

THE WELLNESS REPORT:

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

BROOKFIELD CHIROPRACTIC

VOLUME 2 ISSUE 7 JULY 2013

A WORD FROM THE DOCTORS

Dear patients and friends,

Hello again. It's July, and that means Independence Day! It's a time to be thankful for the various freedoms that we Americans enjoy each and every day.

We also have many changes happening this month in our office. We will be saying goodbye to Dr. Tom Matzke, who has decided to move closer to family with his wife, Kirby, and open a practice in the Green Bay Area.

We will also be welcoming Dr. Jeffrey Dauk, a chiropractor, who will be joining our team!

We're grateful for your continued support!
Have a happy July and celebrate safely!

-The Doctors of
Brookfield Chiropractic



WHAT'S HAPPENING THIS MONTH

July 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			

- **Thurs., July 4th**
4th of July-Office Closed
- **Thurs., July 11th**
Dinner With the Docs at Char coal Grill New Berlin. Help us change lives!
- **Sat., July 13th 8-9 AM**
Office open
- **Sat., July 27th 8-9 AM**
Office open

ANNOUNCEMENTS

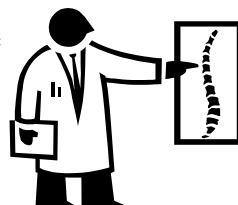
WELCOME

We are excited to welcome Dr. Dauk to our office! He is bringing years of chiropractic experience to our office!

We are also excited to introduce Tiffany to our team. Dr. Kevin and Dr. Matt worked with her in their old office in Waukesha and are looking forward to her being here. She will be helping out with therapies on Thursdays and Fridays so Jamie can spend more time working on events and promotions.

Be sure to introduce yourself and welcome them the next time you're in!

Mark your calendars for July 11th! The Dinner with the Docs has gotten makeover and a facelift! The Doctors will now be speaking on specific topics in addition to how the body works on a monthly basis. The topic for July 11th is Headaches, so bring a guest and let them learn for themselves what we do. RSVP to Jamie at 262-901-5919 by July 9th as this one is sure to fill up!



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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN JULY?

- Dr. Herrle is looking forward to fireworks, cookouts, golf, and relaxing in the backyard on the deck.
- Dr. Christiansen is looking forward to celebrating 4th of July and spending time with my father in law who is coming in to town for a week.
- Dr. Matzke is moving to Green Bay! Everyone at Brookfield Chiropractic wish him success in his new venture!
- Dr. Schilder is looking forward to doing some salmon fishing on Lake Michigan.
- Shay is excited to have Dr. Dauk as a new member of our team!
- Mary can't wait for cream puffs at the State Fair.
- Jamie is looking forward to all of the fun summer festivities that are just around the corner! Also, she can't wait to go on her family vacation to Kettle Moraine lake in the beginning of August!
- Ashley is excited for the Trebiatowski annual family reunion this month. It's all about fun, family and celebrating being Polish!!! She is also excited about her husband's cousin's wedding. She has been enjoying watching her garden grow and looking forward to making some yummy dishes.
- Tiffany is looking forward to getting back into the chiropractic lifestyle and working with camels at the Racine Zoo!

THIS IS A JOB FOR SUPER FOODS! (THANKS PERFECT PATIENTS)

If someone were to ask for a list of the top most nutritious foods, no list would be complete without mentioning the following:

1. **Apples**— Loaded with fiber and antioxidants, these crunchy snacks might actually help keep the doctor away, by reducing cholesterol and your risk for cancer and heart disease. But remember to eat the skin!
2. **Avocados**— Did someone say guacamole? Also high in antioxidants, they help to reduce cholesterol and your risk for cancer and diabetes.
3. **Blueberries**— A low-calorie fiber and antioxidant source, blueberries may help improve short-term memory and slow down the effects of aging on the brain (i.e., Alzheimer's).
4. **Broccoli**— This highly nutritious vegetable, a relative of spinach, cabbage, cauliflower, Brussels sprouts, kale and collard greens, contains vitamin C and beta-carotene. Broccoli may help prevent diabetes, certain cancers and heart disease.
5. **Flaxseeds**— Reduce the risk for heart disease by providing plenty of omega-3 fats.
6. **Pomegranates**— These are receiving a lot of press lately, and little wonder! They contain three times the amount of antioxidants as those found in red wine and green tea. Long-term use of this juice helps to prevent heart disease and reduces the risk of certain cancers and some of the not-so-nice effects of aging (i.e., Alzheimer's).
7. **Salmon**— A major source of omega-3 fats, decreases your risk for developing heart disease, cancer, Alzheimer's, stroke, diabetes and arthritis and may help with depression. Choose wild salmon over farm raised.
8. **Sweet Potatoes**— They're loaded with beta-carotene and are great metabolism boosters! They are also a good fiber source, fat-free and low in calories – so they're ideal for dieters!
9. **Walnuts/Almonds**— These nuts are good for you! Loaded with nutrients, antioxidants and omega-3 fats, they help reduce cholesterol and keep you heart-healthy. The protein, fiber and healthy fats they contain may make you feel full, so you might not be as prone to over-indulge in foods that are not so good for you!

