

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

"After suffering for a week with back/leg pain, a maintenance visit with Dr. Matt Christiansen this week and I feel much better!!! He always says the importance of maintenance visits and he is right :)" -Anonymous

"I felt the staff was friendly, and that Dr. C was both friendly and knowledgeable. I felt I was treated as a person who was more than "just a number" and that they were truly concerned about me." -Anonymous

"Great place! Everyone is so friendly and you never leave with questions." -

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN FEBRUARY!

- Dave S.
- Laura M.
- Maria F.
- Patti S.
- Joy L.
- Gina G.
- Judy V.
- Amanda B.

SUPPLEMENT OF THE MONTH: VITAMIN D

If you shun the sun, suffer from milk allergies, or adhere to a strict vegetarian diet, you may be at risk for vitamin D deficiency. Known as the sunshine vitamin, vitamin D is produced by the body in response to sunlight. It also occurs naturally in a few foods -- including some fish, fish liver oils, and egg yolks -- and in fortified dairy and grain products.

Vitamin D is essential for strong bones because it helps the body use calcium from the diet. Traditionally, vitamin D deficiency has been associated with rickets, a disease in which

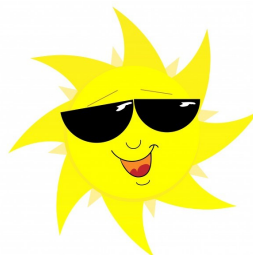
the bone tissue doesn't properly mineralize, leading to soft bones and skeletal deformities. But increasingly, research is revealing the importance of vitamin D in protecting against a host of health problems.

Low blood levels of the vitamin have been associated with the following:

- Increased risk of death from cardiovascular disease
- Cognitive impairment in older adults
- Severe asthma in children

Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Since we are entering the time of year that adequate exposure to the sun to produce vitamin D levels in our bodies will be impossible, it is critical that you take it in the supplement form.



20% OFF!!!

THE WELLNESS REPORT:

ST. PATRICK'S DAY - DON'T DEPEND ON "LUCK" TO MAINTAIN YOUR HEALTH



BROOKFIELD CHIROPRACTIC

VOLUME 4 ISSUE 3 MARCH 2015

A WORD FROM THE DOCTORS

Spring has sprung and we are looking forward to warmer days ahead (fingers crossed).

We are excited to help your family and friends get healthier this season and need your help.

Referrals are the best way for you to say thanks and are the highest compliment you can give.

We want to help the local community get healthier without re-

lying on daily pain medicines or prescriptions to accomplish that goal.

We pride ourselves on the process we take people through to

assess their conditions and to deliver the best care possible to help you all get more out of your daily lives. Thanks!



WHAT'S HAPPENING THIS MONTH

March 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					

Have you attended our monthly dinner talk? If not bring your friends and family for a fun evening full of prizes, learning and free dinner!

Upcoming Dinner Talks-

- Monday March 2nd- 6:30 pm
- Monday March 9th- 11 am
- Monday March 23rd- 6:30 pm

ANNOUNCEMENTS: FUNDRAISERS!!!

Wrapping Paper anyone? How about a tub of cookie dough? Another magazine subscription? Are you tired of the typical fundraising opportunities that only provide a minimal return on the items your group sells?

How about a fundraising program that provides life-changing care to the family and friends who support your cause AND allows your group to **KEEP 100% of the funds raised?**

You'll find this unique program easy to execute, as it requires minimal materials and is extremely time efficient, as there is no product to pick up and distribute after the sale is complete. This program allows your group to raise a healthy amount of money in a short period of time and allows our clinic to continue its mission of helping the community restore its health.



We work with groups of all sizes and can have your program started in as little as 1 week. Please contact our office at 262-754-5500 for more information. **CALL TO FIND YOUR POT-O-GOLD TODAY!**

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WHAT'S UP WITH US IN MARCH?

- Dr. Herrle is looking forward to watching a lot of basketball this month with March Madness. He may try his luck with a bracket too!
- Dr. Christiansen is looking forward to spring arriving!
- Dr. Schilder is also excited about all the basketball this month. He loves march madness!
- Ashley is looking forward to the first signs of spring and warmer weather. She is going a little stir crazy being trapped inside all weekend long when all she wants to do is play in her garden and enjoy some summer sunshine. She is also looking forward to a seminar she will be attending where she will be learning more about the upcoming changes taking place in health care this year.
- Tiffany is excited for all the grasshoppers she will be drinking this month because, well, it's festive :) She is also happy that warmer weather is coming around the corner so she can start thinking about her garden for this year and stop wearing socks all the time!
- Lilly is looking forward to traveling this month. First she's heading to New York for a conference with her daughter for albinism and next up is Las Vegas for a convention for her skin care business. She is excited to get out of town and have a change in scenery!
- Emily is excited for her husband's rugby season to start. Although there are some colder games, it's still a lot of fun to support the team by taking pictures and providing first aid if necessary :)

TECH FREE ZONE (THANKS, PERFECT PATIENTS)

According to new research by the British Chiropractic Association, over half of us are watching TV in bed before dozing off. Many more use other electronic gadgets in bed, and those of us that do, are spending up to four hours staring at these screens! Many feel this can help them get to sleep, but there are other issues involved that should be considered.

