

# THE WELLNESS REPORT:

## THE GIFT OF LOVE— THE GIFT OF HEALTH



**BROOKFIELD CHIROPRACTIC**

VOLUME 4 ISSUE 2 FEBRUARY 2015

### A WORD FROM THE DOCTORS

Dear patients and friends,  
Well folks, January is over and 2015 is in full swing! How are you holding up on your New Year's Resolutions? It's interesting if you ask any gym owner, "What's the busiest month for your business?" Most will answer "January." Then ask them, "What's the slowest month?" The answer usually comes back, "February." Ha! Not sure if that's the truth, but it sounded good when I wrote this.

In the spirit of February and chomping down on Valentine's Day treats, here are your:

#### *Things You May Not Have Known About Valentine's Day*

- More than 36 million heart-shaped boxes of chocolate are sold for Valentine's Day each year.
- On average, men shell out \$130 each on candy, cards, jewelry, flowers and dates. That's more than double what women commit to spending.

Have a wonderful February!

-The Doctors of  
Brookfield  
Chiropractic

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"The next time you lift someone's spirits, lift with your LEGS, not your BACK!"

### WHAT'S HAPPENING THIS MONTH

February 2015						
Su	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

#### Upcoming Dinner Talks-

- Monday February 9th— 11am
- Monday March 2nd— 6:30pm

#### We're Open! 8am-9am

- Sat. February 14th
- Sat. February 28th

### ANNOUNCEMENTS

All weight loss programs are still discounted through February!

It's not too late to beat the winter blues and shed some unwanted pounds this winter.

Schedule a consultation appointment today to see how we can help you reach your goals!

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## WHAT'S UP WITH US IN FEBRUARY?

- Dr. Herrle is excited to get out on the slopes with his daughter. He loves spending time with her out on the ski hills!
- Dr. Christiansen is looking forward to spring arriving hopefully soon. He likes to spend warmer days outside with his kids.
- Dr. Schilder doesn't mind the cold weather for ice fishing but he is looking forward to spring and nicer weather!
- Ashley is excited for spring to come and is starting work to plan her garden. She is deciding what vegetables to plant this year and see what comes up later on in spring!
- Tiffany is looking forward to start working on her family genealogy project again. It's been almost 2 years since she's looked at it, but has recently inherited some really old family documents that has reignited her interest and cleared up a few brick walls. She's super excited to see what she will discover in the next few months!!
- Lilly is excited to celebrate her daughter's 16th birthday. She can't believe how fast the years are going and it's already her sweet sixteen!
- Emily is looking forward to helping her husband's rugby team for their annual Ice Fishoree. She has a blast supporting the club and meeting new people.

## WHO WE HELP (THANKS, PERFECT PATIENTS)

### FIVE REASONS PEOPLE CONSULT OUR PRACTICE:

connections between your brain and your body.

bedwetting, asthma, colic and even stomach problems.

If you've had chiropractic care elsewhere, you already know the value of ongoing chiropractic care. We'd be honored to be your Doctor.

### WHICH ONE WILL PROMPT YOU TO TAKE ACTION?

#### VISCERAL OR ORGANIC COMPLAINTS

#### NATURAL DRUG FREE HEALTH CARE

#### STAY WELL

#### OBVIOUS SPINAL PROBLEM

Most people associate chiropractic care with headaches, neck and back problems. Our interest in the spine is because it houses the nervous system that carries vital communi-

Some consult our practice for "non-back" health problems. If the practice member has vertebral subluxations, chiropractic care may be helpful. And while formal research is limited, we've had personal experiences with those suffering from

Those who wish to avoid drugs or surgery will often visit our practice first. Chiropractic care is a safe, natural approach to better health.

#### MAINTENANCE AND PREVENTION

We experience life through our nervous system. Those who want to optimize their health, be all that they can be and perform at their best, should give us a call at (262) 754-5500.

## ALL SWEETNERS ARE NOT CREATED EQUAL (THANKS, PATIENT MEDIA)

The yellow packet, the blue packet, the pink packet, stevia...there's a lot to choose from when you're considering sugar-substitutes. And you have to consider the calorie content, the after taste factor, and the chemical content. Chemical content? You may be surprised...let's look at each sweetener.

**Sucralose.** Splenda®. Made by adding chlorine to sugar molecules. Only two human trials were completed and published prior to FDA approval in 1998. Side effects include depression, weight gain, chest pains, male infertility, and heart palpitations, among others.

**Aspartame.** Marketed under names that include Equal® and Nutri-Sweet®. FDA approved in 1981. By 1998, responsible for 80% of food additive complaints to the FDA, including

dizziness, nausea/vomiting, and anxiety.

**Saccharin.** First artificial sweetener on the market. (Sweet 'N Lo®). In 1977, FDA ordered all products containing it to carry a warning label studies linked it to bladder cancer in rats. Warning was removed when human studies didn't yield the same result.

#### Natural Alternatives:

**Stevia:** derived from the leaves of the stevia plant. Virtually calorie free. Hundreds of times sweeter than sugar (so use less!)

