

# 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 have been seeing Dr. Herrle for awhile, I love that everyone is very nice and polite at the office. They make you feel very comfortable. I have had nothing but good experiences at this office. I would recommend anyone to this office!" - Sue C.

"Love going here. Everyone is very friendly and helpful and I have not felt this good for years. It's wonderful to wake up in the morning without neck pain!" -Angela C.

"Dr. Matt and Dr. Jason give my daughter and I excellent care every time we come in for treatment."- Lori W.

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

- Neil M.
  - Mandy M.
  - Debbie R.
- Amanda B.
  - Maria A.
  - Arlene S.
  - Sarah A.
- Michael V.
  - Christy S.
  - Kari B.

## SUPPLEMENT OF THE MONTH: SUPERGOOP!

Skin cancer is on the rise with the increased use of sunscreens, so use a product that is safe!

Despite the name, Supergoop! is anything but "goopy". Lightweight and fast-absorbing, their non irritating formulas are never greasy or sticky.

Supergoop! is the first and only prestige skincare brand 100% dedicated to sun protection. Clinically tested. Paraben, synthetic fragrance and oxybenzone free.

Whether you want a lotion or mist, eye cream or serum, we have a formula just right for you so it's easy to incorporate UV protection into your daily skincare routine.

See our featured products and save 20% while you save yourselves and your families from skin cancer.



# THE WELLNESS REPORT:

GET A "BANG" OUT OF LIFE WITH GREAT HEALTH THROUGH CHIROPRACTIC ADJUSTMENTS

BROOKFIELD CHIROPRACTIC

VOLUME 4 ISSUE 7 JULY 2015

Summer is in full swing, festivals, fireworks, food, fun and plenty of yard work...

Be safe in your activities and travels and be sure to take extra time to apply your icepacks after doing things that aren't part of your everyday routine whether you feel symptoms or not. Prevention is the Key!

I wish you all the best Summer has to offer!

-Dr. Herrle

(Family Selfie from the Space Needle in Seattle)



## WHAT'S HAPPENING THIS MONTH

July 2015						
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	

Do you know what a subluxation is? Or what to tell your friends when they ask why you see a Chiropractor? Attend the next dinner talk at Meiji Cuisine for a free dinner and presentation! Bring a few guests and have a great time!

Upcoming Dinner Talk-  
• Thursday July 23rd- 6:30

## ANNOUNCEMENTS

### It's PARTY TIME!!!

Time for us to give back to all of you who have been loyal and faithful about taking care of yourselves over the years. We will be giving away LOTS of prizes including a 40" smart TV!

See insert for all the details. DON'T MISS OUT!!

SEE YOU THERE!



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## WHAT'S UP WITH US IN JULY?

- Dr. Herrle is best way to relax!
- Dr. Christiansen loves keeping his kids busy in summer with horses, swimming and lots of outdoor time! He keeps their skin safe with Super Goop, the product of the month this July.
- Dr. Schilder is looking forward to fishing all summer long. Anytime spent outside is great and fishing is the
- Ashley is excited for two big parties this month! One is a family reunion and the other is our patient appreciation party here at Brookfield Chiropractic. She is looking forward to celebrating with everyone!
- Tiffany is looking forward to maintaining all her hard work in the garden. It's always so fun to see what's
- Emily is super excited to celebrate her son's 1st birthday! They are throwing a monster themed party with all their friends and family and plan on going to see some fireworks after.
- Anna is looking forward to all the fireworks this month. She goes to as many

as she can, they are her favorite!

## CAN CHIROPRACTIC IMPROVE YOUR GAME? (THANKS, PERFECT PATIENTS )

It's been called the "gentleman's game" but more and more women are joining in as well. Many schools and colleges have teams and it's considered the perfect game for networking or negotiating important business deals. We're talking about golf, and golf courses are big business, from building them to maintaining them, as more and more players are getting into the game!

### Can Chiropractic Improve Your Game?

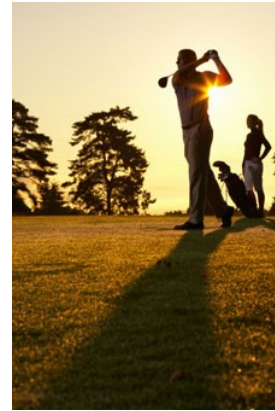
- Many golfers suffer from chronic low back pain. Back pain responds exceptionally well to chiropractic adjustments, increasing mobility and range of motion.
- Chiropractic care aims to help improve posture and flexibility, two components of longer and more powerful drives.
- We become less flexible with age and immobility (working at a desk job, sitting in a car driving every day) contributes to that as well. Swinging a golf club requires collaboration on the part of many joints from the feet up to the hands, including ankles, knees, hips, spine, elbows and wrists. Lack of flexibility contributes to many repetitive motion injuries in the joints. Chiropractic care attempts to address, correct and prevent joint injuries.
- When combined with stretching and corrective exercises, chiropractic care is a cost effective, all natural way to improve mobility...which translates to consistency during the four-five hours it takes to play 18

more powerful drives.

holes.

