

# THE WELLNESS REPORT:

## GOOD HEALTH MATTERS

BROOKFIELD CHIROPRACTIC

VOLUME 4 ISSUE 4 APRIL 2015

### A WORD FROM THE DOCTORS

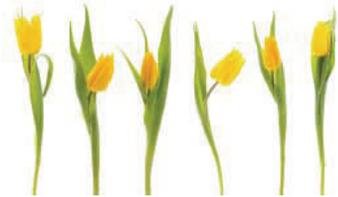


We wanted to say thank you for all your loyalty over the years and for allowing Dr. Kevin to be a part of your plan for health. We wish you and your family a Blessed and Happy Easter!

Think Spring!!

Yours In Health,

*Dr. and Mrs. Kevin Herrle*



### WHAT'S HAPPENING THIS MONTH

April 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	29	30		

Have you attended our monthly dinner talk? If not bring your friends and family for a fun evening full of prizes, learning and free dinner!

#### Upcoming Dinner Talks-

- April 13th— 6:30 pm

### ANNOUNCEMENTS

Can your coffee lower bad cholesterol levels while increasing your good levels?

Can your coffee potentially help treat diabetes and boost your immune system?

Organo Gold Coffee has “significantly decreased the levels of serum total cholesterol, triglyceride, low-density lipoprotein cholesterol, free fatty acid and insulin resistance, and increased high-density lipoprotein cholesterol level and insulin sensitivity.”

“These results indicated that Organo Gold Coffee may have a potential for the treatment of hyperglycemia, hyperlipidemia, hyperinsulinemia, and insulin resistance in type 2 diabetes.” (-PubMed)

Ask Dr. Herrle about the *30 day challenge* to make the switch from a coffee that dehydrates, causes jitters and crashes, raises blood pressure and pH levels to one that rehydrates, increases concentration and focus, improves sleep and causes no jitters or crashes. You won't regret it!



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## WHAT'S UP WITH US IN APRIL?

- Dr. Herrle is very excited for golf weather. He's also looking forward to watching the Masters.
- Dr. Christiansen is looking forward to taking many walks in the park with his wife and kids!
- Dr. Schilder is looking forward to spring weather and spending as much time outside as he can.
- Ashley is looking forward to celebrating her 3 year anniversary with her husband! She plans to spend as much time outside as possible enjoying the nice weather. She loves spring!
- Tiffany is super excited for her trip to Texas with her sister and nephew to visit her parents. She is looking forward to soaking up the warm, bright Texas sun while lying by the pool and meeting her parent's new dogs.
- Lilly is thrilled that warmer weather is continuing. Winter seems to drag on forever but she is excited the sun is out more and can leave her house without a coat!
- Emily is excited to support her husband while he takes on a new adventure by becoming a business owner! After 11 years with his current company, he's taking the leap to start a business with a friend. We are so excited for what lies ahead!



## GET WALKING (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 improve 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 (heel touches ground first)
- **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. And it's free!

## STUDY PROVES WHAT YOU ALREADY KNEW: SPORTS DRINKS ARE BAD FOR YOU (THANKS, BLISSTREE.COM)

The body of evidence surrounding sports drinks like Gatorade and Powerade isn't small for as long as these sugary, electrolyte loaded beverages have been around, scientists have been trying to decide if they're better or worse than water. And pretty much across the board, the consensus has been that, for the way most people exercise, sports drinks just aren't necessary. Which is why findings from a new study by researchers at Oxford is no surprise at all— they've found that energy enhancing drinks rarely, if ever, deliver on their claims, and because they're so high in sugar, they may lead to weight gain.

This study looked at the performance claims of over 100 sports products, and the information or evidence that the manufacturers used to back up them up. But, the Oxford researchers say, the drink manufacturers provided little to no sound evidence or research to support their claims, and that the drinks themselves have

a miniscule effect on athletic performance or energy. And, said the researchers, because the drinks are mostly sugar and water, they may even lead to weight gain particularly when consumed by children, because people tend to assume they're more active than they actually are.

Sports drinks contain vitamins and minerals that are supposed to aid in performance, and replace electrolytes that are lost with sweat— which means they're high in sodium. They're also loaded with sugar, artificial colors, and flavors, leading to a very processed, highly caloric drink. Unfortunately, very few regular exercisers actually sweat enough or burn enough calories to truly need "recovery" fuel, let alone justify drinking a 20 ounce drink beverage that's basically non-carbonated soda.

Consider this: one bottle of Gatorade

has about 200 calories and contains 56 grams of sugar. 200 calories is about the same amount of sugar as two and a half candy bars. That's also nearly three times the amount of sugar the average adult woman is recommended to consume. So while you may burn it off with a solid 30 minutes of running (depending on how fast you are), it's unlikely you needed almost 60 grams of sugar to do it. In fact, according to the American Dietetic Association, Dietitians of Canada, and American College of Sports Medicine, only individuals who work out at maximum, strenuous effort for a full hour should consider sports drinks as a method of replenishment.

In the case of children and high school athletes, who frequently consume sports drinks, the sugar contained in the drinks is a huge concern. Children are recommended to get just 12 grams of

sugar per day. One bottle of Gatorade, which by the way, is four servings— 5 times as much a child needs in a day, with little to no nutritional payoff. No fiber, no fruit, no pretense of health.

Sports drinks are a multi million dollar industry with powerful forces behind them (Gatorade is owned by Pepsi, and Powerade, by Coca-Cola), so they're probably not going away any time soon. But research like this, which is attempting to hold manufacturers accountable for their claims, is a step in the right direction.

