

# THE WELLNESS REPORT:

## GIFT OF LOVE— THE GIFT OF HEALTH!

**BROOKFIELD CHIROPRACTIC**

VOLUME 2 ISSUE 2 FEBRUARY 2013

### A WORD FROM THE DOCTORS

Dear patients and friends,

Well folks, January is over and 2013 is in full swing! How are you holding up on your New Year's Resolutions? It's interesting if you ask any gym owner, "What's the busiest month for your business?" Most will answer "January." Then ask them, "What's the slowest month?" The answer usually comes back, "February." Ha! Not sure if that's the truth, but it sounded good when I wrote this.

In the spirit of February and chomping down on Valentine's Day treats, here are your:

#### *Things You May Not Have Known About Valentine's Day*

-More than 36 million heart-shaped boxes of chocolate are sold for Valentine's Day each year.

- On average, men shell out \$130 each on candy, cards, jewelry, flowers and dates. That's more

than double what women commit to spending.

- About 8 billion candy hearts will be produced this year; that's enough candy to stretch from Rome, Italy to Valentine, Arizona 20 times and back again.

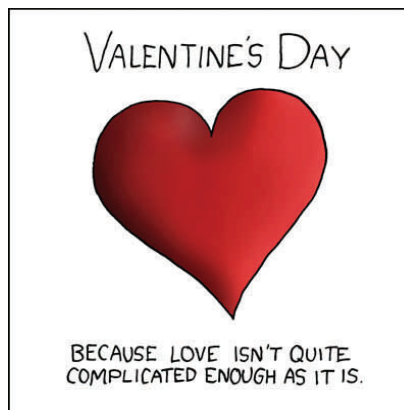
- About 1 billion Valentine's Day cards are exchanged in US each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.

- Worldwide, over 50 million roses are given for Valentine's Day each year.

- Women purchase 85% of all valentines.

Have a wonderful February!

-The Doctors of  
Brookfield Chiropractic



### ANNOUNCEMENTS

**Coming soon!** Healthy in the Home educational series. We are working hard to implement a new series in which you will learn how to eat and cook healthy, what to shop for at the grocery store, and much more to get you started on healthy living at home...and we will make it easy for you!



### WHAT'S HAPPENING THIS MONTH

February 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		

- **Wed., Feb. 6th – 6:30 PM**  
Dinner With the Docs at Charcoal Grill New Berlin.  
**Help us change lives!**



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

- Dr. Herrle is looking forward to getting back on downhill skis for the first time in 15 years to go skiing with his daughter.
- Dr. Christiansen is looking forward to the warmer weather in Florida with his family!
- Dr Tom and his wife Kirby are looking forward to spending their first Valentine's Day together as husband and wife.
- Dr. Jason is looking forward to the end of winter and the start of spring!
- Shay is already dreaming about working in her garden and warmer weather. She and her husband Jeff would like to start saving so they can take a tropical vacation this time next year!
- Mary is looking forward to spring!
- Jamie is excited to begin an Exercise Rehabilitation program in the office. There are going to be so many neat things to do to strengthen your muscles and build endurance. She is looking forward to helping patients achieve their individual goals and feel better!
- Ashley is excited to announce that she is starting her own business selling Lia Sophia jewelry. She is also looking forward to a mini course she is attending on raising chickens in her backyard.
- Amanda is excited to be finishing her upper cabinets and completing the remodeling of her kitchen. She is also excited to drive her new car around and is anxious for the warmer weather to come.

## GET IN THE CAR CORRECTLY

Did you know that there is a proper way to get in and out of your car? Well, believe it or not, there is, and it is especially important that seniors and those who have arthritis practice these simple maneuvers to enter and exit a car safely.

- Swivel in and out – Enter the car backwards and then swing your legs into the car in front of your seat. Reverse this order to get out of the car.
- Use the handles on the inside of the car – Generally located over the door or on the side of the door, holding on to these handles as you enter or exit the car helps you maintain your balance and gives you some leverage with which to raise and lower your body into or out of the seat.
- Use running boards – Most SUVs and trucks come with side running boards that you can step up on to get into the car. If your car is high, and you have difficulty “climbing” into your seat, think about installing them if your vehicle did not come with them.
- Use a plastic bag to cover the seat – This is an easy and rather inexpensive way to “slide” in and out of the car if you usually have difficulty. The bag slides with you!

## A VALENTINE'S JOKE

### Who Should Make the Coffee on Valentine's Day?

A man and his wife were having an argument about who should brew the coffee on the morning of Valentine's Day.

