

THE WELLNESS REPORT:

GOOD HEALTH MATTERS

BROOKFIELD CHIROPRACTIC

VOLUME 1 ISSUE 8 AUGUST 2012

A WORD FROM THE DOCTORS

Dear patients and friends,
Hello again. It's August, and that means it is the time of year to check out the local farmers' markets!

Not only will you benefit from the fresh, wholesome produce and other food products; you will also support your community and local farmers.

Here are just a few of the weekly farmers' markets in the area:

- Waukesha - Saturdays
7am-noon
May-Oct.
Downtown between Broadway and Barstow on banks of Fox River

- Brookfield - Saturdays
7:30 am –noon
May -Oct.
City Hall
2000 N Calhoun Rd
- Delafield—Saturdays
8 am—1 pm
May –Oct.
Next to Fish Hatchery Bldg. One block west of Hwy C. on Main St.

Check out a local farmers' market this month! And let us know about your favorite markets!

We're grateful for your continued support! Enjoy the rest of your summer!

-The Doctors of
Brookfield Chiropractic



WHAT'S HAPPENING THIS MONTH

August 2012

Su	M	T	W	Th	F	S
			<u>1</u>	2	3	<u>4</u>
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	31	

- **August 1 —6:30 PM**
Dinner With the Docs at Charcoal Grill
- **August 4— 9:30 AM**
Weight Loss Workshop at Brookfield Chiropractic



VERTEBRAL SUBLUXATIONS (THANKS, PERFECT PATIENTS)

A vertebral subluxation is the result of spinal bones with improper motion or position affecting nerve communications between your brain and your body.

SUB = LESS THAN
LUXATION =
DISLOCATION

A vertebral subluxation is a stress response. Muscles go into spasm. Spinal bones lock up. And adjacent nerves are

choked or chafed. This interferes with the control and regulation of your body. This garbles communications between the brain and parts of your body.

Distorted nerve communications can be an underlying cause of many health problems beyond just headaches and back pain. Ex. Interference with nerve impulses going to or from your stomach can cause stomach problems.

Your nervous system controls every cell, tissue, organ and system of your body. These nerve impulses travel through your spine. So having a spine free of vertebral subluxation is essential for optimal health.

Only a chiropractic examination can detect vertebral subluxations. And only chiropractic adjustments can reduce their effect to your nervous sys-

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WHAT ARE WE UP TO IN AUGUST ?

- Dr. Herrle celebrates his 17 year wedding anniversary as well as his "Family Day" (the 7 year anniversary of adopting his daughter from China)
- Dr. Christiansen had a wonderful time with his family in the Dells for a much needed getaway
- Dr. Matzke is busy preparing for his upcoming September wedding and honeymoon to Jamaica
- Dr. Schilder will be fishing for big salmon on Lake Michigan
- Shay recently enrolled in the International Wellness Association for Professionals program to become a Certified Wellness Coach. And is also looking forward to her Fantasy Football draft in August
- Mary and Reese continue to promote our family memberships at our gym, Waukesha Mixed Martial Arts. We encourage all families to come to our facility to work out as a family and learn the martial arts
- Jamie has some great news that she wants to share with you all. She just recently finished up with our weight loss program last week and feels absolutely awesome. She lost almost 16 pounds and cant believe the results... she lost 2.5 inches off her waist, 1.5 inches off her hips and an inch off of each arm!!
- Ashley and her husband became homeowners and are taking on the daunting task of tearing apart their house and remodeling
- Amanda plans on harvesting her garden and helping her husband fix up his Thunderbird. She also plan on continuing with her artwork hobby

BED WETTING (THANKS, PERFECT PATIENTS)

If you were a bed-wetter as a child, you surely remember the embarrassment, shame and remorse that accompanied each episode. If you have a child who is a bed-wetter, you need to understand it is not something over which he or she has control. Chances are, if your child is a bed-wetter, either you or your child's other parent was one too.

Children achieve bladder control at different ages, so

bed-wetting under the age of five is fairly common and rarely a cause for concern. It affects more boys than girls and bed-wetting episodes may go on into adolescence. Causes include an inability to awaken from sound sleep, heredity, hormonal problems, or nervous system compromise from vertebral subluxations that affects the child's ability to keep the bladder from emptying while asleep. Chiropractic adjustments

have been shown to be successful in reducing many bed-wetting episodes. The nerves that control the emptying of the bladder are connected to the brain through the spine. Aligning the spine may correct any faulty messaging or incomplete nerve impulses that travel between the bladder and the brain. Several studies have confirmed that there is every reason for parents to at least give chiropractic a try.

If bed-wetting is a problem for your child, or someone you know, mention it on your next visit so we can discuss some options.



SUMMER SHAPE

We have done various weight loss and lifestyle modification programs over the years with mixed results. We have finally developed a program that works every time for those who follow the program exactly as directed.

Our patients and family members have lost anywhere from 1/2 a pound to 1 pound a day throughout the entire program. The best part is that people are not re-

gaining their weight back as they have in the past. Our program works to reset your metabolism so you no longer crave foods like sugars, artificial sweeteners, salts and caffeine which create food addictions.

We will be holding a weight loss information session on **Saturday, August 4th at 9:30 AM**. Stop by the front desk to sign up or call Jamie @262-901-5919 to get on the list!



Before



After!

IN THE KITCHEN WITH DR. HERRLE: BALSAMIC ONIONS



The next time you grill out brats or hotdogs, try these delicious onions as a garnish.