**Raw Organic Honey:** contains natural antioxidants, enzymes, amino acids, vitamins, and minerals.

**Xylitol:** A natural sugar alcohol. Made from fermentation of sugar cane or corn. More calories than stevia but less than honey.

Bottom line: Sugar in any form should be consumed in moderation and in its most natural form, including fruit.



## IN THE KITCHEN WITH DR. HERRLE: GUACAMOLE



Guacamole...some people love it and some people are just afraid to try it because of the way it looks.

If you have never tried it, this recipe may change your mind about eating this healthy avocado based treat!

**Total prep time:** 10 min.

**Level:** easy

**Serves:** 4 (as an appetizer)

**Ingredients:**

- 4 ripe avocados
- 1 tsp. minced garlic
- Juice of 1 lime
- Handful of chopped cilantro
- Salt and pepper to taste
- Optional: diced tomatoes, dash of siracha hot sauce for heat

**Directions:**

Cut avocados in half, care-

fully take out pits and scoop out of peel into a bowl. Add remaining ingredients and mash together using a fork or potato masher. Serve with tortilla chips or cut up vegetables. Best served immediately as avocados brown quickly. Stores well with plastic wrap pressed down onto top of leftover guacamole tightly.

**HEALTH BENEFITS OF AVOCADOS**

Avocados are considered one of the healthiest foods on the planet because they contain in excess of 25 essential nutrients including vitamins A, B, C, E, and K, copper, iron, phosphorus, magnesium, and potassium.

They also contain fiber, pro-tein and beneficial phyto-chemicals such as glutathione and lutein, which help protect against various diseases and illnesses

## ARE YOU HEALTHY? (THANKS, PERFECT PATIENTS)

Seems some aspect of health is always in the news, whether it's the Ebola outbreak, flu "season" or the latest wonder drug. Most of the buzz surrounding health trumpets some new high tech advancement, yet many people seem sicker than ever.

**More Than How You Feel**

According to the [World Health Organization](#), "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Yet for many, health is something to be ignored or taken for granted until obvious symptoms arise. This has created a culture that is largely reactive and defensive when it comes to matters of health.

But not you! You're one of those wise, once-a-monthers who get regular chiropractic care to stay well after you get well.

**REACTIVE OR PROACTIVE?**

Many begin chiropractic care for a spine-related concern (reactive). They are often surprised that chiropractic care is actually about restoring the integrity of their nervous system, which controls every cell, and tissue of the body. That's when they understand why many of our practice members choose to continue with some type of ongoing maintenance or wellness care (proactive) after they feel better.

Regular, nonsymptomatic chiropractic checkups are one of many strategies that promote true health.

**BETTER NERVOUS SYSTEM—BETTER LIFE**

Whether it's getting enough exercise, restful sleep, plenty of water, quality

nutrition or a positive mental attitude, staying healthy is easier than getting healthy. And it all starts with a nervous system that is free of vertebral subluxation so you are able to fully express your physical, mental and social well-being.

Are you overdue for a chiropractic checkup? Give us a ring today!



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



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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

"The doctors here know what they're doing and can answer every question. They truly care about their patients and continuously work at teaching them about their bodies and what CORRECTS the problem as opposed to medications to TREAT it. They are outstanding!" -Bonnie B.

"Friendly atmosphere! They make you feel better as you walk in the door with their smiles! I enjoy going to my doctor." -Joe D.

"Dr. Jason rocks! My experience at Brookfield Chiropractic has been fantastic. Courteous staff, beautiful facility, and outstanding doctors. I wholeheartedly recommend them. I started with serious back and neck issues and have felt great within 3 months of seeing Dr. Jason and have felt great for over 9 months!" -Kevin L.

## THANKS FOR SPREADING THE WORD ABOUT HEALTH IN JANUARY!

- Chris O.
- Margita B.
- Arlene S.
- Neil M.
- Mary H.
- Jamey O.
- Lisa B.
- Pam M.
- Brian H.

## SUPPLEMENT OF THE MONTH: HEALTHY COFFEE AND TEA

You already drink coffee, why not drink healthy coffee?

### Regular Coffee:

- Dehydrates, very acidic
- Causes imbalance of body's pH level making it more susceptible to illness and disease
- Raises blood pressure and stress levels in body
- Causes coffee jitters, withdrawal symptoms, and caffeine crash early afternoon
- Has approximately 135 mg of caffeine

Buy One Box, get a  
second for \$5 off!!!

All products included.

Most coffee has an acidic pH of 5.5 and it takes 17 glasses of water to neutralize the negative effects of 1 cup of coffee

### Organo Gold Coffee: 100% Certified Organic Ganoderma

- Rehydrates, Balances pH Level
- Naturally detoxifies
- Strengthens and boosts immune system, improves circulation, increases stamina, NO CRASHES, NO JITTERS
- Oxygenates the body and increases brain power focus and concentration
- Improves quality of sleep
- Ganoderma coffee has approximately 9 mg. of caffeine
- Ganoderma coffee has a neutral pH between 7.3 – 7.5

Take the **30 Day Challenge**  
and see how it improves your  
health!