

THE WELLNESS REPORT:

IMPROVE YOUR SUMMER FUN WITH CHIROPRACTIC CARE

BROOKFIELD CHIROPRACTIC

VOLUME 2 ISSUE 6 JUNE 2013

A WORD FROM THE DOCTORS

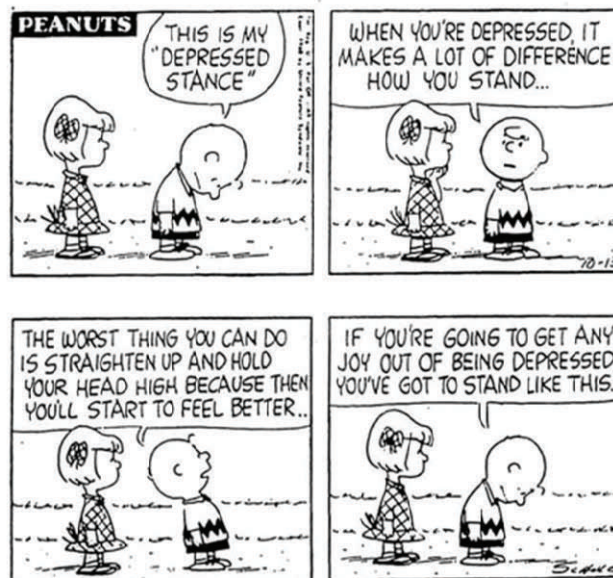
Dear patients and friends,

We wish all of the father's out there a Happy Father's Day! And we wish everyone a happy beginning to summer!

This cartoon illustrates how our body language and attitude really do affect us. Positive thinking does a great deal of good for your health!

Have a happy June!

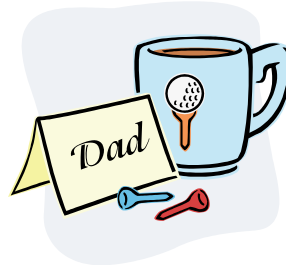
-The Doctors of
Brookfield Chiropractic



ANNOUNCEMENTS

HAPPY FATHER'S DAY!

We are honoring Dads this month in the office on June 12th with a special gift for all Dads. Schedule your appointment today to see what we have in store for you!



Saturday appointments: We are here a couple Saturdays per month for your convenience or if you miss a visit during the week.

This is a great way to start your day and weekend. We are available 8am-9am so you can get on with your day. Check out the calendar on this page!

WHAT'S HAPPENING THIS MONTH

June 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						

- **Wed., June 5th– 6:30 PM**
Dinner With the Docs at Char coal Grill New Berlin. Help us change lives!
- **Sat., June 8th - 8-9 AM**
Office open
- **Wed., June 12th - Special Dad's Day** in office
- **Sat., June 22nd- 8-9 AM**
Office open

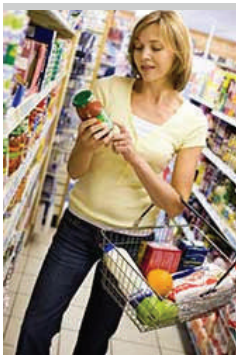
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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN JUNE?

- Dr. Herrle is looking forward to playing better golf and working in the yard.
- Dr. Christiansen celebrated his son's 4th birthday in May which was fun and exciting. In June, he will celebrate his kids getting off of school for summer vacation.
- Dr. Tom will be practicing for his last month at Brookfield Chiropractic. Thereafter, he will be moving back to Green Bay and opening his own practice, Matzke Chiropractic. He wants to thank all of his wonderful patients for letting him be their chiropractor and the amazing staff at Brookfield Chiropractic for all of the great work they have done for him the past 2 ½ years. Dr. Tom would like to share some last words and his favorite quote from BJ Palmer, the Developer of Chiropractic, "*Don't take yourself too damn seriously.*"
- Dr. Schilder is excited to embark on a mission trip to provide health screenings and chiropractic care to underprivileged schools and orphanages in rural Fiji. This will be his second mission trip of this nature.
- Shay can't wait to go tubing on the river in Lake Tomahawk this month. She has also already planted spinach, potatoes, herbs, leeks, radishes, lettuce, carrots, beets, tomatoes, peppers, broccoli raab, kale, eggplant, collards, brussels sprouts, cabbage, and kohlrabi.
- Mary is researching the G.A.P.S. diet and planning on attempting this by mid year 2013. It will require a lifestyle change and will be very different from her normal eating routine. She is hoping to be able to cure some issues she has along with educating her stepdaughter on this same diet for her own issues she has been diagnosed with.
- Jamie is looking forward to her family vacation to Kettle Moraine Lake .
- Ashley is excited for her first lia sophia conference in Indy at the end of the month. She will also be doing lots of yard work/gardening.

