

# THE WELLNESS REPORT:

FIND A HARVEST OF HEALTH WITH CHIROPRACTIC

**BROOKFIELD CHIROPRACTIC**

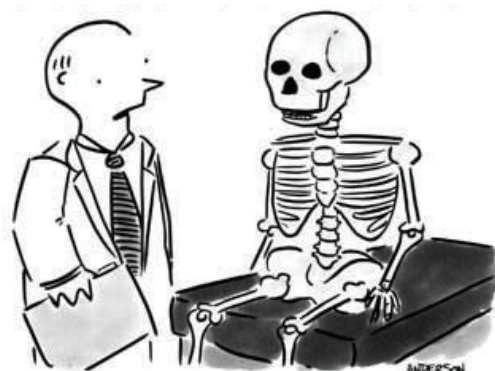
VOLUME 2 ISSUE 10 OCTOBER 2013

## A WORD FROM THE DOCTORS

Dear patients and friends,

Did you know that October is National Spinal Health Month? We look forward to seeing you this month to take care of all of your spinal health needs! Have a safe and happy October!

-The Doctors of  
Brookfield Chiropractic



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

## ANNOUNCEMENTS

October is *National Spinal Health Month!* This is a time when chiropractors have an opportunity to stress and share (even more than they do daily!) the importance of the health of our back, spine and neurological system.

**Spinal health** can affect the neck, back, shoulders and hips and can have an impact on every joint in your body. When your spine is not in its normal ideal position this puts tension and irritation on the neurological system which can cause many systemic symptoms. Spinal health has a direct effect on posture (and vice versa), and clinical studies demonstrate the affect posture can have on everything from respiration to digestion.

**Spinal health** is affected by ergonomics, gait, driving and even sleeping. When spinal health is compromised, injured or even ignored, a myriad of conditions can ensue, including soft tissue damage, disc injury, nerve impingement, and degenerative conditions of the bone. The key to spinal health is prevention. Pay attention to your body. Make appropriate modifications to employ preventative measures at work and at home, and even when driving and walking to reduce the risk of injury. Simple changes in daily activities can help promote spinal health.

## WHAT'S HAPPENING THIS MONTH

October 2013

Su	M	T	W	Th	F	S
		1	<u>2</u>	3	4	5
6	7	8	9	10	11	<u>12</u>
13	14	15	16	17	18	19
20	21	22	23	24	25	<u>26</u>
27	28	29	30	31		

- **Wed., Oct. 2nd – 6:30 PM**  
Dinner With the Docs at Charcoal Grill New Berlin. Help us change lives!
- **Sat., Oct. 12th - 8-9 AM**  
Office open
- **Sat., Oct. 26th - 8-9 AM**  
Office open



## INSIDE THIS ISSUE:

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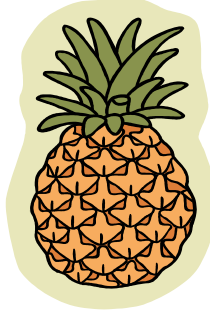
## WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN OCTOBER?

- Dr. Herrle is looking forward to going to Florida and trick or treating in the new neighborhood.
- Dr. Christiansen is having their annual family Washers tournament. This is a game where they throw washers into a coffee can which is a blast. Also he is celebrating his daughter's 9th birthday.
- Dr. Schilder is looking forward to the colors of autumn!
- Shay is looking forward to a chili cook-off for her sister's birthday.
- Mary is busy as the Waukesha MMA prepares for their gym outing – Paintball was the popular vote and since she is healed from the previous years attempt at this, they are on! They are also preparing their leader for his fight at the end of October. Then she wraps it up with Halloween....her favorite time of year.
- Jamie can't wait for fall...boots, scarves, oversized sweaters, hot cocoa, pretty colors! :)
- Ashley loves this time of year with the leaves changing and the comfortable autumn air. She is taking a well-deserved vacation to South Dakota with her husband. She will be digging up her garden in preparation for next year's crop; hopefully it will be as abundant as this year was.
- Tiffany is looking forward to apple picking season and enjoying the last days of sunshine before winter sneaks in on us.

## PINEAPPLES

We thought this info was fascinating... perhaps you will too. We had no idea the pineapple you pick up at the grocery store had such a fascinating "life story".

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. It is the only available edible bromeliad today. It is a multiple fruit. One pineapple is actually made up of dozens of individual flowerets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.



The juice has an anthelmintic effect; it helps get rid of intestinal worms.

It is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount.

Regular ingestion of at least one half cup of fresh pineapple daily is thought to relieve painful joints common to osteoarthritis. It also produces mild pain relief. In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations.

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference.

It is known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

It's also good for a healthier mouth. The fresh juice discourages plaque growth.

## IN THE KITCHEN WITH DR. HERRLE: PINEAPPLE BANANA SMOOTHIE



### INGREDIENTS AND DIRECTIONS:

- 1 cup fresh pineapple chunks
- 1 banana
- 1/2 cup orange juice
- Handful of ice
- Optional: handful of frozen blueberries or strawberries

**TOTAL PREP TIME:** 15 min.

**LEVEL:** EASY

Put all of the ingredients in a blender and blend until smooth consistency with no chunks.

The great part about making smoothies is that you can add whatever you like to adjust to your likes and needs. I like to add a handful of spinach for even more vitamins and minerals!

### Health benefits of pineapples

*See page 2 to find out about the pineapple!*

## EXCITING NEW CHANGES COMING TO THE OFFICE—STAY TUNED!

As the seasons change so does the nature of health and wellness information. In our effort to continue bringing you options to facilitate your health process, we are thrilled to announce exciting new changes coming to the office! The integration of these new programs are intended to make your time in the office more efficient as well as to help access your body's maximum health potential.



We are working on integrating a new exercise program that will not only dramatically speed your healing, but make your time in the office more enjoyable. Therapeutic exercises can range from using stretch bands, standing on a balance board, using a 'wobble seat' or using stretching and massage tools. Your doctor will make recommendations to which exercise will help YOU regain strength, flexibility, and ensure that your adjustments 'hold' for as long as possible.

We are also working on integrating a complete Nutrition Coaching Program to help you reach your health goals. Programs will be tailored to weight loss, detoxification, digestive imbalance, fatigue, disease prevention, and/or overall wellness. Shay and the doctors will work together to help you transition into feeling better than you thought possible! The doctors have certification in nutrition and Shay is a certified Metabolic Typing Advisor and Wellness Coach.

We want to offer you the opportunity to experience your highest health potential. To do this, we need your feedback and want to know how you would like to be healthier! Watch for surveys and information coming soon.

# BROOKFIELD CHIROPRACTIC

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



LIKE US ON  
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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

"Very helpful in answering questions. No question is a bad question. Very flexible for scheduling appointments. Would recommend to others!"  
~anonymous

"The staff at Brookfield Chiropractic is always friendly and helpful. I rely on visits twice a month to maintain my feeling of flexibility and good health. If I miss my regular visits I can always feel the difference. More reason to keep up the maintenance!" ~anonymous

## THANKS FOR SPREADING THE WORD ABOUT HEALTH IN SEPTEMBER!

- Paul B.
- Sheila D.
- Maureen B.
- Tracy P.
- Tara S.
- Ralph C.
- Michele T.
- Herta S.
- Sandra C.
- Aaron B.
- Elyse Z.
- Vicki S.
- Nora Lee G.
- Mary W.

## SUPPLEMENT OF THE MONTH: VITAMIN D

**Product Name: 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 supports:

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

**Stock up while it is on sale this month!**

*Now available  
in the office!*