

# THE WELLNESS REPORT:

## ABUNDANT HEALTH IS A REASON TO GIVE THANKS

**BROOKFIELD CHIROPRACTIC**

VOLUME 2 ISSUE 11 NOVEMBER 2013

### A WORD FROM THE DOCTORS

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.

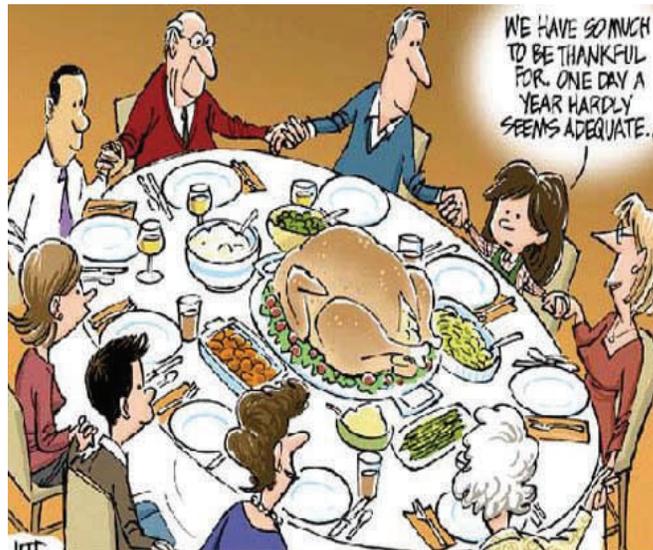
Being sick, sniffly, and "out of it" during the holidays is a bad deal.

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 you're 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!

-The Doctors of  
Brookfield Chiropractic



### WHAT'S HAPPENING THIS MONTH

November 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 |

- **Thursday, November 7th–6:30 PM**  
Special Children's Health Seminar and FREE dinner at Meiji Cuisine 6:30pm (see flyer insert)
- **Thursday, November 28th**  
Office Closed - Happy Thanksgiving!!
- 

### ANNOUNCEMENTS

Tis' the season to help those who are less fortunate and we need YOUR help! We will be having a **Food Drive** in our office starting **Nov. 1st through Dec 20th** so please bring in your non-perishable food items. We set a goal of getting 1,000 or more items which will be an extremely generous donation to our local food pantry before the holidays. How amazing would it be to know that WE all worked together and helped give 100 or more families a delicious meal on Christmas!? We are looking so forward to this and hope you are too! We hope to see you in the office with your bag of yummy food donations!

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## WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN NOVEMBER ?

- Dr. Herrle is looking forward to fall cleanup and home cooking for Thanksgiving.
- Dr. Christiansen is looking forward to their new location for dinner talks. The Charcoal Grill will be closing due to Wal-Mart moving in, so the new location is Meiji Cuisine in Waukesha for our monthly Dinner With The Doctors.
- Dr. Schilder is looking forward to eating entirely too much food on Thanksgiving!
- Shay loved the October weather, and is excited about some new changes at the office.
- Mary is busy winterizing her house and yard. She is busy with her gym and getting all of her competitors ready for the event Dec 14<sup>th</sup> at the Waukesha Expo Center.
- Jamie is currently doing a 24 Day Detox Challenge and she feels great! She can't believe how easy it has been to follow the protocol and overall how much energy she has compared to before she started the program.
- Ashley is looking forward to Thanksgiving and being able to spend time with her family. She's excited that all major house projects are done so she can relax and enjoy fall.
- Tiffany is Looking forward to spending time with family, cooking Thanksgiving dinner and of course, eating left-over turkey sandwiches and pumpkin maple cheesecake.



“Never, never, never give up.”

Winston Churchill

## THANKSGIVING FACTS

- Benjamin Franklin wanted the turkey to be the national bird of the United States.
- Sarah Josepha Hale, an American magazine editor, persuaded Abraham Lincoln to declare Thanksgiving a national holiday. She is also the author of the popular nursery rhyme "Mary Had a Little Lamb"
- Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving.
- The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
- In 1939, President Roosevelt proclaimed that Thanksgiving would take place on November 23rd, not November 30th, as a way to spur economic growth and extend the Christmas shopping season.
- Congress passed a law on December 26, 1941, ensuring that all Americans would celebrate a unified Thanksgiving on the fourth Thursday of November every year.
- Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He "pardons" it and allows it to live out its days on a historical farm.
- Lobster, rabbit, chicken, fish, squashes, beans, chestnuts, hickory nuts, onions, leeks, dried fruits, maple syrup and honey, radishes, cabbage, carrots, eggs, and goat cheese are thought to have made up the first Thanksgiving feast.



