

THE WELLNESS REPORT:

ABUNDANT HEALTH IS A REASON TO GIVE THANKS

BROOKFIELD CHIROPRACTIC

VOLUME 4 ISSUE 11 NOVEMBER 2015

A WORD FROM THE DOCTOR

Dear patients and friends,

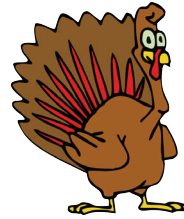
Our office always seems to get busy just before the holidays. We haven't figured out exactly why, but if we had to guess, we'd say that it's because most people want to continue enjoying vibrant health throughout the holiday season.

Being sick, sniffly, and "out of it" during the holidays is a bad deal.

If you've been a patient of ours for any significant period of time, you probably already know that getting adjusted is ONE OF THE BEST WAYS TO BOOST YOUR IMMUNE SYSTEM so that your body can ward off all those nasty little germs you're coming into contact with each day. There are volumes of research supporting the link between the immune system and the nervous system, which is directly affected by a chiropractic adjustment.

We want to wish you and your family a very Happy Thanksgiving!

-Dr. Herrle



WHAT'S HAPPENING THIS MONTH

November 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-

- Thurs November 19th 6:30

We're Closed

- Thursday, November 26th

ANNOUNCEMENTS

New assessments are coming to the office next year...

We will be assessing how you are scoring in three main categories:

1. How you MOVE
2. How you EAT
3. How you THINK

HOW WILL **YOU** SCORE IN THESE CATEGORIES???

More to come soon on this, stay plugged in to newsletters and emails. If you are not getting our emails, call Anna to get added to the list today!



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WHAT'S UP WITH US IN NOVEMBER?

- Dr. Herrle is looking forward to eating a bunch of delicious and healthy food and of course- the Packers beating the Bears on Thanksgiving night!
- Dr. Christiansen is excited to announce the grand opening of his new gym Open Guard Brazilian Jiu Jitsu! This is a very exciting time for him and his family. Contact him with any questions or for details at 262-751-9039.
- Dr. Schilder is super excited about enjoying all the food this month. His family loves to cook and he loves to eat!
- Ashley is thrilled to be hosting another Thanksgiving at her house with her husband. She loves to cook and prepare all the food and enjoys the time with her family. The packers winning would make the day perfect!
- Tiffany is looking forward to extra family time this month as she will again be preparing a massive thanksgiving dinner for her extended family. She is super excited to try out some new dessert recipes she's been collecting throughout the year and can't wait for her week of turkey sandwiches.
- Emily is looking forward to attending local craft fairs this month to get inspiration for Christmas gifts. She's also grateful to once again not be working retail for Black Friday!
- Anna is looking forward to celebrating thanksgiving with her family! She loves to get together and help cook.

10 TIPS TO DETOX NATURALLY

1. **Boost your glutathione production** by including vitamin C rich foods in your diet! Glutathione is a powerful antioxidant in the body that helps drive toxins out of the body.
2. **Practice breathing deeply** for at least 5 minutes a day. It helps you relax but also allows oxygen to circulate throughout your whole system helping to detox your cells.
3. **Reduce or eliminate certain foods and drinks** that tend to cause sluggishness, poor digestion and contribute little to no nutrition such as alcohol, caffeinated drinks, refined sugars and processed foods.
4. **Switch to eco-friendly, natural household cleaners and personal health care products** (toothpaste, cleansers, deodorants). Better yet you can **make your own** for half the price of store-bought products!
5. **Eat foods rich in fiber** to help support your body's natural digestive detoxification pathway. Fresh fruits, vegetables including lots of leafy greens, avocado, and small amounts of high fiber whole grains.
6. **Sweat it out! Exercise** promotes detoxification via our perspiration. Work up a sweat in your favorite gym class or try a sauna session.
7. **Drink up! Drink plenty of water** each day to flush out toxins and waste from the body.
8. **Eat cruciferous vegetables** such as cauliflower, broccoli, cabbage, brussels sprouts. They offer potent antioxidant activity that is anti-inflammatory and anti-cancer.
9. **Brush your body! Dry skin brushing** is an easy and effective way to help improve the appearance of your skin by regenerating skin cells but also helps to stimulate blood circulation and the lymphatic system, improving toxin elimination!
10. **Massage it out!** A firm massage focusing on pressure points within the body helps to release the toxins trapped in your tissues. When pressure is placed on these pressure points, the toxin buildup is broken down and released. Once they've been released, flush the body out by drinking lots of water.



