

# THE WELLNESS REPORT:

## GOOD HEALTH MATTERS

**BROOKFIELD CHIROPRACTIC**

VOLUME 2 ISSUE 9 SEPTEMBER 2013

### A WORD FROM THE DOCTORS

Dear patients and friends,

It's hard to believe summer is almost over and once again autumn is on its way. Kids will be going back to school and once again families will fall into a new routine.

We want to remind you how important it is to stay in the routine of taking good care of yourself! This includes exercise, eating a healthy diet, and, of course, regular chiropractic care! We look forward to seeing you as you transition into the new season! Have a wonderful ending to summer and we look forward to seeing you!

-The Doctors of  
Brookfield Chiropractic

## We're Going Back To School



### ANNOUNCEMENTS

#### Patient Appreciation Day!

Sat., Sept. 14th from 11am-1pm

at Brookfield Chiropractic

FREE Chair Massages    Food

FREE Screenings        Raffle Prizes

Bouncy House & more!

Bring family and friends!



### WHAT'S HAPPENING THIS MONTH

**September 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	0	21
22	23	24	25	26	27	28
29	30					

- **Thurs., Sept. 5th – 6:30 PM**  
Dinner With the Docs at Charcoal Grill New Berlin. Help us change lives!
- **Sat., Sept. 14th**  
Patient Appreciation Day at the office
- **Sat., Sept. 28th - 8-9 AM**  
Office open



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

- Dr. Herrle is looking forward to going to the fall chiropractic convention and learning more about helping kids.
- Dr. Christiansen is sad to see his kids go back to school in September. Summer has been great but it's time for them to see their old friends again, although they are not very excited about it.
- Dr. Schilder is looking forward to the start of the Green Bay Packer's regular season.
- Shay is looking forward to her favorite festival of the year – Cedarburg Wine and Harvest Fest!
- Mary has events at her gym keeping her hopping, and on the weekends she is attempting to jar some things (spaghetti sauce/salsa/jam)...wish her luck...this has never been attempted before!
- Jamie is excited for Patient Appreciation Day on Sat., Sept. 14th from 11am-1pm at our office!!
- Happy Birthday to Ashley this month. She is looking forward to relaxing with friends and family on her birthday. Ashley's garden exploded this year and she is excited to spend the next few weekends canning all her favorite recipes. Ashley's also looking forward to the leaves starting to change and the crisp fall air.
- Tiffany is looking forward to the last days of summer fun and making delicious homemade fruit pies and sorbets.

## WELLNESS (THANKS PERFECT PATIENTS)

To visit the doctor when you're feeling great is something new. Yet, a growing number of people who want to be and do their best are visiting chiropractors on a regular basis.

### The First Symptom

Remember staying home from school when we were sick and returning when we were feeling better? We learned to think of being sick as having obvious symptoms. But these days, many health problems are the result of lifestyle choices that don't always have obvious symptoms until the effects are well advanced.

### Healthy Response

The reverse is true as well. If you eat improperly prepared food and find yourself vomiting to expel it, you probably won't *feel* good, but you're having a healthy response.

Turns out that true health is how well our bodies *work*, not how we *feel*.

### Central Control

How well our body functions is based upon the integrity of our nervous system. That's why so many seek our practice for wellness care. They want to make sure that every organ and tissue has an uninterrupted nerve supply. It just makes sense to detect little problems before they become serious concerns.



### The Key to Health

True health is optimum physical, mental and social well-being and not merely the absence of disease or infirmity.

Drinking more water, eating nutritious foods, regular exercise and virtually every other healthy habit produces even bigger dividends when you have a properly working nervous system.

Although everyone wants to feel good, your care should not be based on whether you have pain or other symptoms. Vertebral subluxations may exist without obvious symptoms just like dental cavities, high blood pressure or heart disease.

Give us call at **(262) 754-5500** so we can help you take your first step towards true health.

