

THE WELLNESS REPORT:

ST. PATRICK'S DAY - DON'T DEPEND ON "LUCK"
TO MAINTAIN YOUR HEALTH.

BROOKFIELD CHIROPRACTIC

VOLUME 3 ISSUE 2 MARCH 2014

A WORD FROM THE DOCTORS

Dear Friends,

We want to first thank everyone who was able to join us at our Ladies Night Out Event on Feb.6th. It was a great turnout and we're looking forward to planning the next event! Can you believe it is March already? The birds are out and starting to sing, despite the cold weather we have been dealing with.

We are as ready for Spring to come as you are, and with it our continued growth and change.

The ever-changing world of insurance continues to present us with challenges and new rules and regulations and we are excited to announce that Ashley has taken over the insurance role and is working hard to help get claims processed and paid correctly.

We take your opinions and feedback very seriously and after the survey we ran this Fall, we received a lot of insight as to how we can help you all grow in your quest to be healthier. We will be offering monthly in-office workshops on a variety of topics in addition to our dinners so be sure to watch for announcements in office and by email.

We are excited to be working on a corporate wellness program that will be ready for launch before the weather starts to warm up.

We are also excited to announce that Dr. Lauren Zokan will begin her internship at the office in early March before she graduates in June.

We are happy to have you be a part of our family of practice members and look forward to helping you get more out of life and closer to health.

-The Doctors of Brookfield Chiropractic



ANNOUNCEMENTS

As you may have noticed, we have recently begun sending out automatic text reminders for your appointments. The 1st reminder will come 2 days before your appointment, and will give you the time and date of your next appointment. It will give you the option to text 'C' to confirm, but this is not required. The 2nd reminder is sent 2 hours before your appointment – just in case you got caught up in what you were doing!

If you don't want the text reminders, you just reply 'STOP', and you will be removed from the system.

Note: We do receive your texts, but we cannot reply. For example, if you text us 'Can't make 8am, can I reschedule for 9?', we will just give you a call to reply to your text. If you need immediate assistance, please call the office instead of texting.

If you prefer not to text, but use email daily, our email reminders work in a similar way. Two days before your appointment, you will receive a reminder with your appointment date and time. Again, confirmation is optional. This is the only reminder that goes out by email. **If you are interested in our reminders, please call the office or let us know next time you are in. All we need is an active cell number and/or email address! If you give us your email, we will also send out an occasional informational newsletter with helpful health tips, specials in the office, etc.**

WHAT'S HAPPENING THIS MONTH

March 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	

Wed, March 12th @ 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, April 3rd

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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN MARCH?

- Dr Herrle is looking forward to getting in as much skiing as possible before the snow melts and is excited about the weight he and several patients lost in February.
- Dr. Christiansen is looking forward to his brothers birthday and also starting some of his patients on our weight loss program
- Dr Schilder is hoping that the warm weather is on its way!
- Shay has started doing yoga and is excited to work on limbering her joints.
- Jamie got engaged on Feb, 1st~!!!! Let the wedding planning begin!! :))
- Ashley is looking forward to the weather getting warmer and picking out what vegetables she will be planting.
- Tiffany is looking forward to hopefully seeing a little more sunshine and starting to plan for her spring garden.

“You determine how far you go in life, no body else.”

—Darius R.



We need *your* help! If you “LIKE” Brookfield Chiropractic on Facebook, you’ll be entered into our raffle for a chance to WIN a \$25 gift card~!

FACEBOOK FUNNIES

- Google is now developing a Facebook rival, a product similar to Facebook. They say their goal is: so you never have to see your friends in real life ever again.

- Hey, did you hear this yesterday? Computer hackers managed to shut down Twitter and my favorite, Facebook, for several hours. In a related story yesterday, worker productivity jumped by 159%.

- A new report found that Facebook has created more than 450,000 jobs. Unfortunately, photos posted on Facebook have ended 550,000 jobs.

- Facebook has passed one Billion members. If Facebook was a country, it would be the third-largest country on earth ... and by far the least productive.

