

THE WELLNESS REPORT:

SPRING INTO HEALTH WITH CHIROPRACTIC CARE

BROOKFIELD CHIROPRACTIC

VOLUME 2 ISSUE 4 APRIL 2013

A WORD FROM THE DOCTORS

Dear patients and friends,

Happy Spring! Soon most people will start getting ready for spring cleaning.

When we think about spring cleaning, we usually think about thoroughly cleaning our house which has been closed up all winter long. Don't you look forward to opening up some windows and letting some fresh air come in?

Have you ever considered a spring cleaning for your body? Our clinic is featuring a 21 day purification system to cleanse and purify your body. Check out the upcoming presentation about it. Or ask one of the doctors or the

office staff for more information.

We would love to get you started on feeling refreshed for spring.

-The Doctors of Brookfield Chiropractic



WHAT'S HAPPENING THIS MONTH

April 2013						
Su	M	T	W	Th	F	S
	1	2	<u>3</u>	4	5	6
7	8	9	10	11	12	<u>13</u>
14	15	16	<u>17</u>	18	19	20
21	<u>22</u>	23	24	25	26	<u>27</u>
28	29	30				

- **Sat., April 13th-8-9 AM**
Office open
- **Wed., April 3rd – 6:30 PM**
Dinner With the Docs at Char coal Grill New Berlin. Help us change lives!
- **Wed., April 17th – 6:30 PM**
Purification Seminar
- **Mon., April 22nd - Balloon Day!**
- **Sat., April 27th - 8-9 AM**
Office open

ANNOUNCEMENTS

We are having a Balloon Day in the office on April 22nd! The entire office will be decorated with balloons and each balloon will have a PRIZE. Make your appointment today to find out what it's all about!



We will be having a Purification Seminar Wednesday, April 17th at 6:30 pm at our office. Purification is a "Spring Cleaning" for your insides! (Don't worry, you won't be in the bathroom all day, this is a gentle time-tested program for success.)

Please call our office at 262-754-5500 to get on the list!

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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN APRIL?



- Dr. Herrle is excited to be dusting off the golf clubs and filling the bike tires with air. He is looking forward to launching the Mommy and Me Wellness Program in May focusing on families and kids health.
- Dr. Christiansen is recovering from a great Florida vacation and getting back in the swing of things in the office. He has welcomed 10 new patients since he returned. He wants to thank all of his patients who refer others. He appreciates all of you and wishes you a great April 2013.
- Dr. Matzke is looking forward to Opening Day for the Brewers and his birthday on the 17th.
- Dr. Schilder is looking forward to getting his greenhouse set up and starting seeds for his garden!
- Shay can't wait to see what spring bulbs come popping up in her garden ANY DAY NOW!
- Mary is getting ready for an Open House/Blood Drive at Waukesha Mixed Martial Arts on April 20th. She is also looking forward to Spring and the weather getting warmer. Its time to start planning the garden and getting her starter plants going!
- Jamie is looking forward to Spring being just around the corner. She recently went shopping in Gurnee Mills with some girlfriends and bought a few cute new clothes for both Spring and Summer so bring on the nice weather!
- Ashley's husband bought a new motorcycle and she is excited to go riding again. Ashley and her husband are also looking into buying a boat so they can enjoy the summer on the water. Her garden is tempting her every day and the anticipation of planting her veggies is getting unbearable.
- Amanda is excited to celebrate her birthday on the 19th!

WHAT EXACTLY IS WHIPLASH? (THANKS, PERFECT PATIENTS)

When you think of whiplash, most people immediately think "car accident." But a fall or many types of repetitive movement may also cause whiplash. Sometimes the symptoms from whiplash take days or even weeks to manifest themselves, but the damage it causes can last for years.

What exactly is whiplash? It's a condition in which the joints in the back of the neck, joints that usually slide easily over one another, are forced together, causing damage to the nerves, discs, ligaments and muscles all around them.

The symptoms? Generally, these include headaches, dizziness, neck and arm pain, decreased attention span, an inability to focus and fatigue. These symptoms can be both very painful and downright debilitating to the whiplash sufferer.

It helps to come into our practice immediately for a thorough examination if you have been involved in an accident and suspect that you might be the victim of a whiplash injury. The earlier you establish the proper intervention, via chiropractic adjustments, the better your chances for a full recovery.

Of course, chiropractic adjustments also help older whiplash injuries, but recovery is usually slower and care during the acute phase generally takes longer.

We manage whiplash injuries with careful and precise neck adjustments, sometimes ice and rehabilitative exercises that are designed to address the injured neck and shoulder muscles and joints. This has been shown to be very effective in managing the symptoms of whiplash, particularly the headaches that often accompany this type of injury.



IN THE KITCHEN WITH DR. HERRLE: BLUEBERRY BREAKFAST SAUCE



INGREDIENTS:

- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1/3 cup water
- 2 cups fresh or frozen blueberries

TOTAL PREP TIME: 5 min.

LEVEL: EASY

DIRECTIONS:

1. In a 2-qt. saucepan, com-

bine sugar and cornstarch.

2. Gradually stir in water.
3. Add blueberries. Bring to a boil over medium heat, stirring constantly.
4. When it comes to a boil, boil for about 1 minute longer, while stirring occasionally.
5. Serve warm or cold over French toast, pancakes, or waffles.

HEALTH BENEFITS OF BLUEBERRIES

They have the highest antioxidant capacity of all fresh fruit. Rich in [antioxidants](#) like [vitamin C](#), B complex, [vitamin E](#), [vitamin A](#), [copper](#) (a very effective immune builder and anti-bacterial), [selenium](#), [zinc](#), [iron](#). They help to boost up your [immune system](#) and prevent infections.

A bird doesn't sing because it has
an answer; it sings because it has a
song.

--Maya Angelou



The gem cannot be polished without
friction, nor man perfected
without trials.

--Chinese Proverb

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 wander 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.

BROOKFIELD CHIROPRACTIC

15010 W. Greenfield Ave.
Suite #100
Brookfield, WI 53005
www.brookfieldchiropractic.net

Phone: 262.754.5500
Fax: 262.754.5501
E-mail: doctors@brookfieldchiropractic.net

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

“Everyone is very friendly and explains every step as we go!”
~ Laurie K.

“Chiropractic care has helped alleviate the pain and helped me get back in shape and lose the extra weight” ~ Peggy O.

THANKS FOR SPREADING THE WORD ABOUT HEALTH LAST MONTH!

- Dr. Myers
- Belinda B
- Carrie R
- Rich R
- Dr. Doernier
- Brian H
- Bill B
- Brian S
- Katie S
- Stefani C
- Colleen K
- Julie M
- Nick L
- Brodie S
- Stephanie M

SUPPLEMENT OF THE MONTH: STANDARD PROCESS PURIFICATION KIT



Daily exposure to toxins, including pollutants and diets high in processed foods, can ultimately disrupt the body's endocrine, immune, nervous and reproductive systems.

To help patients purify their body, Brookfield Chiropractic offers a 21-day purification program, developed by whole food supplement manufacturer [Standard Process Inc.](#) The program uses whole, organic and unprocessed food, along with whole food supplements to help cleanse the body.

20% off during the month of April!

*Now available
in the office!*