

THE WELLNESS REPORT:

SPRING INTO GOOD HEALTH!



BROOKFIELD CHIROPRACTIC

VOLUME 5 ISSUE 4 APRIL 2016

A WORD FROM THE DOCTORS

Spring is here and it's time for the snow to go away... While it marks the end of ski and sledding season, it also marks the start of the golf season. :)

We wanted to take this time to let you

know how much we appreciate you and the opportunity to improve your family's health.

We will have more in-office workshops and health related topics coming soon to the office so stay tuned for

what's coming up. We look forward to seeing you soon!

-The Doctors



WHAT'S HAPPENING THIS MONTH

April 2016						
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	29	30

Join Us For Dinner at Meiji Cuisine!

- Thursday April 14th at 6:30

We're Open! 8am-9am

- Saturday April 16th
- Saturday April 30th

ANNOUNCEMENTS

Summer is almost here. Thinking about dropping a few pounds?? It's getting to be "bikini season" and our office is filling up with patients looking to shed some extra weight in preparation.

You may be interested in our new weight loss technology that allows you to drop a pound of body fat or more per day!

We have plenty of patients who have already gotten fantastic results, because it's all based on common sense protocols, and there is no unrealistic dieting or excessive exercising required. We provide consultation and coaching to help you throughout they journey to your weight loss goal! We want to retrain your body how to properly metabolize fat and get you into a new lifestyle habit of making healthy choices for the long term. While our proven system gets results quickly, it's not designed to be a roller coaster, "lose a bunch of weight and then gain it right back" type of program.

Call today to set up your free consultation!



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WHAT'S UP WITH US IN APRIL?

- Dr. Herrle is looking forward to getting those golf clubs dusted off. Warmer weather always cheers him up!
- Dr. Christiansen is excited about how great all his patients are! He wants to sincerely thank each of you for your referrals and trust in him. He is also looking forward to the warmer weather.
- Dr. Schilder is excited that baseball season is on the way as well as the warm sun. He loves to spend time outside and can't wait!
- Ashley is looking forward to celebrating her 4th wedding anniversary this year with her husband Tony. She is also looking forward to the warmer weather and the chance to get outside.
- Tiffany is excited about getting her garden preparations ready.
- Emily is super excited to be an aunt again this month! Her younger sister is expecting her first child, we can't wait to spoil another niece or nephew! They live in Iowa, but she will drive there and visit as soon as possible.
- Anna is really excited to become an aunt for the first time this month! Both her sisters are expecting their first child and one is due early this month. She can't wait to spoil her niece or nephew!

WALK! (THANKS, PATIENT MEDIA)



Spring is here and it's time to get outside and moving again! Many health practitioners would agree with Hippocrates that walking is a great way to lose weight, trim your body, and im-

prove your overall health, fitness and energy.

Here are some tips to help make your walk routine more enjoyable and productive:

- **Wear comfortable, good fitting shoes**
- **Incorporate walking** into your daily activities (i.e. walk to stores, park away from destination)
- **Maintain good posture** – head up, stomach in, shoulders back, heel-to-toe steps
- **Stretch** before and after your walk
- **Start off slowly**, increase pace, and cool down during the last five minutes
- **Don't try to walk five miles** when you're just starting out. Start with 15

minutes and gradually increase to 30-60 minutes, 5 days a week

- **Find a partner**
- **Drink plenty of water**

Added benefits? Walking helps to improve your mood; lowers bad cholesterol (LDL) and raises good cholesterol (HDL); reduces risk for Type 2 diabetes; and lowers blood pressure. Extra bonus– it's free!

WHAT ARE MUSCLE SPASMS? (THANKS, PERFECT PATIENTS)

You reach for a towel on the top shelf of the linen closet and your back wrenches in pain as a muscle goes into spasm. The pain is excruciating and you can barely move. How could something as simple as reaching for a towel produce such pain?

The answer is– it didn't. Reaching for the towel overextended a muscle that was already strained. This made the muscle stiffen and go into spasm to protect it from any further harm. Muscles can become strained due to repetitive movements or habits, such as poor posture, heavy lifting, swinging a baseball bat or sitting in front

of a computer.

Often, when muscles have been strained for some time, all it takes is one sudden movement (i.e. one stretch for a towel) for an already strained muscle to go into spasm. When this happens, all the muscle fibers contract at the same time. Muscle contraction cuts off blood supply, which creates even more muscle pain, causing the muscle to contract even further. This is an all too common occurrence for some people who lie immobilized on the floor for hours because

the muscle doesn't relax with movement.

Help for your Muscle Spasms

It can take several weeks for a muscle spasm to subside, so try the following to help the healing process.