## IN THE KITCHEN WITH DR. HERRLE: PAN ROASTED BRUSSELS SPROUTS WITH BACON

**Total prep time:** 10 min

**Total cook time:** 15 min

**Level:** Easy

**Serves:** 4-6 side servings

**Ingredients:**

- 4 strips thick cut bacon
- 2 tbsp butter
- 1 lb brussels sprouts, halved
- 1/2 large onion, chopped
- Salt and freshly ground black pepper

**Directions:**

- Cook bacon in a large skillet over medium high heat until crispy. Remove to a paper towel lined plate, then roughly chop.
- In same pan with bacon fat, melt butter over high heat.
- Add onions and Brussels sprouts and cook, stirring occasionally until sprouts are golden brown, 8-10 minutes. Season with salt and pepper

to taste, and toss bacon back into pan. Serve immediately.

Yuck was my first thought whenever someone brought up the word Brussels Sprouts! Brussels sprouts are cruciferous vegetables (members of the cabbage family) and look like it too! Pick small firm sprouts with compact, bright green heads, and avoid those with soft wilted, puffy or yellowish heads. Try this recipe and you will change your mind about them, no doubt.

**HEALTH BENEFITS OF BRUSSELS SPROUTS**

- Like other cruciferous vegetables, they are full of phytonutrients (natural plant compounds) which may help protect against cancer.
- A 3.5 oz serving provides a whopping 3.4 g of protein, almost twice the value found in most vegetables.
- 3.8g of fiber, or 15% of your daily value in a 3.5 oz serving.
- Vitamins A and C 3.5 oz contains 85 mg (142% of the 60mg daily value).

## COLIC (THANKS, PERFECT PATIENTS)

Your tummy hurts. You have a terrible headache. You can't sleep and you're cranky. One more thing: you can't ask for help because you're only 2 weeks old! So you cry. And cry. And your parents feel helpless.

**Indigestion?**

Infantile colic was first thought to be merely indigestion. The most widely accepted definition of colic today is "unexplainable and uncontrollable crying in babies from 0-3 months old, more than 3 hours a day, more than 3 days a week for 3 weeks or more, usually in the afternoon and evening hours."

**Birth Trauma?**

If a baby is inconsolable, it's hard to know if it's a digestive disturbance. Consider another explanation. Upon examination, we often find spinal distortions in the baby's upper cervical spine. These babies are probably suffering from head and neck pain. This is especially common if there was a difficult birth.

**A 67% Reduction in Crying**

The results of a randomized controlled trial published in the October 1999 issue of the Journal of Manipulative and Physiological Therapeutics tracked a small group of 50 infants. Half received the drug dimethicone and the other spinal manipulation. At the conclusion of the 2 week study, the babies being adjusted saw a 67% reduction in crying and the drug therapy group saw a 38% reduction.

**Little Research**

While large scale research results are lacking, and colic is considered a condition that resolves on its own with the passage of enough time, there are many case studies showing improvement, sometimes dramatic, among colicky babies with vertebral subluxations.

**Not a cure**

**Chiropractic isn't a treatment for colic!** If vertebral subluxation is present, interfering with the proper function of

of the body, restoring proper nervous system control of allows the body to heal. This may happen regardless of age and regardless of what the particular symptoms are called.

**Find out more**

Consult our practice for a no obligation consultation. Take action now and set up an appointment. Call or email us and put an end to the frustration and helplessness so many new mothers feel.



# BROOKFIELD CHIROPRACTIC

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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

“Set appointment same day...within 2 hours! Dr. C gave great treatment. Up and about in one day!” - John F.

“Brookfield Chiropractic is everything you want it to be— professional yet personable, efficient yet inviting and the cure for a multitude of ailments. They’ve helped me with sciatic, headaches, sinus infections, jaw pain, nutrition, clean drinking water and so much more. Definitely my home away from home because they treat me like family.” - Anonymous

“This is a full service health center. Brookfield Chiropractic will answer any and all questions that you ask. If they don’t know the answer to your questions, they will go to an out source to find answers for you. Brookfield Chiropractic makes an individual health care plan for each of their patients. This office, on a current basis keeps updating their treatments and products. Their main goal is your health.” -Bonnie K.

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

- Lissa D.
- Dan G.
- Kathy P.
- Brian S.
- Katy F.
- Michelle M.
- Tiffany S.
- Colleen K.
- Dan O.
- Kylie M.

## SUPPLEMENT OF THE MONTH: ENDUROLYTES FIZZ (THANKS, HAMMERNUTRITION.COM)

Earlier in the newsletter you learned reasons not to drink sports drinks like Gatorade and Powerade, so what should you drink instead? Hammer Nutrition makes a great alternative to sports drinks that are actually healthy for you called Endurolytes Fizz.

Endurolytes Fizz provide “superior, full spectrum electrolyte support, no inadequate amounts of insignificant nutrients, great taste, no refined sugars or artificial flavors, and the convenience of rapidly dissolving effervescent tablets.” Available in four flavors: grape, lemon-lime, grapefruit and mango.

“Cramping is your body’s final warning signal that you’re on empty electrolyte-wise. However, your performance is deteriorating and you are slowing down long before you feel the slightest twinge of a cramp. To keep your muscular, digestive, nervous and cardiac systems firing on all cylinders, you need a consistent supply of all of the electrolytic minerals, not just sodium and potassium. Plus, in many instances, you require greater volumes of electrolytes than any sports drink or gel can provide. That is why Endurolytes Fizz fulfills such a crucial component of your fueling by supplying your body with a balanced, full spectrum, rapidly

assimilated electrolyte source, allowing you to meet your widely variable electrolyte needs with tremendous precision, hour after hour, no matter what the weather throws at you.”

GET  
HYDRATED!!!



Dr. Herrle’s favorite drink on the golf course is the mango flavored FIZZ.