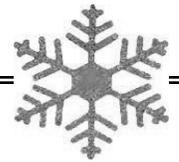


THE WELLNESS REPORT:

HAPPY NEW YEAR, HAPPY NEW YOU!



BROOKFIELD CHIROPRACTIC

VOLUME 4 ISSUE 1 JANUARY 2015

A WORD FROM THE DOCTORS

Dear patients and friends,
Happy New Year! We hope you had a wonderful holiday season with your family and friends.

Well, if you are like most people, the start of a new year brings thoughts of what you can do to live a better life in 2015. For some people, their resolutions are to exercise and eat healthy. For others, it is to make more time for family. And yet for others, it is to drastically change every single aspect of their life.

Whatever your

resolutions are, be sure to choose challenging, yet realistic goals. You will be much more successful in your endeavors if you make small steps each day vs. trying to change your life in a day. There is an old Chinese proverb that states, "Be not afraid of growing slowly, Be afraid of only standing still."

We look forward to seeing you in 2015!

-The Doctors of Brookfield Chiropractic



"Lose some weight, quit smoking, move around more and eat the carrot."

WHAT'S HAPPENING THIS MONTH

January 2014

Su	M	T	W	Th	F	S
				<u>1</u>	2	3
4	<u>5</u>	6	7	8	9	<u>10</u>
11	12	13	14	15	16	17
18	19	20	21	22	23	<u>24</u>
25	<u>26</u>	27	28	29	30	31

Upcoming Dinner Talks-

- Monday Jan. 5th- 11am
- Monday Jan. 26th- 6:30pm

Office Closed-

- January 1st

We're Open!

- January 10th 8am-9am
- January 24th 8am-9am

ANNOUNCEMENTS

We have recently been receiving many calls from patients cancelling their appointments because they are sick. We often hear the phrase 'I don't want to spread my germs and get you guys sick...'. While we understand that there are times you are too ill to leave the house, being under the weather is a PERFECT reason to come and get adjusted. Having an adjustment can help speed your healing, and... We Aren't Afraid of Germs! Germs are a normal part of our environment. The flu bug is everywhere during flu season—but some people experience flu symptoms, while others remain symptom-free all winter long. We all

are exposed to the same bugs, but we have to rely on strong immune systems to fight off the bacteria or viruses. Maintaining a strong immune system is hard work—eating healthy, taking time to rest, avoiding sugar, staying active, taking the right supplements—but we try to keep ourselves in tip-top shape so we can serve YOU when you aren't feeling 100%!



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WHAT'S UP WITH US IN JANUARY?

- Dr. Herrle is looking forward to completing a purification program after all the holiday overeating! This will help him get on track for the new year and make it the healthiest one yet!
- Dr. Christiansen is looking forward to a season full of sledding with his kids!
- Dr. Schilder is excited for winter so he can go ice fishing again. Although this means colder temperatures, it sure is fun to get out on the ice.
- Ashley is glad the holidays are over. Although she loves spending time with her family, she can finally relax and have some fun with her friends. She's excited to celebrate her best friend's birthday with a Dustin Lynch concert and other fun stuff not yet planned.
- Tiffany is looking forward to recovering from the crazy holiday season with a quiet and relaxing month at home. She is also excited to spend more time playing in the snow with her nephew who is now old enough to truly enjoy sledding, snowmen and snow forts.
- Lilly is not excited about winter approaching but she will be keeping too busy to notice. She is most looking forward to celebrating her daughter's 10th birthday with a big party of all her family and friends!
- Emily is looking forward to winding down after Christmas and excited to get back to her favorite hobby— reading! She and her husband are also looking forward to a “stay-cation” at home with their 5 month old boy.

WHY FIX IT IF IT'S NOT BROKEN? (THANKS, PERFECT PATIENTS)

This is the “let sleeping dogs lie” approach to health care! Why do I need to see a doctor?

That's the problem with the lifestyle-induced health problems facing our culture. They quietly fester in the background, slowly worsening, often without any

obvious symptom. Arterial plaque builds up. Blood pressure rises. Certain foods now cause heartburn. Every morning you get out of bed a little bit slower and stiffer. You hardly notice the incremental change.

