

THE WELLNESS REPORT:

SPRING INTO HEALTH THIS SPRING WITH
CHIROPRACTIC CARE

BROOKFIELD CHIROPRACTIC

VOLUME 3 ISSUE 2 APRIL 2014

THE IMPORTANCE OF PURIFICATION

Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight.

We are exposed to external toxins continually, including pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function.

Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional

Support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

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Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Digestion and other gastrointestinal problems
- Food cravings



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FACEBOOK!

ANNOUNCEMENTS

Are you truly feeling the best your body has to offer? You may not know how good you could feel until you purify.

The Standard Process Purification Program helps your body purify and rebuild itself from the inside out. The program gives you a structured plan for purifying, nourishing and maintaining a healthy lifestyle.

Along with Standard Process supplements, you'll support your major organ systems with the vitamins, minerals, and other nutrients found in whole foods. In addition, this program will help you contain a consistent healthy weight. When you've completed the 21-day purification program, you'll be amazed at how good you find yourself feeling. You'll learn how to transition to a new, healthful way of eating that will continue your journey toward looking and feeling your best for a lifetime.

We will be having a Purification Seminar in the office on Thurs, May 1st at 6:30pm and Monday, May 5th at 6:30pm. The doctors will be going over the importance of eating healthy along with giving you all of the information on the Purification Program.

The seating is limited so call the office at (262)754-5500 to sign-up!

WHAT'S HAPPENING THIS MONTH

April 2014

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			

Thurs, April 3rd @ 6:30PM

“Regaining Your Youth and Vitality, the keys for staying healthy for a lifetime” at Meiji Cuisine.

Bring your friends!

We hope to see you there!

Next month– Thurs, May 8th

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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN APRIL?

- Dr. Herrle is looking forward to dusting off his golf clubs as his first scramble event is April 19th. He is also looking forward to the celebration of Easter and time with Family and Friends.
- Dr Matt is looking forward to some warm weather and getting outside for fresh air and time with my family.
- Dr Jason is looking forward to starting seeds for his garden!
- Jamie can't wait for her vacation to Mexico with her best friend in the middle of April!
- Tiffany is looking forward to going on her trip to Texas with her sister & nephew to visit their parents and spend some time relaxing in the sun
- Ashley is really excited that her husband just got a new job and she can't wait to see what the near future has in store for them!



WE HAVE A NEW ADDITION TO OUR TEAM- MEET DR LAUREN!



Hi everyone, my name is Lauren Zokan. I am currently in my last trimester of chiropractic school at Palmer College of Chiropractic and I'm excited to be spending it at Brookfield Chiropractic as an intern. I am originally from the Milwaukee area and graduated from Wauwatosa East in 2006. For my undergraduate degree, I attended Drake University in Des Moines, Iowa, and studied biochemistry and molecular biology. Its nice to be back in Wisconsin, finally!

I am currently working on an additional certification with the International Chiropractic Pediatric Association and just became certified in a technique that is used when caring for pregnant women. I love kids and would love to see lots of kids and moms when I am in practice.

Besides being an intern here I like to keep busy working out, cooking, reading and learning about nutrition, spending time with my nieces and nephews, and getting to know Milwaukee again. I am looking forward to warm weather and getting to enjoy the outdoors after this long winter.

IN THE KITCHEN WITH SHAY— BEEF AND PINEAPPLE KABOBS

MAKES ENOUGH FOR PENTY OF LEFTOVERS! QUICK & EASY.

INGREDIENTS:

- 1/2 cup soy sauce or wheat-free tamari
- 3 tbsp thinly sliced green onions
- 2 tbsp lime juice
- 1 tbsp sesame seeds
- 1/4 tsp garlic powder
- 1 tsp minced garlic
- 1 (3 lb.) lean boneless beef top round, sirloin steak, or chuck roast
- 1 fresh pineapple
- 2 lg. green and/or red peppers (seeded and cut into 1 1/2" chunks)
- 16 sm. mushrooms
- 2 lg. onions, cut into chunks
- 8 (12 inch) metal skewers (wooden skewers will also work – just make sure to soak them in water for a few hours prior to use to prevent them from burning,



DIRECTIONS:

Mix all marinade ingredients in a large bowl. Add beef; cover and marinate in refrigerator at least an hour but up to 8 hours, stirring several times. Drain beef; reserve marinade for basting.

Alternately thread pineapple, beef, vegetables on each skewer. Grill or broil 4 inches from heat source, turning and brushing with reserved marinade until vegetables are tender and beef is cooked to desired doneness, about 8 minutes for medium.

Serve with brown rice.



We are excited to announce that we've been at Brookfield Chiropractic for 7 years! We are dedicated to each and every one of you and we want to make sure that you are leading a healthy and happy life! During the month of April, there will be specific days that we will be having raffles, promotions, contest and much more! We want to share our excitement with you! Spring is here so it's time to start fresh!

Come celebrate with us- call the office at (262)754-5500 to schedule an appointment! We hope to see you soon!

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

“The staff is friendly and courteous. I did not wait long to see the doctor. He treated me in a professional manner, yet he took the time to see how I was feeling and how my life was going.” -Alan

“Staff was warm and welcoming. Facility is very clean and looks very new. The chiropractor I saw was very clear in explaining things along the way, he was very friendly and also a great listener when I explained my symptoms.” -Katie

“Everyone was professional, caring, and highly skilled--plus, they went the extra mile to make me feel comfortable and to be sure I understood all procedures, x-rays, etc.” -Cindy

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN FEBRUARY!

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|--------|----------|----------|
| •Tiff | •Jenna | •Kelly |
| •Tammi | •Maggie | •Chris |
| •Diane | •Mandy | •Kevin |
| •Tracy | •Phyllis | •Melissa |

Supplement of the month– Cod Liver Oil– 20% off

Benefits of Cod Liver Oil

- contains vitamins A and D with EPA and DHA omega-3 fatty acids
- supports healthy eyes and skin
- provides support for bone, tooth and musculoskeletal health
- supports the body's natural inflammatory response
- naturally contains small amounts of coenzyme Q10 (CoQ10)