- Rest
- Apply ice/heat and try massage therapy to assist in pain relief
- Since a lack of magnesium, calcium and water are thought to provoke muscle

spasms, increasing your intake of all three may help as well.

- Seek chiropractic care.

Chiropractic care helps to alleviate the cause of muscle spasm once it is present as well as helping to prevent it from occurring in the first place! Proper nerve function is essential to proper muscle function, and chiropractic adjustments locate and correct areas of the spine where there is nerve dysfunction.

IN THE KITCHEN WITH DR. MATT: CITRUSY CABBAGE SALAD

Prep Time: 20 minutes

Cook Time: none

Yield: Serves 3-4

Ingredients:

- 6 cups thinly sliced cabbage, red or green or both
- 3 green onions, thinly sliced

- 5 radishes, sliced
- 2 large oranges, sectioned and membranes removed
- 1/4 cup chopped fresh cilantro
- 3 TBSP lime juice
- 1 TBSP olive oil
- 1/2 teaspoon crushed whole cumin seeds
- 1/4 teaspoon ground coriander
- 1/2 teaspoon salt

Directions:

1. Place all ingredients in a large bowl and toss to combine.
2. Serve alone or as a side to chicken, fish, seafood, or

pork. Great served in fish tacos or with pulled pork.



With warmer weather approaching, more people are out and about. We want you to stay safe and healthy so follow along for some tips on bike safety!

<http://www.ldm-law.com/blog/bike-rules-road/>

LIVE IN THE MOMENT (THANKS, PERFECT PATIENTS)

How often do you find your mind projecting into the future, wondering “What if this or that happens? What will I do?” Or maybe you’re always looking backward into the past, telling yourself, “if only I had done such and such at this time, I wouldn’t be where I am today.” And where exactly does all this brain static and worthless negative (usually) self banter get you? Stressed out!

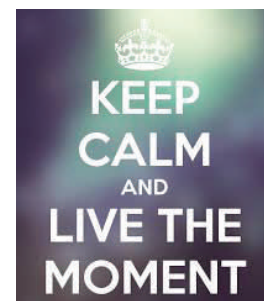
We often find ourselves worried about the future or remorseful about the past. What can you possibly do about either one? First of all, the future is promised to no one. You may be gone tomorrow and you will have wasted your last hours on this good earth, bogged down in worrying about something that will either never happen or that you have no control over anyway!

Same goes for the past! If you made a mistake, most often you have learned a valuable lesson or made some type of spiritual progress as a result. If you have done somebody wrong in some way— apologize and move on! Everyone makes mistakes; as long as we learn from them and try not to repeat them, they have a purpose.

That leaves us with only one thing to think about. It’s a gift— that’s why we call it the present! Living in the present makes us alive to what is—right here and right now. If you stay in the here and now, you eliminate stress. **Keep in mind that your head should always be where your feet are.** If it isn’t, you’re behind enemy lines— in your own brain!

Of course it’s unrealistic to think that your mind will never wan-

der into the future or the past. It’s just that too many people make it such a habit in their lives that they are never fully present in the moment. And not being present in the moment makes you miss out on a lot of life’s joys. Attempting to “live in the moment” allows you to take time to “smell the roses” in your daily life, to enjoy your family and friends, along with the opportunities you are given each day to become a better person, rather than agonizing over the past or worrying about the future.



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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

"Always feel so good after seeing Dr. Herrle! The pressure of the week is released. My neck is relaxed. Thank you Brookfield Chiropractic!" -Joe D.

"Love it!" -Lisa S.

"Way more in depth than some other chiropractors that I have seen!" - Anonymous

"Dr. Matt was so helpful with my son's ear infection. All gone and no antibiotics!" -Anonymous

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN MARCH!

- Angela P.
- Amanda B.
- Jenna B.
- Andrea H.
- Jason L.
- Krista A.
- Hope C.
- Michael R.
- John F.
- Bret H.
- Janet B.
- Natalie M.
- Marcia F.
- Nate Z.

SUPPLEMENT OF THE MONTH: ALL FISH OILS 15% OFF

EPA-DHA 720 is produced in Norway and features a highly concentrated source of health-promoting omega-3 essential fatty acids from cold water fish. Each softgel provides a total of 750mg of EPA and DHA to support healthy blood lipids, cardiovascular health, a positive mood, and overall health.

Concentrated and stabilized purity certified omega-3 fish oil

Tested for contaminants by leading third-party lab

Stabilized with natural antioxidants to maintain freshness

Natural lemon-flavored softgels.

Fish oil is an important component of your diet.

- Supports immune response
- Supports healthy eyes and skin
- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support mood challenges and liver function
- Supports the body's natural inflammatory response