Ironically, these

are often the same folks who religiously change their oil and do other preventative maintenance to lengthen the life, appearance and performance of their car!

If you like being your very best, you'll love visiting our practice. No

shots. No yucky medicine. No “healthier- than-though” attitude. No preaching.



FIGHT THE COLD (THANKS, PERFECT PATIENTS)

We hear it all the time- “I caught a cold.” But is that what really happened?

The truth is, the cold virus and others are always out there, attacking your body. If your immune system is healthy and functioning properly, your body naturally defends itself, fighting off the virus.

You usually don't realize when this happens and just continue to live life as your usual, healthy self.

When You Lose The Battle

When there is interference in your nervous system, it can get in the way of your immune system function. If your immune system is depleted, you're unable

to fend off the virus.

This is when you'll start to notice the symptoms...the headaches, stuffy noses, sore throats and more. It's possible to have had a virus for three or four days before you begin to feel it, but once it arrives, it's stressful and let's be honest, it can be miserable.

Prepping For A Win

The way to set yourself up to win the battle against the cold, flu and all the other viruses out there is to keep your immune system running smoothly. How?

1. **Diet:** Avoid sugar and eat more fruits and vegetables. The vitamin and antioxidant rich foods help you fight off sickness.
2. **Exercise:** Stay active to help boost your immune system and stay healthy.
3. **Sleep:** get the rest you need and help decrease your chances of getting sick.
4. **Hydration:** Get rid of toxins and stay hydrated by drinking water throughout the day.
5. **Chiropractic adjustments:** Being adjusted when you're sick may benefit your

nervous system and your immune system. With your spine aligned properly, your nerves and entire body have the opportunity to function as designed. This may also keep your white blood cell count (the cells responsible for fighting off sickness) up so you can feel your best and avoid getting sick.

Your body is incredible and designed to heal itself. By taking care of your health each day it's easier for your body to fight off sickness and feel great! Give us a call. Let's talk about ways you can stay healthy and vivacious year round!

IN THE KITCHEN WITH DR. HERRLE: BEET AND GOAT CHEESE SALAD



TOTAL PREP TIME: 15 min.

LEVEL: Easy

INGREDIENTS:

- Spring lettuce mix
- Handful of fresh arugula
- 1 can diced beets, drained
- Fresh goat cheese (broken into tiny chunks)
- Handful of candied walnuts: to prepare take 1 1/2 cups chopped walnuts and 1/2 cup brown sugar and mix in saucepan over medium heat. Keep stirring just until brown sugar melts and coats walnuts. Watch carefully as sugar can burn quickly. Cool walnuts on a cookie sheet lined with parchment paper.
- Olive oil
- Balsamic vinegar
- Optional: sprinkle of pepper

DIRECTIONS:

1. First, prepare the candied walnuts and set aside.
2. Put some lettuce mix and arugula in a bowl.
3. Top with a spoonful of beets, goat cheese and candied walnuts.
4. Drizzle olive oil and balsamic vinegar over the salad.

NOTE: Beets are one of the few vegetables that taste just as good from a can as they do if you spent the time roasting them in the oven!

HEALTH BENEFITS OF BEETS

Did you know beets are heart healthy? Beets have pigments called betalains that are responsible for the beet's color. These pigments provide health benefits by functioning as antioxidants, lowering inflammation and reducing your risk of heart disease. One of the betalains— betaine – helps prevent and treat nonalcoholic fatty liver, according to research published in the August 2010 issue of the "American Journal of Physiology."

10 BENEFITS OF DRINKING WARM LEMON WATER (THANKS, JOLLA MOM.COM)

10 Benefits of Drinking Warm Lemon Water in the Morning

1. Boosts your immune system

Lemons are high in vitamin C, which is great for fighting colds. They're high in potassium, which stimulates brain and nerve function. Potassium also helps control blood pressure.

2. Balances pH

Drink lemon water everyday and you'll reduce your body's overall acidity. Lemon is one of the most alkaline foods around. Yes, lemon has citric acid but it does not create acidity in the body once metabolized.

3. Helps with weight loss

Lemons are high in pectin fiber which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet lose weight faster.

