

THE WELLNESS REPORT:

DON'T DEPEND ON "LUCK" TO MAINTAIN YOUR HEALTH



BROOKFIELD CHIROPRACTIC

VOLUME 5 ISSUE 3 MARCH 2016



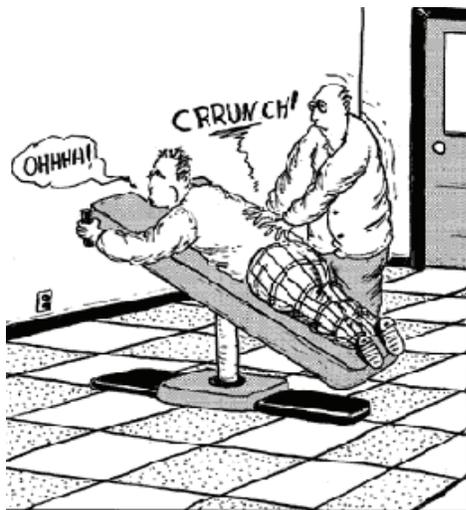
A WORD FROM THE DOCTORS

Dear patients and friends,

Did you know that March is named after the Roman god of war, Mars? The birthstone for March is aquamarine. Its colors range from greenish blue to blue-green. The flower for March is the daffodil which is also referred to as the jonquil. Since daffodils are one of the first flowers to bloom in spring, they are considered to be a symbol of rebirth, but beware, because daffodils are poisonous, if eaten. Pisces and Aries are the astrological signs for March. In the northern hemisphere, the spring equinox occurs with the first day of spring falling on March 20th or 21st. Also worth noting is that daylight savings time begins on the second Sunday in March. Don't forget to "spring forward" by setting your clocks ahead one hour. Many major events happened during the third month of the year. Here are four historical events that took place in March. The Boston Massacre took place on March 5, 1770. Paper money was issued on March 10, 1862 in the U.S. for the first time. An act of Congress created the first National Park (Yellowstone) on March 1, 1872. The Star Spangled Banner was made the United States National Anthem on March 3, 1931. March is also Women's History Month.

Have a happy beginning of spring!

The Doctors of Brookfield Chiropractic



Eager to pull a prank on his chiropractor, Dennis taped a bag of potato chips to the small of his back.

WHAT'S HAPPENING THIS MONTH

March 2016						
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		

**Upcoming Dinner Talks-
Join us at our NEW location
Bullwinkles! Monday March
14th at 6:30.**

You don't want to miss this evening: free dinner, prizes and best of all- education to share with your family and friends!

We're Open! Sat. 8am-9am

- March 5th and March 19th

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WHAT'S UP WITH US IN MARCH?

- Dr. Herrle is looking forward to march madness!
- Dr. Christiansen is excited about the new dinner talk location and celebrating his brothers birthday this month!
- Dr. Schilder is excited about the Brewers season. While he knows they are rebuilding, tailgates and games are a lot of fun!
- Ashley is excited to head to Arkansas to visit her sister who moved out there recently.
- Tiffany is excited about warmer weather approaching and thinking about what to plant in her garden this year.
- Emily is looking forward to supporting another rugby season for her husband. Their son loves to cheer him on during the games!
- Anna is super excited for both her sisters baby showers. She's been working hard to plan them and is excited to celebrate them!

30 DAY IMPROVEMENT GUIDE (THANKS, DR. ERICH)

An excerpt from "The Magic of Thinking Big" by David J. Schwartz

Between NOW and _____ I will...

Break These Habits: (suggestions)

1. Putting things off.
2. Using negative language.
3. Watching TV more than 60 minutes a day.
4. Gossip

Acquire these habits: (suggestions)

1. A rigid morning examination of my appearance.

2. Plan each day's work the night before.

3. Compliment people at every possible opportunity.

Increase my value to my employer in these ways:

1. Do a better job of developing my subordinates.
2. Learn more about my company, what it does and the customers it serves.
3. Make 3 specific suggestions to help my company become more efficient.

Increase my value to my home in these ways:

1. Show more appreciation for the little things my spouse does which I've taken for granted.
2. Once a week, do something special with my whole family.
3. Give one hour each day of my undivided attention to my family.

Sharpen my mind in these ways:

1. Invest 2 hours each week reading professional magazines in my field.

2. Read one self help book.
3. Make four new friends.
4. Spend 30 minutes daily in quiet, undisturbed thinking.

All progress is made one step at a time. A house is built a brick at a time. Football games are won a play at a time. Every big accomplishment is a series of little accomplishments. We hope this gets your brain going to achieve all you want in your life. Including great health!

NOT DISPOSABLE (THANKS, PERFECT PATIENTS)

We have evolved into a disposable society.

We're lucky if our television lasts 10 years. Same with cars. Computers? Two or three years, tops! We grumble every time we need an upgrade, but the truth is, few of us would prefer Windows 3.1 to our current operating system!

Unlike mechanical devices, some say our bodies are designed to last 120 years...or possibly even longer. To achieve this feat, our bodies are designed to survive.

