

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

"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.

"This is and always will be the best wellness and adjustment ever! Everyone is so helpful and wonderful!!" -Eugenia W.

"Could not say enough good things about this service. Willing to work with their patients with appointments, any schedule changes if needed. The office staff has to be the best group I have ever had to deal with. I would recommend Brookfield Chiropractic services to anyone." -Roscoe F.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN MAY!

- Brandi S.
 - Sarah A.
 - Ron P.
- Viki S.
 - Linnea T.
 - Nancy R.
- Bobby B.
 - Chris H.
 - Dan G.

SUPPLEMENTS OF THE MONTH: KIDS HEALTH!!! 20% OFF

Product names:

Ultra Flora Children's

Omegagenics DHA Children's

Description Ultra Flora Children's: formulated for daily immune health and digestive support with a proprietary probiotic blend provided in delicious, naturally grape-flavored chewable tablets.
• Clinically demonstrated daily support for GI and immune health.
• Helps maintain a healthy balance of intestinal flora.

• Facilitates the digestion of lactose.
• Features xylitol, a natural sweetener that has been shown to help prevent tooth decay.

Description Omegagenics DHA Children's: High quality, concentrated omega-3 capsules. Low levels of DHA have been correlated with changes in disposition, memory loss, visual, and other neurological conditions. DHA is essential for mental and visual function. 60% of the structure of the brain is fat, with DHA being the most abundant component.

DHA is essential for brain, nervous system, and eye transmission and function.



THE WELLNESS REPORT:

IMPROVE YOUR SUMMER FUN WITH CHIROPRACTIC CARE

BROOKFIELD CHIROPRACTIC

VOLUME 4 ISSUE 6 JUNE 2015

A WORD FROM THE DOCTOR

As I sat at a fundamentals of nutrition seminar two weeks ago, I realized that I have failed you all as a Doctor...I still have many people that are taking prescriptions daily, are overweight, have autoimmune diseases, and don't know how to be totally healthy. I am in the process of changing that right now and will continue to educate myself so I can educate you all to be healthier and to live up to your God-given potential. I will be starting a series of power workshops in the office so I can get this critical information to you to make your lives better and help the ones you love and care about be healthier too. Stay tuned to your email for dates and times as well as in-office handouts. I care about you all and wanted you to know that I will do my best for you every day. God Bless.

-Dr. Kevin



ANNOUNCEMENTS

Have you ever wondered what your body is made of on the inside?

How much lean tissue do I have? How much fat and extra weight am I carrying around?

What is my BMI? Am I going to live my best life for a long time, or am I a toxic mess?

We have the technology to do all these measurements and more in a painless 30 second test. We will then follow up by having you fill out an extensive health history to see what we need to address with your particular case. We want you to be healthier and we have a way to measure and track your progress. (See Insert for Details)

WHAT'S HAPPENING THIS MONTH

June 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				

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 Talks-

- Monday June 22nd- 6:30

We're Open! 8am-9am

- Saturday June 13th
- Saturday June 27th

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WHAT'S UP WITH US IN JUNE?

- Dr. Herrle is looking forward to a Door County trip and relaxing with his family.
- Dr. Christiansen is excited for more play time outside with his kids.
- Dr. Schilder is looking forward to heading on his third mission trip to Fiji to provide health screenings and chiropractic care to underprivileged schools and orphanages.
- Ashley is really looking forward to attending Country USA with her sister and best friend. They are camping and can't wait for all the great music, hopefully the weather will be just as great!
- Tiffany is excited to get to spend some extra summer fun time with her nephew. There are no specific plans yet but they are bound to stumble onto some mischievous adventures. Her garden will be in full swing so as always, she looks forward to the time she will be spending fussing over plants.
- Lilly is sad to leave Brookfield Chiropractic behind but is looking forward to her new adventure in Florida. She'd like to thank all the wonderful patients who make this such a great place to work!
- Emily is looking forward to summer rugby tournaments with her husband and son.
- Anna is looking forward to warmer weather. June usually brings a lot of sunshine and she can't wait to spend time outside!

BENEFITS OF CHIROPRACTIC CARE FOR KIDS (THANKS, LIVESTRONG.COM)

An increase in chronic childhood disease is part of the reason parents today seek alternative health care for kids. Chiropractic care is an effective and affordable program by licensed providers that addresses children's health conditions associated with the nervous and musculoskeletal systems. Gentle, noninvasive and drug free, chiropractic adjustments treat, resolve and prevent a wide range of health problems. Recent research by the International Chiropractic Pediatric Association found spinal manipulative therapy safe and successful in treating children of all ages.