What many of us may not have thought of is that this common habit can wreak havoc on the structure of our bodies. More hours spent hunched over small screens or sitting in uncomfortable positions can lead to poor sleep, bad backs and necks and other spinal problems.

Protecting Your Health

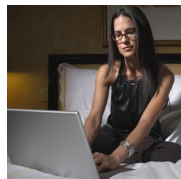
Pain and Sleeplessness

If you need to use a gadget while

you're in bed, make sure your back is supported with a pillow and that the device or the TV is at your eye level. And it's not just about your spinal health—research shows that turning off the TV can better support optimal sleep. The bright lights from the screens of our gadgets can stimulate our brain, negatively affecting our sleep quality.

Get the sleep you need and pro-

tect your mind and body by making your bedroom a tech-free zone! Then give us a call and schedule an appointment with us to protect your spine and maintain your health!



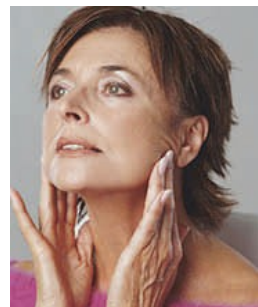
TMJ (THANKS, PERFECT PATIENTS)

It hurts when you talk, yawn or chew. The pain can be constant or intermittent and varies in intensity at times, but the condition can really drive you crazy. If you have Temporomandibular Joint Dysfunction, called TMJ for short, you know exactly how this feels. Your temporomandibular joints connect your lower jaw to your skull, right below both ears, and they consist of bones, muscles and nerves.

Symptoms of TMJ include a locked jaw (the inability to open your mouth), popping and clicking sounds with jaw movement, chewing problems, headaches, facial pain, earache, and dizziness. Treatment options may include:

- Resting the jaw, keeping the teeth apart as much as possible to avoid wearing them down. Soft foods that require reduced chewing are recommended, as are liquids. Chewing gum and hard crunchy foods are best avoided.
- Ice/heat application— to reduce inflammation and pain and relax muscles.
- Stress management techniques, such as biofeedback and talk therapy, as TMJ is often stress related.
- Prosthesis to wear while sleeping to prevent teeth gnashing and grinding.
- Dental correction of abnormal bite— orthodontics (braces), dental restorations and realignment of bridges and crowns may correct dental abnormalities that contribute to TMJ.

For many, chiropractic care has proven to be helpful in alleviating the symptoms of TMJ. We can locate spinal misalignments and conduct appropriate range of motion and mobility tests.



We can often create a care plan that does not rely on the use of medications or surgery to correct your condition. We emphasize a return to full mobility and a multi-disciplinary approach if needed.

IN THE KITCHEN WITH DR. HERRLE: CABBAGE SIDE DISH

Total prep time: 20 min

Level: Easy

Ingredients:

- 1 head of cabbage, cored and roughly chopped
- 4 slices bacon
- 1 tsp butter
- Salt and pepper to taste

Directions:

1. First, slice the bacon into small pieces and

cook in a pan until crisp. Remove from pan and set aside on paper towel to soak up fat.

2. Core and chop the head of cabbage.
3. Add butter to bacon drippings and melt in pan.
4. Add chopped cabbage to pan.

5. Add salt and pepper to cabbage and sauté until cabbage is done to your liking. It re-

tains more health benefits the crunchier you keep it.

6. Add chopped bacon in during last few minutes of cooking.
7. Serve alongside some corned beef for St. Patty's day.



HEALTH BENEFITS OF CABBAGE

Cabbage is rich in various phytonutrients and vitamins like vitamin A, C & K. These all are natural antioxidants, which help prevent cancer and heart disease inducing free radicals. Cabbage is also a good source of dietary fiber, providing nearly 15 percent of daily recommended dietary intake.

THINGS TO DO FOR ST. PATRICK'S DAY



1. Wear green and listen to Irish music
2. Go out and drink some green beer
3. Finally take down your Christmas tree.

More pics on www.imfunny.net

BALANCE (THANKS, doTERRA)

Powerful calming action on your central nervous system

With all the stress of modern life—from the hectic pace of EMF radiation to pollution in our air, water and food—we ALL experience moments when we feel disconnected, or have a mounting level of anxiety. At times like these, Balance, from doTerra is a wonderful essential oil blend to call upon.

About the Balance blend:

Balance has a warm, woody aroma that creates a sense of grounding, connectedness and well-being. It is truly a su-

perb aromatherapy blend that has a powerful calming action on the central nervous system.

The scientific team at doTerra understands that spruce, rosewood, frankincense and blue tansy, when perfectly blended, offer an enticing fragrance that promotes tranquility and a sense of balance, through its effect on multiple body systems.

Balance truly is a unique aromatherapy blend. It is perfect for diffusion, at home or work.



And, when applied to the bottom of the feet or the back of the neck, Balance quickly releases its harmonizing effects. The Balance essential oil blend can be used topically and diffused into the air.

To try Balance, ask Dr. Herrle!