- The two biggest websites right now are Wikipedia, where you go to learn about things you care about, and Facebook, where you go to learn about people you stopped caring about years ago. (Thanks, Dr Erich)



IN THE KITCHEN WITH SHAY— ROAST CHICKEN WITH CAULIFLOWER AND WHITE BEANS ONE-PAN, 30 MIN MEAL: SIMPLE & DELICIOUS

INGREDIENTS:

- 3 cups cauliflower florets
- 1 tbsp olive oil
- 2 bone-in, skin-on chicken breasts or 4 bone-in, skin-on chicken thighs
- Salt and pepper
- 2 tbsp grated parmesan cheese
- 2 tsp chopping fresh rosemary or 1 tsp dried rosemary
- 1 cup cannellini beans or garbanzo beans, rinsed and drained
- 1 tsp lemon zest (optional)
- 1/2 tsp red pepper flakes

DIRECTIONS:

1. Preheat oven to 450*. On rimmed baking sheet, toss cauliflower with olive oil. Place chicken, skin side up, on top of cauliflower. Roast 20 min. In small bowl, combine cheese, rosemary and small drizzle olive oil.
2. Remove sheet from oven, add beans, lemon zest, red pepper flakes to cauliflower. Sprinkle everything with cheese mixture and return to oven for approx 7 min or until cheese and chicken is browned and meat thermometer reads approx 165 degrees.



Awesome Fundraising Opportunity!

We have put together a Fundraising Program to give back to the community and your organization! We are sure that you will agree that our program is an exciting opportunity for your group to raise a substantial amount of money in a short period of time, with no cost or obligation on your part! We gain increased exposure to our office as well as providing great services for a giveaway price.

The process to get started is really easy— we supply your group with team specific certificates (below is an example of a certificate that would be made specifically with your information) and a tracking envelope for each participant that purchases the certificate. Your organization decides how much you would like to sell the certificates for (normally \$20-25) and ALL of the proceeds go to your team or organization!

Please contact Jamie, Community Outreach Director, to get started! Spring is right around the corner so get a head start on the season!

FREE SPORTS EVALUATION!

Includes a Consultation, Examination, X-rays (if needed) & Report of Findings.



BROOKFIELD CHIROPRACTIC

Note: Restrictions apply to Medicare, Medicaid & any federally funded insurance companies.

Please call our office at 262-754-5500 to take advantage of this great opportunity.

When calling to schedule the appointment, mention that you received the "Sports Evaluation Certificate." Please redeem within 4 weeks.

We hope to see you soon!

BROOKFIELD CHIROPRACTIC

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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

“I can’t believe how much better I feel after only a few adjustments from Dr Matt. My neck feels great!” -Jamie B.

“Not only did Dr. Schilder relieve the spasms in my back, but I had numbness and tingling in my toes and that’s gone too. I also find myself able to sleep better.” - Chris O.

“I was walking like Quasimodo and my neck was way off to the left. Dr.Herrle got me straightened out and I can’t thank him enough.” -Joe D.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN FEBRUARY!

- | | | |
|------------|-------------|-------------|
| •Ann S | •Kevin A. | •Annette H. |
| •Viki S. | •Melissa S. | •Kelly R. |
| •Alicia H. | •Sarah S. | •Tiffany S. |
| •Kelly H. | •Brian H. | •Sylvia W. |

Supplement of the month– Multiple Vitamin from Standard Process– 20% off

Catalyn

- Designed to bridge nutritional gaps in the diet
- encourages healthy cell functioning
- Supports overall well-being

Tuna Omega-3 Oil

- Supports the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity
- Supports skin and hair health
- Supports emotional balance.

Trace Minerals B-12

- Provides iodine, which is required for healthy thyroid, spleen and red blood cell functions
- Support ligament, cartilage, and bone structure; immune and thyroid function; fat metabolism; and calcium utilization

Regular Price: \$61.00

Sale Price: \$48.80

