

THE WELLNESS REPORT:

GOOD HEALTH MATTERS

BROOKFIELD CHIROPRACTIC

VOLUME 1, ISSUE 1, MAY, 2012

WE'VE GROWN-AND SO HAVE OUR HOURS!

Hey there patients and friends!

It's May already, and our office is buzzing with the energy of spring. We have lots of exciting things happening and news to share with you!

To better serve our present and future patients, Brookfield Chiropractic has begun a new phase of growth that includes expanded clinic hours. Our hours will be as follows:

Dr Herrle:

Mon.:7-10 AM; 2-5:30 PM
Wed.: 7-10 AM; 2-5:30 PM
Thurs.:7AM-12:15 PM;
3-5:30 PM
Friday:Out of office *Patients can be seen by another doctor*

Dr. Christiansen:

Mon.: 7-10 AM; 2-5:30 PM
Wed.:7-10 AM; 2-5:30 PM
Thurs.:Out of office
Patients can be seen by another doctor
Friday:7AM-12:15 PM;
3-5:30 PM

Dr. Miller:

Mon.:7-10 AM; 2-5:30 PM
Wed.: 7-10 AM; 2-5:30 PM
Thurs.:7-10:30 AM;
3-5:30 PM
Friday:Out of office *Patients can be seen by another doctor*

Dr. Matzke:

Mon.:7-10 AM; 2-5:30 PM
Wed.: 7-10 AM; 2-5:30 PM
Thurs.:7AM-12:15 PM;
3-5:30 PM
Friday:7AM-12:15 PM;
3-5:30 PM

Dr. Schilder:

Mon.:7-10 AM; 2-5:30 PM
Wed.: 7-10 AM; 2-5:30 PM
Thurs.:7AM-12:15 PM;
3-5:30 PM
Friday:7AM-12:15 PM;
3-5:30 PM

We will also keep an hour on Saturday morning for those of you who can't make it during the week or miss an appointment.

We will see patients between 8:00-9:00 AM. The doctor on call will rotate, but he will see any



patient who needs an adjustment.

Several of you have also gotten quite worried seeing a new face at the front desk. Shay is not going anywhere, but is training the newest member of our team, Ashley Tomke. Say hi when you see her (and also congratulate her on her recent marriage!)

We're really excited about our new schedule and hope you are too!

-Dr. Christiansen, Dr. Herrle, Dr. Miller, Dr. Matzke, and Dr. Schilder

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THE PAIN STARTS IN MY HUSBAND'S LOWER BACK,
THEN IT TRAVELS UP HIS SPINE TO HIS NECK,
THEN IT COMES OUT HIS MOUTH AND INTO MY EARS.
AND THAT'S WHY I GET THESE HEADACHES.



WHAT'S HAPPENING THIS MONTH

MAY 2012

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		

- **May 3 - 6:30 PM:**
Dr. Herrle and Christiansen Dinner Talk at Charcoal Grill
- **May 12 - 9:30 AM**
Weight Loss Workshop at Brookfield Chiropractic
- **May 14 - 6:30 PM**
Dr. Matzke and Dr. Schilder Dinner Talk at Charcoal Grill
- **May 23-7 PM**
Low Back Pain Webinar

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MAY WEBINAR:

BREAKING FREE FROM LOW BACK PAIN

Do you constantly find yourself reaching to rub your aching low back? Well, you're not alone!

According to the US Department of Labor and Statistics, low back pain is the #1 cause of disability in the country, and it's an expensive problem! Annually, low back pain causes 140 million missed worked days and costs an estimated \$100 billion dollars. And it's not just a problem associated with get-

ting old: 24% of children experience low back pain as well!

If you think you've tried everything, think again. During this month's webinar, we'll help demystify low back pain. We'll cover everything from anatomy to sciatica to muscle relaxers, pain relievers, and surgery. We'll help you understand the purpose and source of your low back pain and develop a 7-step plan for overcoming it for good!

Not only that, but we'll also give you some take away tips to help prevent low back pain.

Want to find out more? Ask for info at the front desk and tune in

Wednesday, May 23 at 7:30PM.

Tune in online at:

<http://InstantTeleseminar.com/?eventid=28363134>



You know you're not alone in suffering from low back pain, but tune in to find out how YOU can overcome your pain for good!