The wife said, "You should do it, because you are more of a morning person and you always get up first. If you do it, then we don't have to wait as long to get our coffee and we'll both be happy."

The husband said, "You are usually in charge of the cooking around here so you should do it, because that is your job, and I can just wait for my coffee." Wife replies, "No, you should do it, and besides it says in the Bible that the man should do the coffee."

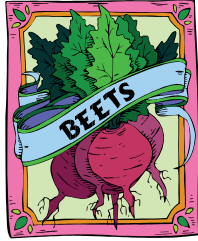
Husband replies, "I can't believe that! Show me."

So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says, "HEBREWS."



## IN THE KITCHEN WITH DR. HERRLE

### BEET AND GOAT CHEESE SALAD



**TOTAL PREP TIME:** 15 min.

**LEVEL:** EASY

**INGREDIENTS:**

- Spring lettuce mix
- Handful of fresh arugula
- 1 can diced beets, drained
- Fresh goat cheese (broken into tiny chunks)
- Handful of candied walnuts: to prepare take 1 1/2 cups chopped walnuts and 1/2 cup brown sugar and mix in saucepan over medium heat. Keep stirring just until brown sugar melts and coats walnuts. Watch carefully, as sugar can burn quickly. Cool walnuts on a cookie sheet lined with parchment paper.
- Olive oil
- Balsamic vinegar
- Optional: sprinkle of pepper

**DIRECTIONS:**

1. First, prepare the candied walnuts and set aside.
2. Put some lettuce mix and arugula in a bowl.
3. Top with a spoonful of beets, goat cheese, and candied walnuts.
4. Drizzle olive oil and balsamic vinegar over the salad.

Note: Beets are one of the few vegetables that taste just as good from a can as they do if you spent the time roasting them in the oven!

**HEALTH BENEFITS OF BEETS**

Did you know beets are heart healthy? Beets have pigments called betalains that are responsible for the beet's color. These pigments provide health benefits by functioning as antioxidants, lowering inflammation and reducing your risk of heart disease. One of the betalains -- betaine -- helps prevent and treat nonalcoholic fatty liver, according to research published in the August 2010 issue of the "American Journal of Physiology."

A light heart lives long.  
*William Shakespeare*



Anyone who has never made a mistake has never tried anything new.  
**Albert Einstein**

### HEART ATTACK WARNING SIGNS

The following are recognized by the American Heart Association as warning signs:

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Breaking out in a cold sweat, nausea or lightheadedness

Not all of these warning signs occur in every heart attack. If some start to occur, get help immediately. A heart attack is a medical emergency—Call 9-1-1

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

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## OUR MISSION

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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.

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## TESTIMONIALS

“Thanks for giving me my life back.” Sean D.

“Thanks for helping me with my sinus problems.” Duane D.

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## THANKS FOR SPREADING THE WORD ABOUT HEALTH IN JANUARY!

- |              |               |             |
|--------------|---------------|-------------|
| •Josh R.     | •Mary S.      | •Leah R.    |
| •JR B.       | •Mike B.      | •Rachel H.  |
| •Dave W.     | •Elizabeth S. | •Heloisa K. |
| •Paul B.     | •Brodie S.    | •Jane P.    |
| •Jennifer Y. | •Dr. Meyer    | •Kelly K.   |
| •Stacy G.    | •Dr. Toth     | •Bobby B.   |
| •Cheryl S.   | •Connie D.    | •Amanda K.  |

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## HEART HEALTHY SUPPLEMENT OF THE MONTH: COD LIVER OIL

Standard Process Cod Liver Oil addresses vitamin A deficiency and vitamin D deficiency while supporting the body's natural inflammatory response and a healthy immune response. Careful processing ensures this cod liver oil maintains its natural profile of vitamin A, vitamin D, omega-3 fatty acids, and a small amount of coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>).

- A cod liver oil with a natural profile of vitamin A and vitamin D
- Provides EPA and DHA omega-3 fatty acids that, according to the United States Food and Drug Administration, may reduce the risk of coronary heart disease
- Supports immune response
- Supports healthy eyes and skin
- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support mood challenges and liver function
- Supports the body's natural inflammatory response
- Contains small amounts of naturally occurring CoQ<sub>10</sub><sup>†</sup>
- In convenient perles with a natural lemon flavor

Standard Process Cod Liver Oil is tested for purity by a third party

*Now available  
in the office!  
Get Healthy  
Today*