

THE WELLNESS REPORT:

A SUMMER FULL OF LIFE AND HEALTH

BROOKFIELD CHIROPRACTIC

VOLUME 2 ISSUE 8 AUGUST 2013

A WORD FROM THE DOCTORS

Dear patients and friends,

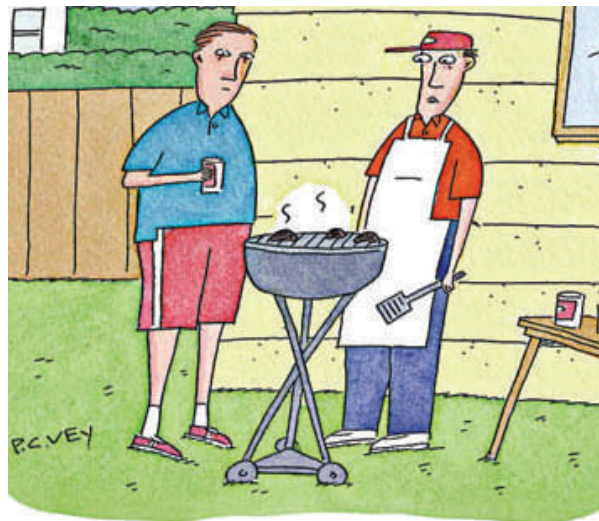
Summer, often times, means parties and gatherings with friends and family...with lots of food!

While most people love brats and potato salad, try to remember to prepare healthy alternatives and take advantage of the fresh fruits and vegetables that are in season.

Even the kids will gobble up a fresh fruit salad or cut up vegetables that are sitting out for them to enjoy.

As always, we're grateful for your continued support! Have a wonderful August....enjoy it!

-The Doctors of
Brookfield Chiropractic



"And now I just step back and let the grilling process destroy any nutritional value it might have had."

WHAT'S HAPPENING THIS MONTH

August 2013						
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	31

- **Wed., Aug. 7th– 6:30 PM**
Dinner With the Docs at Charcoal Grill New Berlin. Help us change lives!
- **Wed., Aug. 7th - 8:30-11, 2-6 PM**
Chair massages
- **Sat., Aug. 10th - 8-9 AM**
Office open
- **Wed., Aug. 21st - 8:30-11, 2-6 PM**
Chair massages
- **Sat., Aug. 24th - 8-9 AM**
Office open

ANNOUNCEMENTS

There will be chair massages at the office on Wednesday, August 7th and Wednesday, August 21st from 8:30-11 am and 2pm-6pm both days. Pamper yourself for 5, 10, 15 minutes. It is \$1/minute, so you choose how much pampering you want....

Massages performed by Joeff Hutcherson. They will be done on a first come, first served basis.



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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN AUGUST?

- Dr. Herrle is looking forward to fishing and hiking in Minocqua with his family and celebrating his wedding anniversary!
- Dr. Christiansen is looking forward to enjoying the outdoors with his kids. They love swimming at the beach. He also has his daughter's birthday coming up to celebrate.
- Dr. Schilder is looking forward to making a trip back to his chiropractic alma mater to visit some friends and professors.
- Shay is getting ready for her fantasy football draft at Chula Vista in the Dells. Any pointers?!
- Mary is getting ready for the yearly return of Pedro Sauer to Waukesha MMA on September 8th. Getting gym prepared for all our visiting Jiu Jitsu practitioners. She is busy trying to tame her garden and keep the weeds at bay!! Now if only I knew what to do with an eggplant...
- Jamie is enjoying her new position so far! She is still seeing patients on Monday & Wednesdays but on the other days she is busy with different fundraiser opportunities, massage event scheduling, in-office promotions etc. and everything is really great.
- Ashley has nothing special going on this month, just enjoying the beautiful weather and spending quality time with her friends and family.
- Tiffany is looking forward to spending time with family and celebrating my nephew's 1st birthday.

“IRONY”



IN THE KITCHEN WITH DR. HERRLE: SUMMER FRUIT CRISP

TOTAL PREP TIME: 40 min.

