

THE WELLNESS REPORT:

CELEBRATE LIFE— GIVE THE GIFT OF HEALTH

BROOKFIELD CHIROPRACTIC

VOLUME 1 ISSUE 12 DECEMBER 2012

A WORD FROM THE DOCTORS

Dear patients and friends,

The holiday season is upon us. We know that with the holidays comes the added stress of shopping, baking, and attending events.

But also with the holidays comes time to really reflect on all of the good things in your life. It may be the blessing of family or friends, a crackling warm fire to sit beside, or attending your favorite holiday gathering or church service.

Take time to do whatever it is that brings you joy during the holiday season. And remember to look at the positive things when the season gets stressful.

We wanted to take this opportunity to congratulate you on your decision to improve your health this year! We wish you the very best the season has

to offer, and look forward to seeing you in 2013!

*-The Doctors of
Brookfield Chiropractic*



WHAT'S HAPPENING THIS MONTH

December 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					

- **5th@ 6:30 PM**
Dinner With the Docs at Charcoal Grill New Berlin. Help us change lives!
- **24 and 25th**
Office Closed - Merry Christmas!

ANNOUNCEMENTS

December is The Giving Tree of Health month!

Our office will be doing our best to make as many people smile as we can during the holiday season and we need your help!! We will be selling certificates which make perfect Stocking Stuffers for your family and friends!! The certificate includes a free consultation, examination, x-rays (if needed) AND a relaxing half-hour massage all for only \$20.00.

We will be donating all of proceeds to the Makayla's Grace Charity. Makayla's Grace is a charity that was formed to support families with a baby in the NICU or those who experience their baby passing away by providing the families with care packages and angel memory boxes that help the parents cope with the difficult time especially around Christmas!

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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN DECEMBER?

- Dr. Herrle is ready to make his famous pecan cookies
- Dr. Christiansen is looking forward to decorating the house for the holidays and baking holiday treats
- Dr. Matzke and his wife will be traveling to Green Bay to celebrate Christmas with their families!
- Dr. Schilder is looking forward to spending time with his family on Christmas and bringing in the new year!
- Shay finished renovations to her bedroom just in time for the winter weather. She is NOT looking forward to the snow because she hasn't built a garage yet!
- Mary is trying to get started on her Christmas projects early this year, which makes all the difference in her stress levels that the holidays can bring. She is also excited to taste test all of the treats that Amanda will be making.
- Jamie is excited for the holidays, but is especially looking forward to the month of December because it is The Giving Tree of Health Month at the office!
- Ashley got a new walking companion, a pitbull named Money. She is looking forward to decorating her house for Christmas and baking yummy treats for the holidays.
- Amanda is excited to do some holiday baking and celebrate the holiday season with her family! She is looking forward to finishing her knitting projects.

FUN CHRISTMAS TRIVIA

CHRISTMAS STATISTICS

- **1 in 10** – The number of the presents received that will be broken by the New Year
- **7 in 10** – The number of dogs that get Christmas gifts from their owners
- **33** – The average amount spent per person on last-minute purchases
- **25** – The percentage of time spent in lines when Christmas shopping
- **832** – The number of homes Santa visits every second to deliver all his presents
- **5340** – Average number of times credit cards are used every minute during Christmas time

TRADITIONAL CHRISTMAS SWEETS

- **FRANCE:** Buche de Noel (a Génoise or other sponge cake, baked in a large Swiss roll pan)
- **USA:** Pumpkin Cake (with cinnamon and ginger, frosted with cream cheese frosting)
- **SPAIN:** Nougat (made with sugar or honey, roasted nuts)
- **HUNGARY:** Beigli (roll of sweet yeast bread with a dense, rich, bittersweet filling)
- **ITALY:** Panettone (is a type of sweet bread loaf originally from Milan)
- **SWEDEN:** Pepparkakor (heart-star and goat-shaped gingerbread biscuit)
- **UK:** Christmas Pudding (steamed pudding, with dried fruit and nuts, usually made with suet)
- **PORTUGAL:** Pain Perdu (French toast made with bread and eggs, milk, sugar and cinnamon)
- **GERMANY:** Lebkuchen (large cookies made of honey)



IN THE KITCHEN WITH MARY: GLUTEN FREE CHOCOLATE CHIP COOKIES

TOTAL PREP TIME: 30 min.

