...
- May improve psoriasis. ...
- Reduces cell damage in alcoholic and nonalcoholic fatty liver disease. ...
- Improves insulin resistance in older individuals. ...
- Increases mobility for people with peripheral artery disease. ...
- Reduces symptoms of Parkinson's disease. ...
- May help fight against autoimmune disease. ...

We are still waiting for Liquid Health Complete, Viracid and Vitamin K2D3 to arrive- if you have ordered these, we will let you know when they arrive.

More supplements are available. Please call ahead to check that we have what you are coming in to purchase!

Exercise for People Who Sit



Staggered Stance Hamstring /Calf:

Bring one foot forward one foot back. Straighten your back leg keeping the back heel on the ground with your toes slightly turned inward. Lunge forward through the front leg and feel the stretch in the back hamstring and calf. Be sure to keep your hips parallel to the ground by keeping your core engaged and tailbone tucked slightly downward. Hold for a count of 30 seconds, and increase to 2 minutes over time.



Calf:

On the back of the chair, bring your heel up against the chair leg and with a straight leg, lean your weight forward into the calf that is stretching. Go slow and hold the endpoint of the stretch for 30 seconds.



Lumbar:

Grab the back of the chair with both hands and with your feet hip distance apart, and an arm length away from the chair, descend your trunk (torso) in between your hands as you sit your hips slightly back while maintaining a slight bend in your knees. To get a deeper stretch, simply place one hand across your body to the opposite side of the chair and perform the same action. Hold for a count of 30 seconds, and increase to 2 minutes over time.

Just think, the more flexible you remain, the less tightness will accumulate in your body. The less tightness, the less pain. The less pain, the happier the life!

Do you find yourself sitting more these days?

Sitting puts pressure on the discs, causing low back pain to worsen after sitting for long periods of time.

With more of you working from home, kids doing their homework, more computer time, etc we are almost certain you are sitting more.

I have attached a "Exercises for people who sit" hand out. They work really well!! Give them a try.

They also work for those who have been out in their yard more recently, doing that yard work we haven't done in 9 months!

Click the link to download the exercises. [Exercises for People](#)

Something fun.. Below is an Excel Family Chiropractic staff quiz. Match each staff member on the left side of the sheet with an activity they like to do, or have done, on the right hand side of the sheet.

Have fun!!

- | | | |
|--------------------------|-----|---|
| 1. Dr. Donna Brown | ___ | A. Participated in 5 out of 7 MS Fundraisers
(Pewaukee to Madison bike ride) |
| 2. Dr. Emma Hervat | ___ | B. Enjoys fishing |
| 3. Laura Hachmeister | ___ | C. Red Cross disaster volunteer |
| 4. Lorena Robles | ___ | D. Likes making greeting cards |
| 5. Mary Stackpool | ___ | E. Rode motorcycles |
| 6. Sara Dailey | ___ | F. Enjoys building puzzles and playing cards |
| 7. Stacey Seacord Peters | ___ | G. New Doc on the block/newest staff member |
| 8. Caroline Cho | ___ | H. Daily yoga and Pilates routine |
| 9. Sue Bardonner | ___ | I. Enjoys kayaking and long walks |



"Did you miss past month's issues of our newsletter?"

You can view them all here!"

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