IN THE KITCHEN WITH DR. HERRLE: EASY APPLE SAUCE

Total Prep Time: 60 min

Total Cook Time: 50 min

Level: easy

Serves: 6

Ingredients:

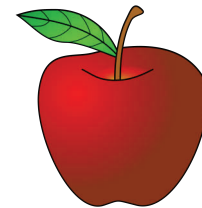
- 2 1/2 pounds tart red-skinned apples
- 3 TBLSP sugar
- 1 TBLSP lemon juice
- 3 TBLSP water

Directions:

1. Core and peel the apples.
2. Coarsely chop the apples.
3. Combine the apples, lemon juice, and water in a large saucepan.
4. Bring to a boil over high heat. Cover, lower the heat to a gentle simmer, and cook until apples are soft, about 20 minutes.
5. Uncover and cook, stirring frequently to prevent scorching, until most of the liquid has evaporated, about 30 minutes.
6. Remove from heat, add sugar (to taste) and optional cinnamon to taste. Refrigerate if not using immediately.

Benefits of eating apples:

- High in fiber
- No fat, cholesterol or sodium
- Contain vitamins A, B1, B2, C and Niacin
- Contain flavonoids, which are believed to reduce the risk for cancer



FIVE REASONS TO EAT AN APPLE EVERYDAY

1. Your diet—Apples are a great tasting, portable, fat free snack!
2. Your heart—Apples contain antioxidant phytonutrients which help fight LDL (bad cholesterol)!
3. Your digestion— Just one apple provides as much fiber as a serving of bran cereal!
4. Your lungs—Apples strengthen lung function and can lower risk of lung cancer!
5. Your bones—Apples contain the essential trace element, boron, which has been shown to strengthen bones!

WHY LIFETIME CHIROPRACTIC CARE? (THANKS, PATIENT MEDIA)

You've probably heard the old myth that "once you go to a chiropractor, you have to go for the rest of your life."

It's not true. However, we do have many patients who chose to see us once a month or even more frequently.

What's going on?

Stress levels— Those who face physical, chemical, or emotional stress (that's all of us) often find regular chiropractic adjustments helpful in correcting muscle tightness and the resulting postural changes.

Avoiding a relapse— Because long-standing spinal problems can produce weakened areas that are susceptible to repeated problems, regular care may often help strengthen supporting muscles and ligaments, avoiding a flare-up.

Prevention— Regular chiropractic checkups can often detect smaller problems before they become more serious (and difficult to correct).

Wellness— Being our best starts with an interference-free nervous system.

Gravity— And let's not forget the relentless effects that gravity places on our body. Regular chiropractic care helps maintain proper spinal curves to accommodate the compression of spinal joints due to gravity.

Remember, how long you choose to benefit from chiropractic care is always up to you. We're here to serve. How may we help you enjoy life to the fullest?

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



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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

"It's always a refreshing experience at Brookfield Chiropractic. The customer service is exceptional and the personal attention by the doctors makes me feel important." -Janelle A.

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

"Always pleasant to come to the office." Pat O.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN OCTOBER!

- Alexandra J.
- Ken S.
- Carol Ann G.
- Jessica G.
- Mari M.
- Debbie R.

SUPPLEMENT OF THE MONTH: VITAMIN D

Are You Getting Enough of the Sunshine Vitamin?

Often referred to as the "sunshine vitamin," vitamin D has made headlines in recent years for its possible health benefits. According to some reports, a deficiency of this vitamin is implicated in numerous serious health conditions such as cancer, cardiovascular disease, multiple sclerosis, diabetes, dementia, Alzheimer's and more.

When your vitamin D level is optimized, you may be able to reduce your risk for certain conditions as well as:

- Improve immune function
- Build strong bones and teeth
- Absorb Calcium

20% OFF In November!!!

HOW DO YOU GET SUFFICIENT VITAMIN D?

According to the [Vitamin D Council](#), exposing your bare skin to sunlight and taking vitamin D supplements are the two primary ways to get the vitamin D your body needs.

- Although it's difficult to get the optimal amount of Vitamin D from your diet, this vitamin can be found in healthy foods such as salmon, tuna, mackerel, egg yolks, and cheese (limit this one of course). Eating these and other healthy foods will also supply your body with other valuable vitamins and minerals necessary for optimal health.