4. Lemon water aids digestion

Lemon juice helps flush out unwanted materials.

It encourages the liver to produce bile which is an acid that is required for digestion. Efficient digestion reduces heartburn and constipation.

5. Is a diuretic

Lemons increase the rate of urination in the body, which helps purify it. Toxins are, therefore, released at a faster rate which helps keep your urinary tract healthy.

6. Clears skin

The vitamin C component helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps keep skin clear as well. It can actually be applied directly to scars to help reduce their appearance.

7. Freshens breath

Not only this, but it can help relieve tooth pain and gingivitis. The citric acid can erode tooth enamel, so you should monitor this.

8. Relieves respiratory problems

Warm lemon water helps get rid of chest infections and halt those pesky coughs. It's thought to be helpful to people with asthma and allergies too.

9. Keeps you zen

Vitamin C is one of the first things depleted when you subject your mind and body to stress. As mentioned previously, lemons are chock full of vitamin C.

10. Helps kick the coffee habit

After I have a glass of hot lemon water, I actually don't crave coffee in the morning.



Pick up a bottle of lemon oil next time you're in the office and get started on this today!

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ADJUST YOUR MIND.
ALIGN YOUR BODY.
ENJOY YOUR HEALTH.



LIKE US ON
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OUR MISSION

Built on a foundation of teamwork and leadership, Brookfield Chiropractic brings to the community quality customer service, excellent value, and education. We have gathered a team of qualified, well-trained, and caring staff. We offer clinically skilled doctors and implemented systems through planning and hard work. Our goal is to achieve consistent quality chiropractic care to improve the health of our community. We deliver timely service in a professional manner focused on functional and structural correction to allow our practice members to live their lives to the fullest.

TESTIMONIALS

"I see Dr. Matt Christiansen and he is excellent. He is professional, dedicated, knows his patients and takes time with them. I would not see any other chiropractor!!"- Anonymous

"Great experience, friendly and helpful receptionists. Dr. Kevin did everything possible to make me feel comfortable. Was my first experience at a chiropractor's office, nervous about it, but the atmosphere made me feel at ease." -Roscoe F.

"It is always a pleasure to visit Brookfield Chiropractic. It truly is a feel good experience!"- Anonymous

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN DECEMBER!

- Reese S.
- Dana D.
- Brian L.
- Bob W.
- Michael P.
- Brittany E.
- Shannah B.
- Mark H.



SUPPLEMENT OF THE MONTH: GLUCOSAMINE 20% OFF THIS MONTH!! (OUR PRODUCT HAS ALL 3 OF THESE COMPONENTS)

Chondroitin, glucosamine and methylsulfonylmethane, or MSM, are commonly found, either separately or together as a complex, in supplements marketed for joint health. They are also taken for relieving pain associated osteoarthritis -- a painful degenerative condition that results in stiff, achy joints. These substances may offer anti-inflammatory and pain-relieving benefits, taken alone or in combination.

Chondroitin Cushions Joints

Chondroitin is a major constituent of the connective tissue in your body known as cartilage, which helps cushion your joints and prevent your bones from rubbing against each other. Chondroitin absorbs water and other fluids, which helps keep your cartilage hydrated and healthy.

Glucosamine and Joint Health

Like chondroitin, glucosamine is produced naturally in your body and plays a role in joint health. It helps build and repair cartilage that connects the joints. It's common to take glucosamine alone or with chondroitin for osteoarthritis. Glucosamine possesses anti-inflammatory properties, and data suggests it may help relieve osteoarthritis pain, according to the American Academy of Orthopedic Surgeons.

Methylsulfonylmethane and Osteoarthritis

MSM is a sulfur-containing compound that helps support tendons and muscles. Because of MSM's pain-relieving and anti-inflammatory properties, researchers examined whether it had benefits alone or in combination with glucosamine for knee osteoarthritis. In the study, 118 adults with mild-to-moderate knee osteoarthritis took MSM and glucosamine alone or in combination for 12 weeks. Researchers found MSM and glucosamine effectively relieve knee osteoarthritis pain and that the combination of the two produces even better results.