In fact, many everyday symptoms are merely our body's innate survival strategies at work, keeping us

alive and as healthy as possible without any conscious input from us.

Runny nose? Survival strategy. Extra mucus production enhances immune system function, helping to fend off cold and flu bugs.

Butterflies in your stomach? Survival strategy. Warns you of an imagined impending physical or emotional threat.

Bleeding from a cut? Survival strategy. Blood contact with the air invokes the body's clotting response.

Gas? Survival strategy. Remove toxic food from the digestive tract as quickly as possible.

Vomiting? Survival strategy. Remove toxic food from the digestive tract even more quickly!

Pain? Survival strategy. Our body's on-board early warning system tells us we need to make a change.

When you consider how many survival strategies our bodies use, you understand why the nervous system is so important—it orchestrates the whole show.



Unlike mechanical devices, some say our bodies are designed to last 120 years...or possibly even longer.

IN THE KITCHEN WITH DR. HERRLE: ST. PATRICK'S DAY BREAKFAST SMOOTHIE

Total Prep Time: 10 minutes

Level: easy

Serves: 1

Ingredients:

- 2 cups fresh spinach
- 1 green apple, peeled and cored and roughly chopped
- 1/2 avocado
- 1/2 cup coconut milk
- 1 1/2 cups water
- Juice of half a lemon
- Handful of ice

Directions:

1. Pour liquid into your blender.
2. Add the apple, avocado, spinach and lemon juice.
3. Add ice.
4. Blend until completely smooth

Other variations:

- Switch the apple for pineapple.
- Switch coconut milk for almond milk.
- Add kale.
- Add a scoop of protein powder.



Standard Bars

Are you looking for a healthy snack on the go? Standard Process makes a delicious protein bar that will leave you full until your next meal! Gluten free and vegetarian, they come in 5 great flavors. Try peanut butter or Dr. Christiansen's favorite—berry, next time you visit our office!

Quality ingredients and high protein from a company you can trust, only \$2 a bar, a better alternative than fast food.



IS YOUR OFFICE CHAIR KILLING YOU? (THANKS, PERFECT PATIENTS)

A study published in the International Journal of Behavioral Nutrition and Physical Activity studied 63,048 middle aged Australian men who sat for more than four hours a day. The results? They were more likely to have a chronic disease like high blood pressure, heart disease, diabetes, and cancer— even if they were at their proper weight and regularly exercised!

The solution?

Less sitting and more moving.

You burn three times as many calories standing as you do sitting. The muscle contractions required for standing seem to trigger processes designed to break down fats and sugars. When you sit, muscle contractions cease, and these metabolic processes stall.

- If you sit at a desk all day, get up at least once an hour and walk around. Better yet, create a standing desk.
- Watch less television. Besides squandering your life in front of the tube, watching television while sitting down can shorten your life expectancy.
- Don't sit if you can stand. When putting on makeup, blow drying your hair or talking on the phone, stand rather than sit.
- At the office, have meetings while standing up. Not only are they better for you, they tend to be shorter and many report getting more done.

It's easy to see how heavy lifting and physical labor can contribute to back pain and other spinal problems. But the reverse may be even more dangerous. Turns out, the more you sit, the earlier you may die—regardless of how fit you are.



"A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided."

Tony Robbins

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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 always had a great experience at Brookfield Chiropractic. Everyone is so friendly and really cares about getting you the help you need." -Laurie M.

"Feeling FANTASTIC after my monthly maintenance adjustment with Dr. Matt!" -Kristina M.

"After visiting other chiropractors, I didn't have high expectations...but Brookfield Chiropractic changed my opinion! Dr. Matt was so helpful and informative, I'm starting to feel better already." -Jason B.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN FEBRUARY!

- Scott K.
 - Steve P.
 - Yannick R.
 - Hope C.
 - Nicole C.
 - Jason B.
 - Brynn S.
 - Brian E.
 - Emily M.
-

SUPPLEMENT OF THE MONTH: DYNAMIC FRUITS & GREENS NOW 20%OFF

with Superfruitox™ Proprietary Blend of Certified Organic Super Fruits: Açai, Goji, Mangosteen, Noni & Pomegranate

Dynamic Fruits & Greens with Super Fruits is an easy-to-mix, great tasting, nutrient-rich super food formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It provides a "super blend" of 100% natural fruit and vegetable extracts, vitamins, flax lignans, ionic trace minerals, enzymes, antioxidants, phytonutrients, and symbiotic intestinal flora. This dynamic blend supplies your body with improved energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity!

- Powerful Antioxidant Benefits
- Contains 15 Certified Organic Foods & 70 Trace Minerals
- Almost 50 Different Freeze Dried Super Foods
- Improve Immune Function
- Alkalize Body & Balance pH
- Enzymes, Probiotics & Fiber For Digestion
- Detoxification of Body Systems
- No Sugar Added - Diabetic Safe
- No wheat, dairy, preservatives, MSG, stimulants or caffeine

*Samples now
available in the
office!*