

THE WELLNESS REPORT:

HAPPY NEW YEAR-HAPPY NEW YOU!

BROOKFIELD CHIROPRACTIC

VOLUME 2 ISSUE 1 JANUARY 2013

A WORD FROM THE DOCTORS

Dear patients and friends,

Happy New Year! We hope you had a wonderful holiday season with your family and friends.

Well, if you are like most people, the start of a new year brings thoughts of what you can do to live a better life in 2013. For some people, their resolutions are to exercise and eat healthy. For others, it is to make more time for family. And yet for others, it is to drastically change every single aspect of their life.

Whatever your resolutions are, be sure to choose challenging, yet realistic goals. You will be much more successful in your endeavors if you make small steps each day vs. trying

to change your life in a day. There is an old Chinese proverb that states, "Be not afraid of growing slowly, Be afraid of only standing still."

We look forward to seeing you in 2013!

-The Doctors of Brookfield Chiropractic



Honey, our lawyer wishes us, but in no way guarantees, a Happy New Year.

WHAT'S HAPPENING THIS MONTH

January 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		

- Tuesday, January 1– Office Closed
- January 3rd-Weight Loss 6:30pm at office
- January 5th-Weight Loss 9:30am at office
- January 10th– 6:30 PM Dinner With the Docs at Char coal Grill New Berlin. Help us change lives!

ANNOUNCEMENTS

A big "Thank You" to our patients for their generous donations to the Mikayla's Grace Charity! Total donation amount= \$654.26! (\$20 came in after we wrote the check...)



INSIDE THIS ISSUE:

ANNOUNCEMENTS	1
WHAT'S HAPPENING	2
THE RIGHT GYM FOR YOU	2
IN THE KITCHEN	3
PAIN IN THE NECK	3
TESTIMONIALS	4
REFERRALS	4
PURIFICATION PROGRAM	4

WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN JANUARY?

- Dr. Herrle is looking forward to skiing and snowshoeing with his family!
- Dr. Christiansen celebrates his birthday on the 9th, so he will have his family over for a birthday gathering and gluten-free cake :)
- Dr Tom is waiting to bust out his snowshoes and head to Lapham Peak State Park with his wife, Kirby, and dog, Ari.
- Dr. Jason is looking forward to cheering on the Packers to the Super Bowl!!
- Shay just completed a detox and is happy to be feeling healthier than ever during the holiday season!
- Mary is celebrating her birthday this month. She is looking forward to the PUSH for better health that comes with the beginning of the year. She is enjoying the snow, but looking forward to a vacation to see her dad and do some fishing and kayaking.
- Jamie is excited to go to the Dells for New Years this year. Shopping, water slides, fun games, good food and great company...what more could you ask for! Happy 2013 Everyone~!
- Ashley is excited that the holidays are over and that she can just relax now. She is looking forward to doing some snowmobiling with her husband and in-laws and doing other fun winter activities.
- Amanda is looking forward to continuing to renovate her house with her husband. She is also looking forward to her trip to Chicago. She is most excited about sledding, making snowmen, and having snowball fights.

THE RIGHT GYM FOR YOU (THANKS, PERFECT PATIENTS)

It's that time of year again. That time when we make all kinds of resolutions that we can keep, yet rarely do. One of the most popular resolutions is to join a gym so you can get proper exercise and lose that bowling ball you're carrying around your waist or all that extra "junk in the trunk."

But how do you choose the right gym to join? Cost is usually a consideration, but there's a lot more to think about than that. The following list gives you something to consider when you're shopping around for a gym membership:

- Ask for a trial run.
- Check into discounts on any initiation fees or promotional "deals" that can reduce this fee substantially.
- See if they offer "off-peak" memberships if you can come during the slower times of the day for a reduced fee.
- Check into what equipment is available and if there is training on the machines. Does the gym offer classes as well?
- Take a look at several gyms. Go into them and get a feel for the type of people the gym attracts and whether or not you will feel comfortable there. Many gyms today offer male only or female only membership – is this something that would appeal to you?
- Do you like to exercise in a pool? Make sure the gym you are interested in has one if laps or water aerobics are your thing! Do shower facilities matter to you? If so, not all gyms have them.
- What about the hours?
- If you need to take extended breaks, for travel or school breaks, find out if the gym can work with you to put your membership "on hold."
- Location is important – if the gym is too far away – you'll find any little excuse to stay on that sofa at home!
- Know the rules on early cancellation, especially if you have to move, become unable to exercise due to a health problem.



