

THE WELLNESS REPORT:

FIND A HARVEST OF HEALTH



BROOKFIELD CHIROPRACTIC

VOLUME 1 ISSUE 10 OCTOBER 2012

A WORD FROM THE DOCTORS

Dear Patients and Friends,

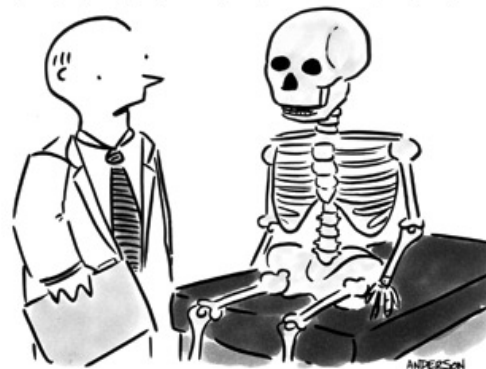
The kids are back in school and the weather is rapidly changing. The Packers are ready to make another run at the super bowl.

We are always looking for ways to improve our service and make your chiropractic experience the best ever. Be sure to let us know how we can better serve you!

We are excited to announce that we will be launching an electronic version of our newsletter each month and it will include videos, links, coupons, and more!

We wanted to take this opportunity to congratulate you on your decision to improve your health.

-The Doctors of
Brookfield Chiropractic



"Still, let's do an x-ray just to be sure."

WHAT'S HAPPENING THIS MONTH

October 2012						
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			

- **October 3rd– 6:30 PM**
Dinner With the Docs at Charcoal Grill New Berlin. Bring a friend, change a life.
- **October 6th—10 AM - 1PM**
Kids Day America Event at Brookfield Chiropractic
- **October 31st - HALLOWEEN PARTY!**

INSIDE THIS ISSUE:

ANNOUNCEMENTS	1
WHAT'S HAPPENING	2
EAT OUT AND STILL EAT WELL	2
SPIRITUAL HEALTH	2
IN THE KITCHEN	3
EAR INFECTIONS	3
TESTIMONIALS	4
REFERRALS	4
SUPPLEMENT OF THE MONTH	4

ANNOUNCEMENTS

KIDS DAY AMERICA

OCTOBER 6TH from 10AM - 1PM



We are looking forward to the NATIONAL event that we are having at the office called Kids Day America. The event will help children become more familiar with **health, safety and environmental awareness** but the catch is they will have a BLAST while learning! There will be all sorts of fun things for children to do...a *fire truck tour, bubble machine, Racing Sausages, face painting, a foam playground, fingerprinting, delicious food and much more!* Watch for Details... Bring your family and friends along to enjoy this amazing day!!

To get on the list please RSVP with Jamie at 262-901-5919! Don't Miss Out!

WHAT'S UP WITH US IN OCTOBER?

- Dr. Herrle is looking forward to playing a few more rounds of golf and taking his family to Disney World.
- Dr. Christiansen is looking forward to Kids Day at the office and enjoying Fall activities with his family.
- Dr. Matzke will be relaxing with his new wife Kirby and traveling to Indiana for a friend's wedding.
- Dr. Schilder is ready for another season of Packers football! He's also looking forward to spending weekends out enjoying the cooler weather and the colors of fall.
- Shay is having fun remodeling her house and is looking forward to her 30th birthday this month!
- Jamie is working hard planning the Kids Day Event at the office this month.
- Ashley is excited her favorite season, fall, is here. She's excited for Halloween and to have trick-or-treaters for the first time. However, she is not looking forward to raking all of the leaves that will fall in her yard!
- Amanda is excited to paint faces at Kids Day America and dress Shelby (her Great Dane) up as a cow for Halloween. She also hopes to visit as many haunted houses as she can with her husband Joel.

EAT OUT AND STILL EAT WELL (THANKS, PERFECT PATIENTS)

Who doesn't like to dine out? And with so many two working parent families and single working parents, it's often easier to pile everyone into the car and hit the nearest restaurant for dinner. Not to mention those who live alone find it difficult to cook for only one. Question is – is it really possible to eat well when you eat out?

The answer is yes, if you rule out fast food restaurants – major contributors to weight gain and the growing problem

of worldwide obesity, especially among children and teenagers. One of the biggest offenders? Sugar-laden carbonated beverages that cause weight gain and interfere with the absorption of calcium. The sugar-free stuff is even worse.

SO, WHAT CAN YOU DO TO MAKE BETTER CHOICES WHEN YOU'RE EATING OUT?

- Order healthy salads to start, with the dressing on the side, so you can dip into instead of pour over.

- Order fish and meats that aren't fried.
- Pick fruit for dessert instead of a sugar-rich and fat-filled dessert – or order only one and share with the table!
- Avoid selections with mayonnaise, sour cream and butter.
- Steer clear of the all-you-can-eat buffets and specials!
- When you order pizza, ask for vegetable toppings instead of processed meats (pepperoni, sausage).

- Avoid bread and butter, fried potatoes, onion rings, cream soups, gravies, heavy sauces (Alfredo, hollandaise).



Take the time to look over menus carefully, and you can usually find healthy choices while still enjoying a meal out.

HOW'S YOUR SPIRITUAL HEALTH? (THANKS, PERFECT PATIENTS)

Some people confuse religion with spirituality. We believe that the awareness of your spirituality is related to good health. In fact, these days, most of us recognize that the mind, body and spirit are all interconnected. The health of one affects the health of the other two. Research has shown that some degree of spirituality, shown in positive feelings, a sense of hope, and a belief in a higher power who sustains us, can help someone cope with an illness and help return that person to health.