LEVEL: EASY

**INGREDIENTS AND
DIRECTIONS:**

FILLING:

- 4 cups fresh summer fruit like blueberries or peaches
- 1 Tblsp. Flour
- 1/2 packed sugar

Mix and pack in bottom of a 9" square pan.

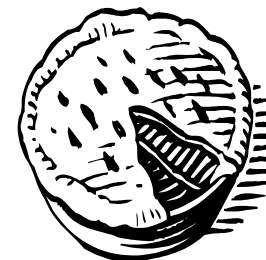
Topping:

- 1 cup brown sugar
- 1 cup rolled oats
- 1 cup flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 cup soft butter
- 1/2 tsp. vanilla
- Pinch of salt

Combine until crumbly then pack on top of fruit. Bake at 350 degrees for 1/2 hour or until it's no longer watery.

Note: *to make gluten free a white or brown rice flour can be used and works great!*

**Just a yummy treat
this month!**



“You can’t run away from your problems...wherever you go, there you are.”

SETTING GOALS (THANKS PERFECT PATIENTS)

There are those who believe that it is best to just “live in the day.” And...while in theory that is certainly an admirable way to live, goal setting helps you create a plan, along with the required road map, to get you where you want to go in life. Are there certain things you want to accomplish this year in your personal life? In your relationships? In your business? In your spiritual life? How are you going to do that without setting measurable goals? Here are some key pointers for setting goals:

- **Write it down** – A goal doesn’t actually take form until it is out of your head and down on paper, where you can see it, review it, and act on it. Otherwise, it’s just a wish.
- **Make the goal specific**– Don’t say, “I want to lose weight.” Instead say, “I want to lose two pounds a week.”
- **Make the goal attainable with an action plan**– As in the example above – the goal won’t be attainable if you continue to do what you have been doing. Maybe you need to change your diet, cut out sweets, exercise a few days a week. If you keep doing what you’re doing, you’ll keep getting what you’re getting.
- **Expect that minor setbacks will occur**– You have a wedding to go to, or a holiday break, or a birthday party. Again using the same example – you may need to be “flexible” for a day or two. That’s not the end of the world – just get back on track as soon as possible.
- **Obtain necessary support** – Maybe it’s a support group, or an online Website or chat room where people with common goals meet and talk. Using all available resources helps you to succeed.
- **Reward even small achievements**– Give yourself a pat on the back with a massage, a movie, a day off from work to share with your child, a manicure or facial. Celebrate your accomplishments – you’re worth it!



One goal in terms of your health is to make sure you are managing stress to stay healthy. Your regular chiropractic visits provide an opportunity for the adjustment you need to stay on track – with your goals and with your health!

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



LIKE US ON
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

- They are good at staying on time estimated for appt. Explained at a level that made sense to me and I understood. Everyone was very friendly. ~anonymous
- Great service! After initial check they came up with a plan of action and began the work. I am already feeling better than when I came in. Thank you! ~ Deanna G.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN JULY!

- Dr. Dornier
- Dr. Toth
- Becky A.
- Dr. Hollowell
- Bud S.
- Lorie J.
- Tim K.
- Elissa D.
- Gerry T.
- Lisa&Scott S.
- Mary S.
- Dr. Dyoco
- Beth R.
- Dave T.

SUPPLEMENT OF THE MONTH:

Boswellia Complex

REGULAR PRICE: \$23.00

SALE PRICE: \$18.40 !!

Contains Boswellia, Celery Seed, Ginger and Turmeric. These herbs provide many phytochemicals that work together to:

- Support the normal function of the kidneys to clear acidic waste products effectively—which prevents muscle aches
- Maintain and support healthy joints
- Support healthy circulation
- Provide antioxidant support against environmental toxins—extra insurance against cancer!

Why Take Boswellia Complex?

~To Reduce your Intake of Harmful Over-the-Counter Anti-inflammatories

Take 1 tablet, 2-4 times per day to relieve minor aches and pains

~Did your Doctor see Degenerative Joint Disease on your xrays?

Prevent further deterioration with Boswellia Complex!

*Now available
in the office at
20% off!*