LEVEL: EASY

INGREDIENTS:

- 1 cup peanut butter
- 1 cup sugar
- 2 eggs
- 1/4 tsp. baking soda
- Half a bag of chocolate chips

DIRECTIONS:

1. Preheat oven to 350.
2. Mix all of the ingredients together.
3. Make the size you want on cookie sheet, usually tablespoon size.
4. Bake in oven for approximately 15 minutes.
5. Take cookies out when they start to turn color



on edges, so they do not get hard.

6. Enjoy!



THE SILENT KILLER (THANKS, PERFECT PATIENTS)

Carbon monoxide is odorless, colorless and one of the leading causes of accidental poisoning deaths. Where is it? It's in most homes – and is the result of incomplete burning of most household carbon-containing fuels, including coal, natural gas, oil, coal, wood, and charcoal. Poor air circulation or improper ventilation surrounding any source that burns these fuels (e.g., stoves, fireplaces, water heaters, etc.) produces this deadly gas.

Carbon monoxide hinders the delivery of oxygen in the blood throughout the body. You may feel dizzy or sleepy at first. You may get a headache or have problems with breathing. At higher concentrations, your judgment may become cloudy and eventually convulsions, paralysis, coma and even death can result.

What can you do to protect your loved ones from the potentially devastating effects of carbon monoxide poisoning?

- Install carbon monoxide detectors
- Annually check all combustion (fuel-burning) appliances
- Open the chimney flue when burning wood in a fireplace
- Never use a gas-fired oven to heat your house
- Never burn charcoal inside your home
- Check all exhaust vents and flues to make sure they are working properly
- Never let your car idle in an attached garage
- Never use a space heater without proper ventilation

You can protect you and your loved ones from carbon monoxide poisoning by following these few simple suggestions. Be proactive – don't let the "silent killer" creep up on you.



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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

"I am so grateful to Dr. Herrle for making a recommendation that I take a more holistic approach to my health. I can't recommend him enough." Linda C.

"After being adjusted, I was actually able to sleep at night which was a blessing!" Patti Anne H.

"Dr. Christiansen has allowed me to get my life back on track... I am Dr. Christiansen's #1 fan!" Vickie S.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN OCTOBER!

- | | | |
|---------------|--------------|-------------|
| •Kim B. | •Royal A. | •Alicia I. |
| •Daren B. | •Jeffery O. | •Erin S. |
| •Jason G. | •Shari A. | •Becky A. |
| •Brittaney V. | •Susan L. | •Mike O. |
| •WenXia Z. | •MaryAnn N. | •Laura J. |
| •David S. | •Angeline O. | •Natalie M. |

Thanks for helping us donate 10 turkeys to the food pantry in Waukesha!

ROUTINE MAINTENANCE

The problem with lifestyle-caused diseases is that the damage happens slowly, often without even a hint of a symptom.

We see this all the time. When the symptoms finally show up and we get the call, the most common refrain is, 'But I didn't do anything.' Sure, bending down to pick up the newspaper shouldn't reduce a grown man to tears. But the countless years of ignoring the nagging aches and pains did the damage. Bending over was merely the last straw.

Ironically, the same people who subscribe to the "don't fix-it-if-it's-not-broken" philosophy will fuss over their lawns, baby their car with fresh oil and filter and religiously replace their smoke detector batteries. So, why

is a simple, "Honey, I think you should go in for a checkup" met with a determined and unexplainable resistance!

It is easier to maintain your spine with regular visits than fix it every time there is a crisis.

