

THE WELLNESS REPORT:

GOOD HEALTH MATTERS

BROOKFIELD CHIROPRACTIC

VOLUME 1 ISSUE 7 JULY 2012

A WORD FROM THE DOCTORS

Dear patients and friends,
Hello again. It's July, and that means Independence Day! It's a time to be thankful for the various freedoms that we Americans enjoy each and every day. Here is the brief history of Independence Day:

Independence Day in the U.S., is an annual holiday commemorating the formal adoption by the Continental Congress of the Declaration of Independence on July 4, 1776, in Philadelphia. Although the signing of the Declaration was not believed to be completed until August, the Fourth of July holiday has been accepted as the official anniversary of U.S. independence and is celebrated in all states and territories of the U.S.

The holiday was first

observed in Philadelphia on July 8, 1776, at which time the Declaration of Independence was read aloud, city bells rang, and bands played. It was not declared a legal holiday, however, until 1941. Today Independence Day is celebrated with parades, family gatherings and our favorite, of

course, fireworks displays!

We're grateful for your continued support! Have a happy July and celebrate safely!

-The Doctors and Staff of Brookfield Chiropractic



WHAT'S HAPPENING THIS MONTH

July 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				

- **July 2- 6:30 PM**
Dr. Herrle and Christiansen
Dinner Talk at Charcoal Grill
- **July 7- 9:30 AM**
Weight Loss Workshop at
Brookfield Chiropractic
- **July 16 - 6:30 PM**
Dr. Matzke and Dr. Schilder
Dinner Talk at Charcoal Grill

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NEW ONLINE AND MOBILE SCHEDULING!

To make scheduling with us as easy as possible, we're proud to announce the addition of an online mobile scheduling tool that puts our patients in control. Brookfield Chiropractic recently partnered with bookchiropractors.com, an innovative solution giving

our patients 24x7 access for scheduling appointments! If you wake up in the morning or come home from work and know you are going to need an adjustment, there's no need to wait for our office to open to book an appointment.

We want to make seeing us as easy as possible for you.

Check it out today. Book now with Brookfield Chiropractic.

Go to:

www.bookchiropractors.com and search for our clinic.

JULY PROMOTION: SURF'S UP DUDES!!

During the entire month of July you will have the chance to be entered into a raffle for a chance to **WIN** one **FREE** night stay at the Kalahari in WI Dells on Friday, August 17th!

The winner receives:

- Overnight stay in a beautifully appointed room for up to 4 guests (each additional guest is \$20.00)

Ctd.

- Admission to Wisconsin's Largest Indoor Waterpark for each registered hotel guest
- \$40.00 Kwik Trip Gas Card
- Free admission for each registered hotel guest to the Tommy Barlett Waterski Spectacular Show

****Refer a NEW PATIENT during the month of July and both you AND your referral will be entered to win the Kalahari Fuel For Fun Prize Pack!!****



BE MINDFUL (THANKS, PERFECT PATIENTS)

Believe it or not, your brain is a powerful ally in keeping you healthy. That's because your brain can produce substances that act as natural painkillers (endorphins), substances that can kill infection and bacteria (interferon) and substances that strengthen your immune system (gamma globulin). And the ability to produce these substances at the right time and in the amounts that are needed depend mostly on

your thoughts, emotions and expectations.

Many people turn to mind-body techniques, such as meditation, prayer or quiet time, to help relieve stress. Stress is known both to cause and to contribute to certain conditions and often precedes serious illness.

One technique that is useful in making you aware of your thoughts, so you can influence positive changes in your mood and health, is

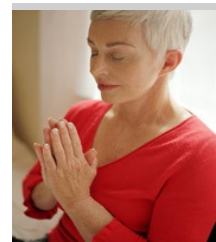
called mindfulness.

There are several ways to practice this technique:

- Sit in a quiet room and focus on your breathing, just your breathing and nothing else.
- Try working on one task at a time, not five. Just do one thing until it's done.
- Take a walk, focusing only on the here and now, enjoying nature and your surroundings.

- Forget the past, ignore the future and keep your thoughts only on the present moment.

And remember – your thoughts really do affect your health – so make a conscious effort to keep them positive!



WEIGHT LOSS PROGRAM WORKS!



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 regaining 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.

Brookfield Chiropractic strives to help our patients achieve their health goals. Whether you are looking for

pain relief, weight loss, or developing a family wellness program, we are here to help.

We will be holding a weight loss information session on **Saturday, July 7 at 9:30 AM**. Stop by the front desk to sign up or call Jamie @262-901-5919 to get on the list!

IN THE KITCHEN WITH DR. HERRLE: GUACAMOLE



Guacamole...some people love it and some people are just afraid to try it because of the way it looks.

If you have never tried it, this recipe may change your mind about eating this healthy avocado based treat!

Total prep time: 10 min.

Level: easy

Serves: 4 (as an appetizer)

Ingredients:

- 4 ripe avocados
- 1 tsp. minced garlic
- Juice of 1 lime
- Handful of chopped cilantro
- Salt and pepper to taste
- Optional: diced tomatoes, dash of siracha hot sauce for heat

Directions:

Cut avocados in half, carefully take out pits and scoop out of peel into a bowl.