Acute Conditions

Acute conditions may result from birth trauma, sports mishaps and accidental injury. Chiropractic care benefits children by correcting the spinal alignment to improve their

overall health. When vertebral joints are misaligned during birth or from a blow or fall, muscle tissue and nerves may also be affected. Spinal adjustment free joints, restores motion and relieves nerve pressure, which may be the cause of additional ailments. Parents report successful treatment of children's health issues such as acute earache, upper respiratory infection, muscle pain, neck pain and accident trauma. Spinal manipulation for children as young as newborn babies is an alternative treatment for the discomfort of colic and other digestive disorders as well.

Chronic Conditions

Parents surveyed by the ICPE reported behavioral improvement for kids who saw a chiro-

practor, as well as improved sleep and stronger immune systems. Although scientific evidence in these areas is still inconclusive, the growing number of those seeking children's health care from chiropractors is a positive endorsement of its benefits. Chiropractic America reports that natural, drug free chiropractic care is sometimes more effective than traditional medical approaches for chronic earaches, scoliosis and neck pain. Headaches and sleep disorders of non specific causes respond well to spinal adjustments, which affect and repair interrupted neural pathways. Asthma and allergy symptoms and patterns of attention deficit hyperactivity disorder may also be treatable with chiropractic.

Prevention

Success in these areas has implications for chiropractic care's preventative capacity. Periodic ongoing adjustments at a young age may help stave off the above ailments before they begin. Proper spinal alignment now may delay or prevent degenerative bone or joint disease, such as osteoporosis and osteoarthritis. In addition to maintaining children's health, regular visits to the chiropractor also instill the value of proactive health care in kids. They'll be more likely to monitor and manage their health as they grow up and less likely to be afraid or in denial of any health problems. Encouraging good lifelong health habits is one of chiropractic's best benefits for kids.

5 WAYS TO USE CHIROPRACTIC CARE (THANKS, PERFECT PATIENTS)

1. Relief care— Many people begin here. Pain prompts them to begin chiropractic care. If you stop care as soon as you feel better, you'll invite a relapse. Muscles and soft tissues do most of their healing after symptoms disappear.
2. Corrective care— With the most obvious symptoms reduced, many of our practice members opt to continue their care. This helps stabilize and strengthen their spine. Doing so helps promote lasting changes and helps avoid a relapse.
3. Maintenance care— Like brushing or flossing your teeth, regular chiropractic care helps maintain your progress and avoid a relapse.
4. Preventative care— Periodic checkups can help catch new problems early, as well as prevent new problems from occurring.
5. Wellness care— We experience life through our nervous system. That's why optimizing our nervous system is the key to becoming all that we can be and living life to the fullest.

IN THE KITCHEN WITH DR. HERRLE: HEALTHY APPLESAUCE



Ingredients:

- 3 organic apples of your choice
- 1/4 cup water
- 1/2 teaspoon cinnamon

Directions:

1. Peel, slice and chop your apples. Place in a microwave safe dish.
2. Mix together water and cinnamon.

3. Pour water mixture over chopped apples.
4. Microwave on high for 5-6 minutes.
5. Pour apples into the blender.
6. Enjoy!

Total Prep Time: 10 minutes

Total Cook Time: 5-6 minutes

Level: Easy

HEALTH BENEFITS OF APPLES

Apples are rich in antioxidants, flavanoids, and dietary fiber. They contain vitamin C which boosts the body's resistance against infectious agents. They are rich in B complex vitamins which maintain red blood cells and keep the nervous system in good health. Foods that contain dietary fiber help prevent development of certain diseases and may prevent bad cholesterol.

40 Summer Ideas for Kids instead of watching TV

1. Write with colored chalk on sidewalk, make a hopscotch.
2. Water balloon games.
3. Wash the car, bikes, toys, etc.
4. Paint the house or deck with water and a big brush.
5. Run through the sprinkler.
6. Make a playhouse from a large box.
7. Make tents inside the house using blankets.
8. Jump rope.
9. Milk carton basketball (milk carton and socks)
10. Play kickball.
11. Hide and seek.
12. Go to the park.
13. Play mini-golf.
14. Go to the zoo.
15. Go bowling.
16. Go on a bike ride.
17. Rock hunts.
18. Fly a kite.
19. Make a backyard garden.
20. Go on a picnic.
21. Make an obstacle course in the yard.
22. Play freeze tag.
23. Play with bubbles.
24. Read, read, read.
25. Go to the library.
26. Go to a farmer's market.
27. Go fishing.
28. Collect stones and make rock creatures with paint.
29. Play dress-up.
30. Make smoothies.
31. Make collages with rice, beans, noodles, seeds, raisins.
32. Put on a puppet show.
33. Draw a treasure map and have a treasure hunt.
34. Dig for worms.
35. Take a rainbow hike— find objects in neighborhood that are all the colors of the rainbow.
36. Go to your county or state fair.
37. Camp in your yard or in the living room.
38. Go to a beach and make sandcastles.
39. Visit your friends.
40. Put on a magic show.

