

# THE WELLNESS REPORT: THE GIFT OF LOVE- THE GIFT OF HEALTH!

## BROOKFIELD CHIROPRACTIC

VOLUME 3 ISSUE 2 FEBRUARY 2014

### A WORD FROM THE DOCTORS

Dear Patients and Friends,

January has come and gone and we should be either in a routine with our resolutions or off-track again. Remember it takes 21 days of consecutive behavior modification to make something a habit. We are here to help reinforce the healthy habits you have, and maybe discover some new ones.

The snow has been flying which is good for those of you that enjoy the outdoor winter activities such as skiing and snowshoeing, and those of you that don't are developing a good case of cabin fever as we speak. No worries, another solid 3 months and it will warm up again.

February brings another Hall-mark holiday filled with things to buy and places to take your sweetie, but we believe you should love your significant other and do special things on a daily or at least weekly basis without a specific date circled on the calendar to do so. We love

serving you and your families and want you to know that you are a significant part of our lives and we appreciate you!

-The Doctors of Brookfield Chiropractic



Eager to pull a prank on his chiropractor, Dennie taped a bag of potato chips to the small of his back.

### WHAT'S HAPPENING THIS MONTH

February 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	

- Ladies Night Out!**  
 Please join us on Thurs, Feb 6th at the Sheraton Hotel from 7pm-9pm!  
 Bring a friend! :)
- Thurs, Feb 13th @ 6:30PM**  
 "Regaining Your Youth and Vitality, the keys for staying healthy for a lifetime" at Meiji Cuisine. Bring Friends!
- Tues, Feb 25th @ 5:30PM**  
 Fibromyalgia presentation at the WAC in West Allis

### ANNOUNCEMENTS

After performing a month long survey in the office, we compiled the results and found that people would like us to be open earlier in the morning, during lunch hours, later in the evening, every week day, and every Saturday! We respect your busy lives, and we also know the importance of finding balance in our own lives so we can give you 100% each time you are in our office.

Our new schedule offers appointments with all of the doctors, every day of the week, better lunchtime availability, and appointments as late as 6:00pm on Wednesdays. We hope this accommodates your schedule - but if you are unable to find a time that works, please let us know right away.

Monday- 1:30pm - 5:30pm\* Tuesday-8:00am - 12:00 noon\* Wednesday- 8:00am - 12:00 noon; 1:30pm - 6:00pm\* Thursday-1:30pm - 5:30pm\* Friday-8:00am - 12:00 noon\*

Saturday- 8:00am - 9:00am\* (Dr Herrle works the 2nd Saturday of every month. Dr Matt works the 4th Saturday of every month)

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## WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN FEBRUARY?

- Dr Herrle is looking forward to losing 10 pounds by the end of February and he can help you do the same. Ask for details at your next appointment.
- Dr. Christiansen is looking forward to more sledding with my kids and playing outside. They started building an igloo so he wants to finish it.
- Dr Schilder is looking forward to going on an ice fishing on the Mississippi River!
- Shay is already dreaming about what she is going to plant in her garden– She is hoping for an early spring!
- Jamie is really excited for the Ladies Night Out Event! :) A night with good friends & shopping, what more can you ask for!
- Ashley has nothing special going on this month. She is just waiting for winter to be over and spring to come so she can spend some much needed time in the sunshine.
- Tiffany is looking forward to having some time to refocus on her yoga and meditation practices to create a better mental health balance.

“The only thing between you and exercise is an excuse.”

—Dr Oz

## DR. OZ'S SUPER FOODS

Dr. Oz always urges you to eat a diet rich in fruits and vegetables, but this time he's focusing on food that help you look younger- and can actually turn back the clock!

Here are Dr. Oz's Super Foods:

**#1: Pumpkin Seeds:** A food rich in magnesium that helps lower blood pressure and reduces your risk for heart attacks or stroke.

**#2: Organic Eggs:** Containing iron, biotin and B12, eggs can help strengthen hair. The iron combats anemia, a reduction of red blood cells that is often an undiagnosed cause of hair loss in women.