Gym memberships are certainly recommended to get the exercise that is crucial to living the chiropractic lifestyle. We encourage you to get fit and *stay* fit to stay healthy. Be sure you arrange a chiropractic check up before starting an exercise or slimming program!

IN THE KITCHEN WITH DR. HERRLE

PINE NUT PARMESAN SALAD



TOTAL PREP TIME: 30 min.

LEVEL: SUPER EASY

INGREDIENTS:

- Spring lettuce mix
- Toasted pine nuts (can be replaced with pecans or walnuts)

- Shaved fresh parmesan cheese
- Craisins (your choice of flavor)
- Balsamic vinaigrette (2 parts olive oil and 1 part balsamic vinegar shaken)
- Salt and Pepper to taste

DIRECTIONS:

1. Wash lettuce mix and spin dry
2. Toast pine nuts on low/med heat in a fry pan with no oil (dry pan)
3. Place lettuce in a big mixing bowl
4. Use a veggie peeler to shave pieces of parmesan cheese into salad mix
5. Salt and pepper to taste
6. Put a generous handful of craisins into mix
7. Add vinaigrette and lightly toss until leaves are coated
8. Top off with toasted pine nuts.
9. Enjoy this delicious simple salad that will impress your guests every time!!

PAIN IN THE NECK? (THANKS, PERFECT PATIENTS)

Many people suffer from chronic neck pain. Some suffer from chronic lower back pain...and some, unfortunately, suffer from both! And, unfortunately, untreated neck pain can potentially cause far more damage than untreated back pain.

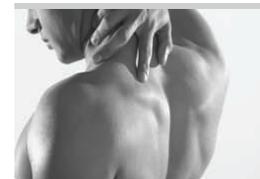
The cervical (neck) spine starts at the base of the brain stem, includes the first seven bones of the spinal column, and runs to right above the shoulder blades. In addition to bones, the cervical spine also contains muscles, ligaments and joints, with nerve endings that respond to problems in your body by conveying the sensation of pain to the brain.

Neck pain often results from performing repetitive movements that can injure these structures. For example,

working at a computer holding your head in the same position, sleeping in the wrong position placing a strain on your neck, poor posture, painting a ceiling – all can result in a strain, sprain, inflammation or spasm in the ligaments, muscles, or joints in the neck.

Neck pain can be experienced in two ways – as actual pain, like that caused by a disc problem, or as "pins and needles," numbness or weakness, making walking difficult, creating balance issues or neck stiffness. It may originate as a result of a whiplash injury due to an automobile accident, the aging process, stresses of everyday living, job-related repetitive movements, spinal tumor, compression of vertebrae, discs or nerves, or obesity.

Someone who experiences these symptoms would be wise to undergo a thorough examination to determine the cause of either type of cervical pain. Our practice is capable of performing such an examination; we take a thorough health history and use specific objective diagnostic tools (range-of-motion tests, diagnostic imaging, flexibility tests, etc.) to determine the cause of the pain and assess our ability to help.



Very often, our patients report relief and a return to health as a result of gentle chiropractic adjustments to the cervical spine that often relieve the source of pain. Naturally. Without drugs or surgery.

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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 slept better than I have in a couple of years after my FIRST appointment thanks to Dr. Christiansen!" Courtney A.

"My headaches have disappeared thanks to Dr. Herrle!" Kathy H.

"I am actually breathing better since starting care." George R.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN DECEMBER!

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

PURIFICATION PROGRAM

Purification is merely the internal cleansing and detoxification of your body. Think of it as "spring cleaning" for your insides.

Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. Toxins can contribute to a wide range of conditions: Stuffy head, fatigue or difficulty sleeping, digestion and other gastrointestinal problems, food cravings and weight gain, reduced mental clarity, low libido.

What are the benefits of purification?

A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. By participating in a purification program, you may notice the following: Improved weight management results, increased energy/vitality, better digestion, less bloating, clearer skin, shinier hair, better sleep, clearer thinking, disappearance or lessening of past conditions

How is purification different than any other diet?

The Purification program is not a diet. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight. The purification program emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and saturated fats. Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

ASK TODAY HOW TO GET STARTED ON THE NEW YOU!!!!!!