Fancy new high tech clubs, shoes with the right spikes and the latest golf attire do nothing to improve your game. However, increased flexibility and mobility can certainly improve your golf score. Just ask the professionals—nearly 75% of them receive regular chiropractic care while on tour each year.

Jeffrey H. Blanchard, golf professional and author of *The Geometry of Golf* stated, "The chiropractor is the perfect choice to evaluate, educate, treat, condition and train those who choose to play golf."



Chiropractic care aims to help improve posture and flexibility, two components of longer and more powerful drives.

## HOW'D YOU SLEEP LAST NIGHT? (THANKS, PERFECT PATIENTS )

If you aren't getting enough sleep or enough high quality sleep, the problem may simply be the amount of light you're exposed to.

Melatonin affects both our desire to sleep and the quality of our sleep. Darkness enhances melatonin

production, while light inhibits it.

Because bright lights can disturb the normal production of melatonin, make sure your bedroom is completely dark. Create a darker environment by using light blocking blinds, lined

curtains or even an eye mask to block out all light.

A major health complaint for the over 65 population is difficulty sleeping. Many elderly people do not spend sufficient time outdoors and therefore lack an adequate amount of

bright light exposure.

Getting outside more, or increasing the level of light in their homes during the day and early evening hours may actually alleviate the major cause of their sleep distress!

## IN THE KITCHEN WITH DR. HERRLE: ORANGE WALNUT SALAD WITH CHICKEN



**Serving Size:** 1 (with leftover dressing)

**Total Time:** 20 min

### Ingredients:

- 1/3 cup walnut oil
- 1/3 cup orange juice
- 1 TBSP red wine vinegar
- 1 clove garlic, minced
- 1 tsp freshly grated orange zest
- 1 tsp reduced sodium soy sauce
- 1/4 tsp salt
- 1/4 tsp fresh ground pepper
- 3 cups mixed greens
- 1/2 cup diced, cooked chicken breast
- 1 orange, cut into segments
- 2 TBSP crumbled goat cheese
- 2 TBSP toasted walnuts\*

### Directions:

1. Place oil, orange juice, vinegar, garlic, orange zest, soy sauce, salt and pepper in a bowl or a jar with a tight fitting lid; whisk or shake until well combined.
2. Place greens in an individual salad bowl; toss with 2 TBSP of the dressing. (Refrigerate the remaining dressing). Top the greens with chicken, orange segments, goat cheese and walnuts.

\*To toast walnuts, spread on a baking sheet and bake at 350, stirring once, until fragrant, about 7-9 minutes.

### HEALTH BENEFITS OF WALNUTS AND ORANGES

Continue reading below to see the many health benefits of walnuts!

Oranges are an excellent source of vitamin C, dietary fiber, and a good source of B vitamins. They make a perfect snack on a hot summer day!



## What's in your kitchen? (Thanks, Perfect Patients)

Did you know that your kitchen cupboards are chock full of good stuff that works as natural remedies for many common ailments?

What we eat has a huge impact on our health, and this has never been more apparent than in today's world. We know that some foods are good and that others don't nourish our bodies as well.

Chinese medicine experts, Yuan Wang and Warren Sheir and writer Mika Ono co-author the book *Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life*. They share research about some items that you probably have lying around your kitchen that might help keep you healthy.

- **Mushrooms.** The long history of this vegetable includes a reputation for enhancing immunity and is being investigated for potential anti-cancer and anti-viral properties.
- **Green tea.** Laboratory studies suggest green tea may help slow certain cancers. Tea may also aid in weight loss, lower blood cholesterol, inhibit the absorption of fatty foods and protect your skin from the damaging sun through data hasn't been conclusive on the subject.
- **Walnuts.** Not only do they provide you with valuable Omega-3s, but also walnuts are being studied for their role in reducing the damage caused by unhealthy fats and ability to counteract Alzheimer's disease.
- **Peppermint.** This refreshing herb may address indigestion, gas and bloating. Its cooling properties suggest it relaxes the involuntary muscles in your digestive tract.
- **Fresh Ginger.** Ginger can be used to aid digestion and help when your stomach is upset. It may also help fight off some types of the common cold.
- **Garlic.** Research shows garlic has antibacterial and immunity-enhancing properties, not to mention being a tasty addition to cooking.

- **Cinnamon.** It's not just used in sweet desserts! Some studies have shown that cinnamon can help control blood sugar and may have antibacterial properties.

Foods can be used to proactively protect our bodies and minds. When you combine a healthy diet with chiropractic care that checks your nervous system function, you'll be equipping your body to work as it was designed to. Let us help you start your journey toward living a full, rich life.