## IN THE KITCHEN WITH DR. HERRLE: WATERMELON SALSA

**TOTAL PREP TIME:** 15 min. • 1/4 cup minced red onion (optional)

**LEVEL:** EASY

**INGREDIENTS AND DIRECTIONS:**

- 3 cups finely diced seedless watermelon
  - 2 jalapeno peppers, seeded and diced
  - 1/2 bunch of chopped cilantro
  - Juice from 1 lime
- Mix all ingredients in a bowl. May served chilled or at room temperature.
- Tastes great with tortilla chips or as a garnish for grilled chicken or fish.



### Health benefits of watermelon

- Cardiovascular & Bone Health from lycopene
- Reduces Body Fat from citrulline
- Anti-inflammatory & Antioxidant Support from flavonoids and carotenoids
- Diuretic & Kidney Support
- Immune Support, Wound Healing & Prevents Cell Damage from high vitamin C content

## CHIROPRACTIC FOR CHILDREN (THANKS PERFECT PATIENTS)

Upon examination of children, we often find nerve disturbances associated with many types of common childhood health complaints. Our primary aim is to locate and reduce the underlying nervous system dysfunction.

**Traumatic Birth.** Have your newborn checked shortly after birth to detect the effects of in-utero constraint, C-section, vacuum extraction or other aspects of a stressful birth.

**Colic.** Birth trauma, even from so-called “natural” birthing experiences can often produce a child’s first nerve compromise. Lacking the ability to communicate, your baby cries. And cries.

**Ear infections.** Biomechanical restrictions in the upper spine can compromise the nervous system and immune system, making your child’s ears a breeding ground for viral infection.

**Bedwetting.** Nervous system compromise in the lower back can block nerve messages responsible for bladder control. Many children regain their confidence and self-esteem with chiropractic care.

**ADHD.** Many parents investigate conservative chiropractic care before exposing their children to psychotropic drugs. Reducing tension to the nervous system has produced excellent results for many.

**Asthma.** By reducing neurological compromise to the bronchial tubes, lungs and diaphragm with chiropractic care, attacks can often be reduced or eliminated with chiropractic care.

**Growing Pains.** Pain of any type is a warning that something isn’t right. While considered a “phase they’re going through,” it’s usually a sign that biomechanical stress to the nervous system is present.

**Scoliosis.** Instead of crude bracing or the all too common “wait and watch” approach, chiropractic care has helped countless children with this common disfigurement.

**Wellness.** An obvious symptom isn’t required! Enjoy the peace of mind of having your infant or child checked to uncover structural or neurological problems before they become serious.



# 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

"Always a wonderful experience! So glad I have this in my health program!"

~Eugenia W.

"I walk in each time knowing I will walk out feeling inches taller and pain free. Life is hard on a body and chiropractic maintenance is what keeps me going strong." ~anonymous

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

- |                   |               |                |
|-------------------|---------------|----------------|
| • Beth R.         | • Sean G.     | • Stephanie B. |
| • Scott & Lisa S. | • Marge O.    | • Dan B.       |
| • Ruth S.         | • Jennifer M. | • Todd Z.      |
| • Roberta T.      | • Sheila D.   | • Laurie K.    |
| • Dana D.         | • Ivars R.    | • Mike K.      |

## SUPPLEMENT OF THE MONTH: METAGENICS ULTRAFLORA PROBIOTICS

Regular Price: \$36.00

SALE PRICE: \$28.80

Probiotics are beneficial bacteria that live in our digestive tract and promote healthy digestion, immune health, and detoxification.

Our intestinal flora can become imbalanced due to use of antibiotics, chronic stress, poor diet, and illness. When the flora in our guts become imbalanced, we experience:

- GAS
- BLOATING
- WEAKENED IMMUNE SYSTEM
- DIARRHEA/CONSTIPATION
- INCREASED LIKELIHOOD OF DEVELOPING FOOD INTOLERANCE

By taking a daily probiotic, you can ensure balanced digestive health.

Ultra Flora Balance has strains Lactobacillus acidophilus and Bifidobacterium Lactis (15 billion organisms). EATING YOGURT IS NOT ENOUGH!

Correct your imbalance today, and experience overall better health.

*Now available  
in the office!*

**20% OFF**

**THIS MONTH**