

# THE WELLNESS REPORT:

## HAPPY NEW YEAR, HAPPY NEW YOU!

BROOKFIELD CHIROPRACTIC

VOLUME 3 ISSUE 1 JANUARY 2014

### A WORD FROM THE DOCTORS

Dear Patients and Friends,

Good grief! We could have sworn that by now we would all be driving electric cars that would fold up into a brief case like the old Jetson's cartoon! (If you don't remember them, no worries.) Some things change, some things stay the same, right?

Well, change is the only constant thing. Dr. Herrle was talking recently with an eight year old, reminiscing about how things used to be. It came as a shock to her that the internet didn't exist until just a couple short decades ago. She was asking, "What did you guys used to do when you were kids if there were no iPads to play on or Xbox 360's?"

He got a chuckle as her face wrinkled when he described to her how we would do crazy

things like climb trees, play hide and seek, and ride our bikes all around town. Of course the only rule we had was "Be home before the street lights come on." Heck, he even remembers playing "kick the rock down the street" while walking to school each morning. Not as sophisticated as a smart phone, but just as fun. It was even more comical when he described how cars used to have roll up windows and that we used to ride around in the back of a pickup with no seat belts, of course!

Oh, how times have evolved. We look at the emerging technology and it fills us with wonder, while making life a bit nostalgic and longing for the past at the same time. One thing we can all agree on is that change is the only constant thing! Happy New Year to you and yours! We appreciate you taking an active role in your health and healing and letting us be a part of that. Make 2014 the best year yet!

-The Doctors of  
Brookfield Chiropractic

### WHAT'S HAPPENING THIS MONTH

January 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	29	30	31	

- **Jan. 1st**  
Office Closed -  
Happy New Year!
- **Jan. 8th@ 6:30PM**  
"Regaining Your Youth and Vitality, the keys for staying healthy for a lifetime" at Meiji Cuisine. Bring Friends! Help us change lives.
- **SATURDAY HOURS Jan. 11th, 25th** Open 8-9am

### ANNOUNCEMENTS

We have recently been receiving many calls from patients cancelling their appointments because they are sick. We often hear the phrase 'I don't want to spread my germs and get you guys sick...'. While we understand that there are times you are too ill to leave the house, being under the weather is a PERFECT reason to come and get adjusted. Having an adjustment can help speed your healing, and...

#### *We Aren't Afraid of Germs!*

Germs are a normal part of our environment. The flu bug is everywhere during flu season—but some people experience flu symptoms, while others remain symptom-free all winter long. We all are exposed to the same bugs, but we have to rely on strong immune systems to fight off the bacteria or viruses.

Maintaining a strong immune system is hard work—eating healthy, taking time to rest, avoiding sugar, staying active, taking the right supplements—but we try to keep ourselves in tip-top shape so we can serve YOU when you aren't feeling 100%!

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

- Dr. Herrle is looking forward to skiing, both cross country and downhill as well as watching the NFL Playoffs.
- Dr. Christiansen is celebrating his 38th birthday on January 9th—he is excited!
- Dr. Schilder is looking forward to getting out and doing some ice fishing!
- Shay is excited for a trip to Chicago to visit the art museums with her husband.
- Jamie is looking forward to what this year has in store for her! The holidays were
- great. She went to her first Packer game. Happy New Year To You!!
- Ashley is excited to celebrate her best friends birthday in Madison this month.
- Tiffany is looking forward to just spending some relaxing time at home recuperating from the crazy holiday festivity.



“Cheers to a new year and another chance for us to get it right.”

— [Oprah Winfrey](#)

## 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

### CLASSIC PINE NUT PARMESAN MIXED GREENS SALAD

**TOTAL PREP TIME:** 30 min.

**LEVEL:** VERY SUPER EASY

**INGREDIENTS:**

- Spring lettuce mix
- Toasted pine nuts (can be replaced with pecans or walnuts)
- Fresh shaved parmesan cheese
- Craisins (your choice of flavor)
- Balsamic vinaigrette (2 parts olive oil and 1 part aged 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.

*"Enjoy this delicious simple salad that will impress your guests every time!"*

-Dr. Kevin



**Your Health is your Most Important ASSET.**  
**Take IT seriously. We Do!**

## TIPS FOR HEALTHY WEIGHTLOSS (THANKS, CNN.COM)

Most people treat themselves by indulging in a gallon of ice cream or by lounging around the house, watching TV. But "treat yourself" should mean exactly the opposite. Follow these helpful tips to "treat yourself" to a healthier, slimmer body:

### 1. Table. Plate. Chair.

Every time you put food in your mouth, you should have three things, Blatner says: a table, a plate and a chair.

These three items ensure you're not sneaking snacks from the refrigerator late at night or gulping down 1,000 calories in your car from a fast food joint.

Research shows that eating mindfully helps people pay closer attention to the enjoyment of eating and to feelings of fullness. Studies suggest people who eat mindfully consume fewer calories at meals, no matter how much is on their plate.

### 2. Willpower is a mental muscle. Exercise it.

People list lack of willpower as the No. 1 reason holding them back from improving their lives in some way. Willpower is not a gene. It's a tool that we all have that we have to learn to use, develop and manage.

Like any muscle, your willpower gets tired. So you have to plan and know what you will do in situations that offer an unhealthy choice. You also have to be prepared for emergencies, such as at the end of a long work day, when your willpower is exhausted and the drive thru window beckons. Willpower also needs to be replenished daily. The best way to do this? Get enough sleep!

### 3. Do not eat in response to external situations.

You're at the movies. It's your cousin's bachelorette party. Your son is at the top of

his graduating class. What's a ball game without a hot dog? If you want to lose weight, avoid eating in response to external situations. Plan what you're going to eat at these special occasions so you don't have to rely on your willpower. While it can be healthy to share food at a celebration, don't use it as an excuse to eat when you are not really hungry.

### 4. Life will never be stress-free. Learn to cope.

There never will be a long period in your life without stress. And if we cope with everyday stress by indulging in brownies and vodka, the weight will continue to pile on. Life happens. The key is to learn positive coping skills. If work is stressing you out, take a 10-minute walk instead of hitting up the cookie tray. Take a yoga class at the end of a long week. Use deep breaths on the phone call with your mother.

Remember, you have a choice in how you react to every situation—be kind to yourself!

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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

"Everything is good except the crying cowboy background music."  
~Anonymous (We got a good laugh out of this one—and we will try to keep more variety in the music!)

"Dr. Jason was fabulous! Very friendly and thoughtful. I could definitely tell he cares about his patients. Overall the staff was very helpful."  
~Stephanie H.

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

- Kelly Q
- Kelly H
- Deb B
- Dottie W
- Emery K
- Charlie J
- Kathy H
- Erica C
- Alicia S
- Gerri T
- Mike L
- Angela S



## SUPPLEMENT OF THE MONTH : STANDARD PROCESS PURIFICATION

*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 can help you remove 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 refined carbohydrates and unhealthy 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!!!!!!!**