PRESERVATIVE PERILS (THANKS PERFECT PATIENTS)



Have you ever looked at the list of ingredients on the packaging of items you buy at your local market? Some of them you can't even pronounce – let alone describe what they are. Many of those funny sounding names and abbreviations are food preservatives, and just because they're on the shelves doesn't necessarily mean they're safe. Naturally, the safest way to keep unwanted preservatives out of your system is to eat a diet that consists mainly of organic fruits and vegetables. However, if you eat processed foods, become mindful of some of the most common food preservatives:

- **BHT, BHA and Propyl Gallate** – These are used to keep fats and oils in food from spoiling. In laboratory rats, they have been found to cause cancer. These preservatives usually show up in potato-based snacks, chewing gum, vegetable oil and cereal packaging.
- **Aspartame** – A sugar substitute used in beverages and found in diet foods, such as soft drinks and sweetened snacks. This artificial sweetener has been linked to an increase in lymphoma (cancer), leukemia and brain tumors.
- **Hydrogenated Vegetable Oils** – Found in products such as crackers, cookies, baked goods, and salad dressings, the process used to make these oils results in the creation of trans fats – prime fodder for the development of heart disease and diabetes.
- **Food Dyes** – Blue Dyes 1 and 2, Red Dye 3 and Yellow Dye 6 have been linked to the formation of various types of tumors throughout the body. Read food and pet food labels carefully to avoid these dyes.
- **Sulfites (Sulphites)** – These are used to prevent discoloration in certain dried fruits and frozen potatoes. However, they can destroy B1 vitamins in the food and may cause hives and difficulty breathing, particularly in those with a history of asthma and allergies.
- **MSG** – Used to flavor food, it may cause headaches, nausea/vomiting, and difficulty breathing in those who are sensitive to it.

Become an educated consumer. Read food labels in order to avoid the negative effects of eating foods that contain some of the more dangerous preservatives. Naturally, the best strategy is to eat fresh foods. Try to limit your shopping to the perimeter of the supermarket where there are fewer processed foods.

IN THE KITCHEN WITH DR. HERRLE: TOMATO CAPRESE SALAD



INGREDIENTS:

- 4 ripe tomatoes
- **Fresh** mozzarella cheese
- **Fresh** handful of basil
- Balsamic vinegar
- Olive oil
- Salt and pepper

TOTAL PREP TIME: 10 min.

LEVEL: EASY

DIRECTIONS:

1. Cut tomatoes into cubes
2. Cut mozzarella cheese into small cubes
3. Chop basil
4. Toss above ingredients in a bowl.
5. Drizzle with a little balsamic vinegar and olive oil.
6. Toss to coat ingredients.
7. Add salt and pepper to taste.

HEALTH BENEFITS OF TOMATOES

- They are a good source of Vitamins A, C, K, folate and potassium.
- A substance called lycopene, which is responsible for tomatoes red color, is thought to be the reason for a cancer protective effect.



“Aerodynamically, the bumblebee shouldn't be able to fly but the bumblebee doesn't know that so it goes on flying anyway.” *Mary Kay Ash*

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.



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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 can laugh and smile again! I was in constant and random various types of pain. Nerves were jacked up and causing pain from my neck down to my fingers. They relieved 90% in the first two visits. Wow. ~ Kevin H.
- I always leave feeling better! So do my kids! ~ Stacey B.
- The people are nice and accommodate any needs you have. My back had stopped hurting and I can turn my neck again. ~ anonymous

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN MAY!

- | | | |
|--------------|----------------|-------------|
| • Charlie J. | • Barry H. | • Zach H. |
| • Jack L. | • Priscilla H. | • Tasha G. |
| • Jamie B. | • Renee M. | • Dawn L. |
| • Sandy V. | • Bill W. | • Tracey S. |
| • Dana P. | • Stephanie H. | • Lisa S. |

SUPPLEMENT OF THE MONTH: ULTRA FLORA/OMEGAGENICS DHA FOR KIDS

REGULAR PRICE: Ultra Flora: \$30.00 for 1 month supply **SALE PRICE:** \$24.00

Omegagenics DHA: \$24.00 for 2 month supply **SALE PRICE:** \$19.20

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.

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.

**** 20% OFF during the
month of June ****