They are packed full of flavor and are really easy to make!

Total prep time: 40 min.

Level: easy

Serves:

Ingredients:

- 6 Vidalia onions sliced
- 2 Tblsp. Balsamic vinegar
- 2 Tblsp. Butter
- Salt and pepper to taste

Directions:

Peel and slice onions. Place with butter into a medium saucepan over medium heat until onions become soft and slightly cooked. Then add the salt and pepper and continue cooking over medium heat until the onions just begin to brown. At this time, add the balsamic vinegar (don't skimp on quality, the good stuff is well worth it for flavor). Cook mixture over LOW heat for next 10-15 minutes until onions reduce. Yum!

HEALTH BENEFITS OF ONIONS

Onions are a good source of vitamin C, B6, biotin, chromium, calcium, and dietary fiber. In addition, they contain good amounts of folic acid and vitamins B1 and K.

A compound known as quercetin has been discovered in onions. It is extremely powerful when it comes to fighting cancer and is an excellent [antioxidant](#).

SUMMER HEADACHES: TOO HOT TO HANDLE (THANKS, PATIENT MEDIA)

The warmer weather that summer brings provides plenty of opportunities to be outdoors to garden, take a walk, entertain, travel, or simply relax. For headache sufferers, warmer weather can trigger an increase in the frequency and severity of headaches. Changes in temperature or humidity, exposure to bright sunlight, and extremely dry weather can cause pounding headaches.

Heat exhaustion, which occurs when you overexert yourself in extreme heat and humidity, can also cause painful headaches. Heat stroke, a more serious condition than heat exhaustion, causes a dramatic increase in body temperature, along with headache, nausea, vomiting, and even loss of consciousness.

Some headache experts believe that people who suffer from heat-related headaches are more sensitive to changes in their environment. Dehydration or abrupt temperature changes can also be factors.

Whatever the reason, cooling down and drinking lots of water can certainly help to ease the pain.



Here are some things you can do if you get a heat related headache:

- Retreat to an air-conditioned or shady area
- Lie on your back, with legs elevated above your heart
- Drink plenty of water
- Avoid alcohol and caffeinated beverages
- Take a cool shower or bath
- Remove excess layers of clothing

The most important thing is to stay well hydrated and stay cool indoors when temperatures climb and there is increased risk of heat exhaustion or heat stroke.

STAY HYDRATED TO STAY WELL (THANKS, PATIENT MEDIA)

When you lose more water from your body than you take in, you risk becoming dehydrated. Some common reasons for excess water loss include diarrhea, vomiting, and excessive sweating. The first symptoms of dehydration include thirst and very yellow urine, followed by muscle cramps, nausea/vomiting and confu-

sion. A common complication of dehydration in warmer temperatures is heat stroke, which occurs when a person experiences an extremely high body temperature and cannot sweat enough to lower it. Those at greatest risk for heat stroke are infants, the elderly, those who work outdoors and athletes.



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



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FACEBOOK!

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 don't know what Dr. Herrle does, but it is amazing. It felt like whatever was going wrong went right back to normal again and I feel great!" Herta S.

"With Dr. Christiansen's care, the numbness in my hands and dizziness has gone away. Without his care, I would be miserable." Mike B.

"Regular adjustments with Dr. Jason have taken care of my back spasms, numbness in my toes, and I get better sleep, too." Chris

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN JULY!

- Nancy D.
- Rich W.
- Alicia S.
- Kathy S.
- Meghan M.
- Matt M.
- Brodie S.
- Kathleen H.
- Nancy E.
- Jennifer R.
- Dawn S.
- Dr. Doers

STOP STRESSING YOURSELF! (THANKS, PERFECT PATIENTS)

Do you wake up feeling as though you haven't slept at all? Do you live life in the fast lane, running everywhere, always late it seems? Do you have trouble completing a sentence before racing on to your next thought? Are you always thinking ahead to tomorrow, next week, next year, projecting ahead into an endless abyss of worry? Are you sick fairly often? Are you stressed out about your spouse, your kids, your job, your family, your aging parents, your health, your money problems, your future? Are you easily irritated?

If you answered yes to any of these questions **you are not alone**. You suffer from stress along with the better part of the human race. And you - not things or people outside of you - are largely responsible for the stress in your life.

The thing you have to realize about stress is this - if external events caused it, then everyone would get stressed about the same things! Let's take traffic for example. You hate sitting in traffic. It makes you jittery and upset. You think about all the productive things you could be doing if you weren't sitting in traffic. Now someone else might use traffic time to jot down a "to-do" list for the day. They may make some client calls. They may have a staff meeting via conference call. It's all a matter of perspective. That's why much of the stress in our lives is self-inflicted.

So what can you do to temper your stress level? Try to determine why a particular situation is causing you stress. Work through what is the worst thing that could happen as a result of a certain set of circumstances. Decide whether or not you have control over the outcome of a situation (i.e., Can you stop it from raining on your wedding day?).

Change your thinking and you change your reaction to stress. This results in a change in your behavior. Ever notice how some people are always thinking negative thoughts and then they wonder why they lead such miserable lives?

Try a fresh perspective. Talk over the situation with a trusted friend or professional. Think thoughts of gratitude for the good in your life. Do something nice for yourself. Exercise or read a good book. Learn to shut out the disquieting voices in your head that cause stress in your life and replace them with positive thinking. Soon, you'll notice that your life is not as stressful anymore because you're doing something to change it!