THERE ARE CERTAIN WAYS THAT YOU CAN STRENGTHEN THE SPIRITUAL DIMENSION OF YOUR LIFE. THESE INCLUDE:

- **Practicing forgiveness** – Staying angry and resentful toward another hurts you more than it does them. Forgiving them, either aloud or in your heart, frees you from the bondage of those emotions so you can move forward in a more loving way.
- **Practice random acts of kindness** – It doesn't take much to brighten a person's day. A flower, a phone call, a card, a visit, or an email to say you're thinking about someone goes a long way and costs very little in terms of money or time.
- **Practice an attitude of gratitude** – Be thankful for what you have in your life, even your challenges. They have a purpose too. Give thanks for all you've been given. The more you show gratitude, the more you will be given.

IN THE KITCHEN WITH DR. HERRLE: SPICY PUMPKIN SOUP



Total prep time: 30 min.

Level: easy

Serves: 8

Ingredients:

- 4 Tbsp unsalted butter
- 2 medium yellow onions, chopped
- 2 teaspoons minced garlic
- 1/8 to 1/4 teaspoon crushed red pepper
- 2 teaspoons curry powder

- 1/2 teaspoon ground coriander
 - Pinch ground cayenne pepper (optional)
 - 3 (15 oz) cans 100 per cent pumpkin or 6 cups of chopped roasted pumpkin
 - 5 cups of chicken (or vegetable broth)
 - 2 cups of milk
 - 1/2 cup brown sugar
 - 1/2 cup heavy cream
- *If cooking gluten-free, use gluten-free broth*

Directions:

1 Melt butter in a saucepan over med-high heat. Add

onions and garlic and cook, stirring often, until softened, about 4 minutes. Add spices and stir for a minute more.

2 Add pumpkin and 5 cups of chicken broth; blend well. Bring to a boil and reduce heat, simmer for 10 to 15 minutes.

3 Transfer soup, in batches, to a blender or food processor. Cover tightly and blend until smooth. Return soup to saucepan.

4 With the soup on low heat, add brown sugar and mix. Slowly add milk while stirring to incorporate. Add cream. Adjust seasonings to taste. Top with toasted pumpkin seeds.

<p>HEALTH BENEFITS OF PUMPKIN</p> <p>Pumpkin is very low in calories; provides just 26 cal per 100 g and contains no saturated fats or cholesterol; but is rich a source of dietary fiber, anti-oxidants, minerals, vitamins.</p> <p>Pumpkin is a storehouse of many anti-oxidant vitamins such as vitamin-A, vitamin-C and vitamin-E.</p> <p>Pumpkin is also a rich source of minerals like copper, calcium, potassium and phosphorus.</p>
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CHIROPRACTIC AND EAR INFECTIONS (THANKS, PERFECT PATIENTS)

As parents, it makes us feel so helpless. Our child is suffering but there seems little that we can do. No wonder reoccurring ear infections account for a huge number of pediatrician visits. The traditional approaches include:

Antibiotic therapy. This may be effective for acute bacterial infections, but many cases are viral, for which antibiotics are useless.

Tubes in the ears. Surgical implantation of artificial drainage tubes require the administration of a risky anesthesia and then, they often come out!

However, many parents are choosing a more conservative approach.

Chiropractic care. A thorough examination to locate, and adjustments to reduce nerve disturbances that may make the ears prone to infection. Our bodies have an incredible capacity to fight infection. When that ability is

impaired, it means something else is going on. With our focus on the integrity of the nervous system, we start there.

NERVE COMPROMISE

Some of the nerves that control, regulate and monitor the ear begin in the brain stem, continue down the spinal cord and exit out from between the bones of the spinal column.

Changes to the function of the bones in the upper neck may compromise the quality of the nerve signals to and from the brain. Obviously, this can affect the ability of any organ or tissue, in this case your child’s ear, to “defend itself” from infection.

IMPAIRED DRAINAGE

Nerve compromise is often accompanied by abnormal tension to the muscles that support the spine. Besides “protecting” the spine from further compromise, these muscle spasms can exert pressure on nearby lymphatic

drainage ducts. This prevents natural drainage, further compounding the problem.



WHAT WE DO

Our approach is simple. **Since chiropractic care isn’t a treatment for infections of any type**, when parents bring their child in, we look specifically for distortions in the upper spine. If nerve tension is detected, we gently reduce it with safe and natural chiropractic adjustments. This helps restore nervous system integrity. For a child or infant, this usually requires little more than a light touch with our fingertip at just the right place and direction.

BROOKFIELD CHIROPRACTIC

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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

"My headaches are gone thanks to Dr. Herrle" -Kathy H.

"Within a day or two of treatment the ear infection was gone and she has not had an ear infection since." -Stacey B.

"After being adjusted, I was actually able to sleep at night which was a blessing!" -Patti Anne H.

"Dr. Herrle not only adjusts my spine, but he takes care of my ankles and knees too!" -Tracy P.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN SEPTEMBER!

- Nicole W.
- Sarah S.
- Cindy K.
- Dr. Meyer
- Amanda K.
- Mirta C.
- Linda O.
- Linda K.
- Kathy H.
- Carol V.
- Marge O.
- Nicole Z.
- Jeff M.
- Andy K.
- Arlene S.
- Brodie S.
- Dr. Stewart
- Jodi K.

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.

Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency. However, for many people, the symptoms are subtle. Yet even without symptoms, too little vitamin D can pose health risks. 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, and cancer.*

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.

Watch for a special video and coupon to get your vitamin D supplement from our office in our electronic newsletter coming soon to your inbox!