Proper nutrition, exercise, getting enough rest – all of these are part of a healthy lifestyle that we encourage when you come in for your regular chiropractic care. All work together to make the healthiest you that you can be!

IN THE KITCHEN WITH DR. HERRLE: SUPER FOODS SALAD



TOTAL PREP TIME: 10 min.

LEVEL: EASY

INGREDIENTS:

- Organic spring lettuce mix
- 1 avocado, taken out of its skin, pitted, and sliced
- Handful of fresh blueberries
- Handful of chopped walnuts
- Balsamic vinegar
- Olive oil
- Salt and pepper

DIRECTIONS:

1. Put lettuce in a bowl.
2. Top with avocado, blueberries, and walnuts.
3. Drizzle with a little balsamic vinegar and olive oil.
4. Optional: Toss a tblsp. Of flaxseeds on salad
5. Enjoy! Note that this salad will not store well as the avocados will brown over time.

HEALTH BENEFITS OF AVOCADOES, BLUE-BERRIES, WALNUTS

- **Check out the article on page 2 to find out the benefits of these super foods!**



GET YOUR HEAD ON STRAIGHT (THANKS PERFECT PATIENTS)

How many times when you were growing up did you hear a parent or respected adult tell you to, “Get your head on straight!” This usually followed some serious lapse in judgment that surprised everyone – including yourself – when you realized the error of your ways!

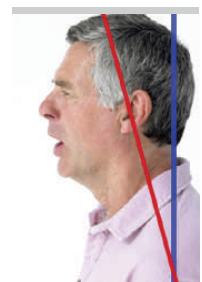
But it really is possible that your head’s not on straight and that can cause all types of problems – physical ones - that may have nothing to do with your judgment!

Your posture may provide one reason for your head not being on straight. Upon examination of many of our practice members, we discover a condition known as “Forward Head Posture.” This condition results from the loss of the normal curve in the upper cervical spine, usually as a result of poor posture or some type of uncorrected trauma. Many jobs today require long hours sitting in front of a computer or driving in a car, both of which may contribute to this condition.

Forward head posture usually produces some type of pain or discomfort, which may include headaches, sleep apnea, and pain in the neck, shoulders, back and arms. Chiropractic care can be effective in reversing forward head posture, returning the cervical spine to its normal C-curve, reducing pain and preventing further degeneration in the spine. Sleeping on a pillow that supports your cervical spine can be helpful. (Ask for more details on your next visit.)

Do you work on a computer for long periods? Or drive for many hours a day? Make sure that you take frequent breaks and that you focus on your posture, making sure you are sitting up straight with your head in an upright position. When your head is on straight, you should feel no pulling in your neck muscles.

If you have any concerns about forward head posture or are experiencing the type of pain described here, please be sure to mention it to us when you come in for your next visit. We want to help you get your head on straight!



From the side, your ear should be centered directly above the middle of your shoulder.

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



LIKE US ON
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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

“Not only do I appreciate Dr. Herrle’s professionalism and care for his patients’ individual needs, but I also appreciate his friendship.” ~Alan U.

“Was very happy with my initial visit. Looking forward to having my problems fixed :)” ~ Jody S.

“Fantastic! All of the staff are pleasant, professional, and easy to work with” ~ Sharon W.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN JUNE!

- Char N.
- Ashley W.
- Lisa S.
- Brandon S.
- Tasha G.
- Belinda B.
- Mark K.
- Natalie M.
- Michael V.
- John B.
- Steve K.
- Schayler Y.
- Dilia B.

SUPPLEMENT OF THE MONTH: STANDARD PROCESS COD LIVER OIL

REGULAR PRICE: \$39 for 2 month supply SALE PRICE THIS MONTH ONLY: \$31.20!

Description: Standard Process Cod Liver supports 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 Q₁₀ (CoQ₁₀).

- 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 CoQ₁₀†

*Now available in the
office at 20% off!*