ALL SWEETENERS ARE NOT CREATED EQUAL (THANKS, PATIENT MEDIA)

The yellow packet, the blue packet, the pink packet, stevia...there's a lot to choose from when you're considering sugar-substitutes. And you have to consider the calorie content, the after taste factor, and the chemical content. Chemical content? You may be surprised...let's look at each sweetener.

Sucralose. Splenda®. Made by adding chlorine to sugar molecules. Only two human trials were completed and

published prior to FDA approval in 1998. Side effects include depression, weight gain, chest pains, male infertility, and heart palpitations, among others.

Aspartame. Marketed under names that include Equal® and Nutri-Sweet®. FDA-approved in 1981. By 1998, responsible for 80% of food additive complaints to the FDA, including dizziness, nausea/vomiting, and anxiety.

Saccharin. First artificial sweetener on the market. (Sweet'N Lo®). In 1977, FDA ordered all products containing it to carry a warning label studies linked it to bladder cancer in rats. Warning was removed when human studies didn't yield the same result.

Natural Alternatives:

Stevia: derived from the leaves of the stevia plant. Virtually calorie free. Hundreds

of times sweeter than sugar (so use less!)

Raw Organic Honey: contains natural antioxidants, enzymes, amino acids, vitamins, and minerals.

Xylitol: A natural sugar alcohol. Made from fermentation of sugar cane or corn. More calories than stevia but less than honey.

Bottom line: Sugar in any form should be consumed in moderation and in its most natural form, including fruit.

GET WALKING (THANKS, PATIENT MEDIA)

Walking is man's best medicine."- Hippocrates

Spring is here and it's time to get outside and moving again! Many health practitioners would agree with Hippocrates that walking is a

great way to lose weight, trim your body, and improve your overall health, fitness, and energy.

Here are some tips to help make your walk routine more enjoyable and productive:

- **Wear comfortable, good-fitting shoes**
- **Incorporate walking** into your daily activities (i.e., walk to stores, park away from destination)
- **Maintain good posture** - head up, stomach in, shoulders back, heel-to-toe steps (heel touches ground first)
- **Stretch** before and after your walk
- **Start off slowly**, increase pace, and cool down during the last five minutes
- **Don't try to walk five miles** when you're just starting out. Start with 15

minutes and gradually increase to 30-60 minutes, 5 days a week

- **Find a partner**
 - **Drink plenty of water**
- Added benefits? Walking helps to improve your mood; lowers bad cholesterol (LDL) and raises good cholesterol (HDL); reduces risk for Type 2 diabetes; and lowers blood pressure. And it's free!

IN THE KITCHEN WITH DR. HERRLE:

QUICK SAUSAGE MEATBALLS WITH TOMATO AND BASIL SAUCE, SPAGHETTI, AND SWEET RAW PEAS



Total Time: 35 min.

Prep: 15 min.; Cook: 20 min.

Ingredients:

For the meatballs:

- Olive oil
- 8 good-quality pork sausages
- 1 lb. spaghetti
- Sea salt
- A few sprigs fresh marjoram, thyme, or rosemary, leaves picked off
- 11 oz fresh peas, in pods
- Grated parmesan, to serve

For the sauce:

- Olive oil
- 2 cloves garlic, peeled and finely sliced
- 1 small bunch fresh basil, leaves picked, stalks finely chopped
- 2 (14 oz) cans good-quality plum tomatoes
- Sea salt and fresh ground black pepper

Directions:

Heat a large saucepan and add a few glugs of olive oil.

Snip the sausages apart, then squeeze and pinch the meat out of the skins so that you get little meatball shapes - don't make them too big or they will take too long to cook. Try to get at least 3 balls out of each sausage.

Don't worry about rolling them into perfect balls and

making them look all fancy - rough and rustic is good!

Put them into your pan. Keep frying and turning the meatballs until they're golden brown and cooked through.

Meanwhile, put the spaghetti into a large pan of salted boiling water and cook according to the package instructions until al dente.

To make your tomato sauce, heat a separate pan and pour in some olive oil.

Add the garlic and the chopped basil stalks and move them around the pan for a couple of minutes.

Put some small basil leaves aside for later, and sprinkle the rest into the pan.

Add the tomatoes and season carefully with salt and pepper, to taste. Bring to a sim-

mer, break up your tomatoes a bit more with a spoon, and add a swig of balsamic vinegar - it's lovely for adding sweetness to the sauce.

Add the herbs to the pan of sausage meatballs, tossing everything in all the flavors. Cook for around 30 seconds.