## IN THE KITCHEN WITH DR. HERRLE: GLUTEN FREE CORNBREAD STUFFING



### Ingredients:

- 2 tblsp. Extra virgin olive oil
- 3 slices bacon, chopped
- 1 small onion, chopped
- Salt and pepper
- 4 cups (1 inch cubes) gluten free cornbread, toasted
- 1 granny smith apple, peeled, cored, and finely chopped
- 2 tsp dried herb blend such as italian seasoning
- 1/2 cup chopped pecans
- 1/4 cup gluten free chicken broth

**Total prep time:** 15 min.

**Total cook time:** 45 min.

**Level:** easy

**Serves:** 6

### Directions:

1. Preheat the oven to 350 degrees. Generously grease an 8 inch square pan with olive oil. In a skillet, heat the olive oil over medium heat. Add the bacon and cook until the fat renders about 3 minutes. Add the onion and cook until softened, about 5 minutes. Season with about 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. In a large bowl, toss together the bacon mixture, cornbread, apple and herb blend. Transfer to prepared pan. Pour the chicken broth over the top to slightly soften. Sprinkle pecans on top and cover with foil. Bake for 15 minutes. Remove the foil and bake until

Crispy and golden, about 20 minutes more.

Double recipe for a larger crowd.



“If you can dream it, you can do it.”  
Walt Disney



## HEALTH IS NORMAL (THANKS PERFECT PATIENTS)

Many of our practice members are surprised to learn that chiropractic doesn't cure anything. So, how do you explain diseases that have obviously improved with chiropractic care?

The fundamental truth is: health is your normal state. If you're not healthy, there is something interfering with this normal state. The only thing that doctors of any type can do is to remove interferences that may be preventing your body from expressing your normal health potential.

Our focus is on your nervous system, which controls and regulates every aspect of your body. Restoring better brain/body communications permit a more normal expression of health. The fact that your illness may improve in the process is an expression of better nervous system control of your body.

Thus, chiropractic doesn't cure anything. Only you can do that. If there isn't any interference!



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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 ~ Thank You for Your Kind Words

"I have been very pleased with the care I have been given by Dr. Jason. His approach to my sciatica has been very successful. I have progressed from seeing Dr. Jason every other day to visiting the office every two weeks now. I couldn't be more pleased." ~Carolyn S.

"I was out of town on a business trip and found Dr. Herrle's office on the internet. After a consult, he gave me a needed adjustment and great advice on how to manage my condition moving forward. To top it off, I received a follow up phone call from the doctor and he answered questions I didn't think to ask in the office. I give them 5 stars only because that's the highest amount offered. They deserve many more than this." ~Nicholas D.

## THANKS FOR SPREADING THE WORD ABOUT

- Maureen J.
- Adam W.
- Amy A.
- Sheila D.
- Paul B.
- Katie C.
- Nora Lee G.
- Kris S.
- Mary W.
- Kris T.
- Sylvia W.
- Ken A.

## SUPPLEMENT OF THE MONTH: VITAMIN D

### Carlson's Vitamin D Drops 2000iu

Regular Price: \$20.00

**SALE PRICE: \$16.00**

Vitamin D is one of the most depleted nutrients in our modern day lives. While we can synthesize it from sunlight, people that live in Northern states (Wisconsin!) are unable to receive adequate sun exposure throughout the year. You can take Carlson's D Drops by simply dropping them onto your tongue. They have no taste or odor, and the liquid form absorbs quickly into your system.

#### Vitamin D also supports:

- \*strong bones: Vitamin D has a huge role in calcium absorption
- \*healthy immune system—prevents cold and flu
- \*healthy mood
- \*muscle strength