Add remaining ingredients and mash together using a fork or potato masher.

Serve with tortilla chips or cut up vegetables.

Best served immediately as avocados brown quickly.

Stores well with plastic wrap pressed down onto top of leftover guacamole tightly.

HEALTH BENEFITS OF AVOCADOES

Avocados are considered one of the healthiest foods on the planet because they contain in excess of 25 essential nutrients including vitamins A, B, C, E, and K, copper, iron, phosphorus, magnesium, and potassium.

They also contain fiber, protein and beneficial phytochemicals such as glutathione and lutein, which help protect against various diseases and illnesses.

EATING WELL, AGING WELL (THANKS, PERFECT PATIENTS)

We know that the nutritional needs of adults differ from those of children, but what about older adults – do they have unique nutritional needs as well?

Life expectancies have increased significantly almost everywhere in the world. In order to reap the benefits of living a longer life, with the ability to cope with the mental and physical challenges that are part of the aging process, older adults do need to eat differently. In particular, the aging population needs to eat the following:

- An adequate amount of calcium and vitamin D to promote healthy teeth and bones, and to avoid fractures and osteoporosis. The best source of calcium is lots of green leafy vegetables, but you need vitamin D to be able to absorb the calcium. Your body converts natural sunlight

into vitamin D but a high quality supplement can help if you don't get enough exposure to the sun.

- Fruits and vegetables that provide the fiber you need to maintain a healthy digestive system and regular bowel habits. Constipation is often a problem for older adults. Fiber-rich foods include pears, dates, carrots...in fact all fruits and vegetables, plus potatoes in their skins. Drinking plenty of water and regular exercise also promote regularity.
- Protein - especially vital for older adults who experience physical and emotional stress. Protein-rich foods include meat, fish, dried beans and peas, and tofu. These foods also reduce muscle loss caused by aging.
- Fats from grass fed meat, fish, nuts and seeds are actu-

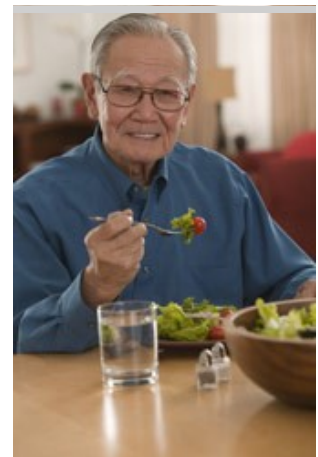
ally good for you. Fats to limit or avoid entirely are hydrogenated or trans fats. Scientists used to think that saturated fats should be avoided but the most recent research actually shows that these natural and stable fats are essential for health. Processed foods are generally loaded with hydrogenated oils and trans fats, so do your best to avoid them.

Because older adults are probably not as active as younger adults, calorie requirements are not as high. Their body's metabolism has probably slowed down considerably. A more sedentary lifestyle and change in metabolism may cause weight gain. If this is the case, selecting foods with a higher nutrient content and avoiding empty calories in fats and sugars helps maintain weight.

On the other hand, some

older adults suffer from malnutrition because they eat unhealthy diets or no longer cook for themselves. This is dangerous because malnutrition weakens the immune system, increasing the risk of infection. It can also contribute to mental confusion.

If you or a loved one has a concern about healthy aging, feel free to talk about it at your next visit. We have plenty of suggestions to make older years - golden years.



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



SHARE 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.

OUR PATIENTS SPEAK

"After about a week I was able to stoop down to pick up my grandkids and go up and down stairs without someone helping me. I have good balance and I can bend now. I love it!" ~Theresa N.

"This is the best I have ever felt! I have been to a couple different chiropractors, but I feel that Dr. Matzke cares about my treatment. He adjusts what needs to be adjusted, not every bone in my spine every time." ~Grant S.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN JULY!

- Nancy D.
- Mandy M.
- Bobby N.
- Neil M.
- Elizabeth S.
- Sue T.
- Patty S.
- Kathy and Wayne S.
- Danny H.
- Keith K.
- Rosemary G.
- Kerri H.
- Chuck B.

NATURAL STATE OF MIND/BODY IS HEALTH (THANKS, PERFECT PATIENTS)

Vomiting, sneezing, coughing and even fevers may actually be signs that your body is working correctly: the definition of true health!



True health is when your body works as it was designed.

FEELING GREAT

Most people think that how they feel is an indicator of how healthy they are. It's not true.

Let's say you unknowingly eat some spoiled food. Later you get stomach cramps and vomit. You certainly don't feel well, but thankfully your body is functioning correctly. Imagine the tragic consequences of taking a drug to calm your stomach, retaining the toxic food!

FUNCTIONING GREAT

Your brain, spinal cord and all of your nerves control and regulate your body. Every cell, tissue, organ and system (even your immune system!) take orders from your nervous system.

Thus, true health is how well your nervous system is orchestrating the workings of your body. That's why vertebral subluxations are so serious! Compromised brain-to-body or body-to-brain communications can be the underlying cause of a variety of health problems.

Many people with a spinal problem discover that other health problems resolve with chiropractic care. Practice Members often report that as their care progresses, they notice other positive changes in their health.