**#3: Pomegranate:** The juice in pomegranate seeds contain ellagic acid and punic alagin which fight damage from free radicals and preserves the collagen in your skin. It's also a powerful source of phytonutrients that promote healthy skin.

**#4: Oatmeal:** This super food contains soluble fiber which reduces LDL, or “bad” cholesterol.

**#5: Black Currants:** A fantastic supplement for promoting healthy vision, black currants contain compound anthocyanosides, which may be helpful for promoting night vision. They are also rich in vitamin C– they contain 5 times the amount in an orange– making them a powerful immunity booster! (Special Thanks to Dr Oz's Website)



## IN THE KITCHEN WITH SHAY

### DELICIOUS MONKEY BARS (MAKES 8-12, DEPENDING ON DESIRED SIZE)

#### INGREDIENTS:

- 2 cups oats
- 1/2 cup roasted peanuts
- 1/4 cup flax meal
- 1/4 cup oat bran
- 1/4 cup maple syrup
- 1/2 cup peanut butter
- 1/4 cup honey
- 1 large banana, very ripe and mashed
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 cup chocolate chips

#### DIRECTIONS:

1. Preheat oven to 350\*. Line 9x5 pan with parchment paper
2. In a large bowl mix the oats, peanuts, flax, oat bran and maple syrup until oats are coated. Spread the mixture onto a greased cookie sheet and bake for 8-10 minutes. Half way through baking, stir the oats. Remove when the mixture is lightly golden. Let cool completely.
3. While the oats are toasting, in a medium sauce pan combine the peanut butter, honey and mashed banana. Stir on medium-high heat until mixture thins out. Remove from heat. Stir in the vanilla and salt. Let cool completely
4. When the oat mixture and peanut butter mixture are cooled, stir them together with the chocolate chips in a large bowl.
5. Spread mixture into prepared pan, flatten with a spatula and bake for 25 minutes.



## COMPLIMENTARY

## “VALENTINE HEALTH EVALUATION”

### Celebrate Valentines Day in a Healthy Way!

**Schedule Your Friend or a Loved One their FREE evaluation – all ages accepted.**

We care about you and your loved ones and we don't want to forget anyone, including your kids. Also, if you have a friend or family member that is currently not under our care, please let them know that we have this special going on during the month of February! The gift of health would make a GREAT Valentine gift too! There are NO HIDDEN CHARGES and the purpose of this health evaluation is to determine if they are a chiropractic candidate.

As always, there are NO guarantees that we can help, but if we can, we want that chance. There is nothing more important than the Gift of Health. **“CALL NOW TO RESERVE YOUR TIME”**

***This offer expires on Friday, February 28th***

*(Medicare, Medicaid, and any federally funded health plans are excluded)*



# 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’m feeling much better since my adjustment. My neck was bothering me quite a bit and thanks to Dr Herrle, who fit me into his busy schedule, I feel great. I really appreciate it!” -Mary W.

“The staff at Brookfield Chiropractic is always friendly and attentive to the 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 JANUARY!

- Mike L.
- Alan U.
- Craig P.
- Russell K.
- Adam C.
- Pam M.
- Nicole C.
- Kim N.
- Chris O.
- Tammi B.
- Tasha G.
- Ann S.
- Vesna M.

### Supply of the month- “The Importance of a Good Night Sleep”

**\$10 OFF ALL SLEEPING PILLOWS EXP DATE 2/28/14— come into the office to get yours!**

#### Pillow Support and Comfort

It is a very comforting feeling to have just the right pillow to rest an achy, tired body on. In addition to providing comfort, the right pillows can also provide the necessary support for the neck and spine—alleviating or preventing many common forms of back pain and neck pain.

#### Main Benefits of Pillows

Use of a pillow while sleeping has two main functions:

**Support:** From a physical perspective, pillows prop up the head, neck and shoulders - keeping them in alignment, relieving pressure and counterbalancing the points in the body.

**Comfort:** From a more subjective perspective, pillows create a feeling

good night’s sleep and feeling well rested. (Thanks to Spine Health)