When your spaghetti is cooked, drain it and divide the pasta and meatballs between 4 bowls.

Spoon over the tomato sauce. Sprinkle over the reserved basil leaves. Serve with a handful of fresh peas per person in the middle of the table, so that everyone can have a go at shelling their own, and a little parmesan for grating or shaving over the top.

MUSCLE SPASMS, TRIGGER POINTS, AND CHIROPRACTIC (THANKS PATIENT MEDIA)

Did you know that you have about 600 muscles in your body? That's a lot of muscles that can go tight, get injured, inflamed, strained, or in spasm.

Muscle spasms can be caused by too much or prolonged exercise, injury, trauma, and dehydration. You may experience twitching, tightening, or sharp pain with movement.

After a muscle is injured, sometimes a "trigger point" develops—an area of sensitivity in the affected muscle that

can remain long after the injury is healed. Trigger points are commonly called "knots," and are often associated with muscle pain, fibromyalgia, muscle strain, repetitive muscle movements (i.e., typing at a computer keyboard), and emotional stress.

The traditional medical approach to trigger point pain therapy often includes injections of anesthetics to "numb" the pain. However, this is "symptom" relief that does nothing to address the "cause" of the pain.

Many patients with muscle pain experience significant

"AFTER A MUSCLE IS INJURED, SOMETIMES A "TRIGGER POINT" DEVELOPS—AN AREA OF SENSITIVITY IN THE AFFECTED MUSCLE THAT CAN REMAIN LONG AFTER THE INJURY IS HEALED."

improvement after receiving chiropractic adjustments. Several studies back this up as

well. In one study of five men and 18 women, between the ages of 11 and 76, with chronic fatigue syndrome, trigger point pain and fibromyalgia, every patient was able to resume his/her normal activities following a series of chiropractic adjustments.

If you have any type of muscle pain or stiffness, we would be happy to discuss your symptoms and perform a thorough examination to identify the source of your pain.

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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.

SUCCESS STORIES

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

"Dr. Herrle cured my 5 year old daughter's ear infections!" -Rachel S.

"I feel like a million bucks thanks to Dr. Christiansen." -Amy S.

"I would always come back to see Dr. Christiansen and Dr. Herrle. I think they are the best two people that you will ever find to take care of you!" -Gary N.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN APRIL!

- Maria J.
- Anne B.
- Wendy C.
- Melissa S.
- Neil M.
- Kathy S.
- Melissa U.
- Nicole D.
- Carol Ann A.
- Matt M.
- Debbie R.
- Pauly B.

SPRING CLEANING: INSIDE AND OUT (THANKS PATIENT MEDIA)



A medical detox is a great way to improve overall health and wellness

Nothing like spring cleaning after the winter is over to rid your home of dust and cobwebs. Many people engage in this annual ritual—it signals the start of warmer weather and makes people feel renewed.

But what about a different kind of cleaning—cleansing our bodies internally? Body cleansing relieves the buildup

of toxins that occurs in the body, especially as a result of processed foods. Many people find cleansing helpful to lose weight, increase energy, boost the immune system, achieve a healthier glow, and relieve common sinus and digestive problems.

Although there are numerous cleanses available online and in health food stores, one of the easiest ways to cleanse your body is to drink plenty of water—at least two quarts a day. Other suggestions include:

- Eat plenty of fiber, found in brown rice and organic fruits and vegetables.
- Think positive thoughts and express gratitude to drive away toxic stress.
- Sweat through high impact

aerobic exercise or by sitting in a sauna to open pores and release toxins.

- Add "superfoods" to your diet, including apples, cinnamon, dark chocolate, wild salmon, kale, and broccoli. Superfoods are full of nutrients that help to eliminate toxins from the body.
- Cleanse the liver through a medical detox.

Some proponents of detoxification suggest doing it once a quarter to keep your body in optimal health. Many who do it regularly report feeling healthier, with increased vitality and energy!

Talk to your doctor about the options available here at the office!

MAY 13 IS MOTHER'S DAY!

TOP 5 THINGS YOU'LL NEVER HEAR MOM SAY:

1. "Yeah, I used to skip school a lot too."
2. "Just leave the lights on, it makes the house look more cheery."
3. "Let me smell that shirt-yeah, that's good for another week."
4. "Well, if Timmy's mom says its okay, that's good enough for me."
5. "Don't bother wearing a jacket, the wind chill is bound to improve."