

THE WELLNESS REPORT:

CELEBRATE LIFE— GIVE THE GIFT OF HEALTH

BROOKFIELD CHIROPRACTIC

VOLUME 2 ISSUE 12 DECEMBER 2013

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 2014!

-The Doctors of
Brookfield Chiropractic



WHAT'S HAPPENING THIS MONTH

December 2013						
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				

- **Wed., Dec. 4th@ 6:30PM**
“Regaining Your Youth and Vitality, the keys for staying healthy for a lifetime” at Meiji Cuisine Waukesha
Help us change lives!
- **Dec. 25th**
Office Closed -
Merry Christmas!

ANNOUNCEMENTS

We are excited to share new special pricing for our favorite patients—Kids! For children 12 and under that do not have insurance, or whose benefits have been exceeded (specifically kid’s on wellness or maintenance plans), we are offering an additional 15% off our full fees.

This will result in a minimum of \$8.00-\$10.00 savings per visit, per child! To sweeten the deal, we are offering an additional 15% discount if you pay for 6 mo—12 yr in advance. This results in approx. \$5.00 in additional savings.

Why are we slashing prices for kids? It is the doctors mission and passion to improve the lives of their community. Removing interference in children’s spines means improved organ function, immune function, increased mobility, and overall better health—giving them the best chance to grow up happy and healthy. We are honored to be a part of your children’s lives. Plus, they are just plain fun to have in the office!

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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN DECEMBER?

- Dr. Herrle is looking forward to taking his daughter to see the Christmas Carol at the Pabst Theatre for the first time.
- Dr. Christiansen is looking forward to preparing for the Christmas holiday season.
- Dr. Schilder is looking forward to spending time with friends and family over the holidays!
- Shay looking forward to what kind of challenges Orange Shoe personal trainers have in store for her in December!
- Mary is busy getting ready for the event her gym is hosting at the Waukesha Expo center on Dec 14th. She is also preparing her home for the winter months and getting ready for the holiday season.
- Jamie is enjoying the Holiday Season! She is really excited that she is done with all of her Christmas shopping which doesn't tend to happen very often! Happy Holidays
- Ashley is not excited for snow and cold but is excited for the upcoming holiday season. She enjoys spending lots of time with family during the holidays. Ashley also started working back at Mills Fleet Farm on weekends and is looking forward to catching up with her old co-workers.
- Tiffany looks forward to spending extra time with family for the holidays, especially those from out of state. Every year she is in charge of making all of the Christmas cookies for her family so she will be spending many late nights over the next few weeks making everyone's favorite treat. She is also excited to take her nephew sledding for the first time, he is finally old enough to play in the snow this year.

DO YOU WANT TO DO SOMETHING BEAUTIFUL FOR THE WORLD?

THERE IS A PERSON WHO NEEDS YOU. THIS IS YOUR CHANCE.... -Mother Theresa

5 HEALTHY TIPS FOR THE HOLIDAYS

Tip #1: Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have [healthy snacks](#) handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

Tips #2: Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

Tip #3: Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

Tip #4: Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make [non-food gifts](#), or prepare ingredients for baked goods and put them in pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

Tip #5: Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



IN THE KITCHEN WITH DR. HERRLE GLUTEN-FREE PEANUT BUTTER COOKIES

TOTAL PREP TIME: 30 min.

LEVEL: EASY

INGREDIENTS:

- 2 Cups Natural Peanut Butter
- 2 cups White Sugar
- 4 Eggs (beaten)
- 2 Cups Semisweet Chocolate Chips (optional)
- 1.5 Cups Chopped Pecans (optional)

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheet.
2. Combine peanut butter, eggs, and sugar and mix until smooth. Mix in chocolate chips and nuts, if desired. Spoon dough by tablespoons onto a cookie sheet.
3. Bake for 10 to 12 minutes or until lightly browned. Let the cookies cool on the cookie sheets for 5 to 10 minutes before removing.



“Strive not to be a success, but rather to be of value.”

Albert Einstein

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

~ "This was my first experience ever visiting a chiropractic office. Staff was awesome & friendly. Dr Matt was professional, informative & totally fabulous! Thank you for the wonderful service." - Angie S.

~ "The staff at Brookfield Chiropractic is always friendly and attentive to a patient's needs. The doctors are well educated and are always looking out for the best interest of their patients." -Gina C.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN NOVEMBER!

- | | | |
|-----------|----------|-------------|
| •Julie K | •Jim B | •Sarah S |
| •Tom P | •Julie M | •Michelle M |
| •Steven V | •Kathy M | •Kerry H |
| •Tammy C | •Donna L | •Sean D |
| •Mary S | •Ryan N | •Alexei S |
| •Hope J | •Jer I | •Shirley A |

SUPPLEMENT OF THE MONTH ~ SICK AND WELLNESS PACKS

Ear Infection Pack: Supports a healthy immune system while alleviating ear discomfort. The Ultra Flora for kids is a convenient chewable tablet that promotes a healthy balance of intestinal flora. The Elderberry/Thyme Syrup (tastes GREAT!) soothes coughs, congestion and assists in the easy expelling of mucous. Ear Oil temporarily relieves discomfort or pain in the ear.
Price \$54, you save \$13 when you buy all 3 supplements.

Kids Sick Pack: Supports a healthy immune system while alleviating cold symptoms. The Ultra Flora for kids is a convenient chewable tablet that promotes a healthy balance of intestinal flora. The Elderberry/Thyme Syrup (tastes GREAT!) soothes coughs, congestion and assists in the easy expelling of mucous. Angelica Forte is a topical oil that is rubbed onto the chest, neck and back. It supports the cleansing and draining activity of the lymphatic system, and provides gentle TLC while your little one needs it the most.
Price \$60, you save \$12 when you buy all 3 supplements.

Adult Stay-Well Pack: Supports a healthy immune system to prevent cold and flu. Ultra Flora Balance is a probiotic that supports digestive health—up to 70% of our immunity is in our gut! Vitamin D drops also support immune system, while also supporting stable mood during the dark days of Winter. Immuplex is a high-quality specially formulated supplement to support all organ systems and bolster the immune system.
Price \$79, you save \$21 when you buy all 3 supplements.

Adult Sick Pack: Kick that cold FAST with Congaplex for congestion and immune support, Echinacea for high-powered immune stimulation, and Elderberry/Thyme Syrup to sooth coughs, congestion, and assist in expelling of mucous.
Price \$69, you save \$12.50 when you buy all 3 supplements.

Begin these supplements AS SOON AS YOU NOTICE SIGNS OF SICKNESS. The faster you give your body support, the faster you recover!