

# THE WELLNESS REPORT:

## GOOD HEALTH MATTERS

### BROOKFIELD CHIROPRACTIC

VOLUME 1 ISSUE 6 JUNE 2012

## A WORD FROM THE DOCTORS

Dear patients and friends,

The year is just cruising by! Already it's June and we have so much to celebrate!

Thanks to those of you who have worked with us to adjust your visit schedule with our new hours. While the changes haven't come without challenges, we are extremely excited about what these new hours will do for our staff, current, and future patients.

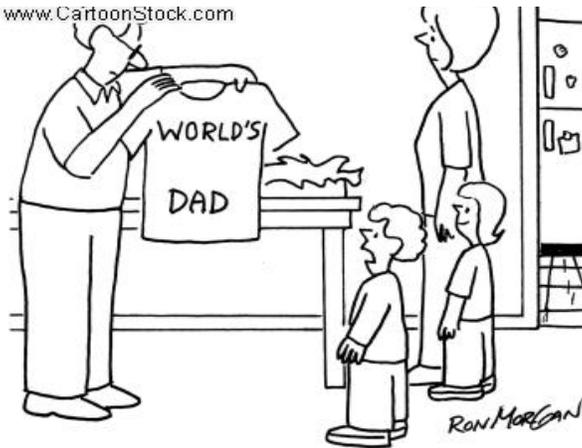
June also means that summer is officially here! Temperatures are warming up, bathing suits are coming out (a less enticing thought for some of us), and kids are getting squirrely just thinking about summer vacation. Several of us have gardens that are growing wildly abundant with the early onset of summer!

And of course, how

could we forget, June means Father's Day! Dr. Herrle and Dr. Christiansen are both looking forward to spending the day with their families.

At Brookfield Chiropractic, we have several culture points that we live by; gratitude being one of them. We hope you take

[www.CartoonStock.com](http://www.CartoonStock.com)



"We'll fill in the blank after we hear what you have in mind for our summer vacation."

the time to share your gratitude for those special people in your life, especially all of the fathers out there.

We're grateful for your continued support, and wish you all a very happy summer season!

-The Doctors of  
Brookfield Chiropractic

## AND THE WINNER IS....

A big thanks to all of our patients who helped us share the health in April! We had tremendous response to our Refer-A-Friend Brewers Tailgate Raffle, and a winner was chosen.

Congratulations to the McCumber Family who

received 20 tickets to see the Brewers take on the San Francisco Giants, along with a tailgate grill, food, and the tailgate goodie package.

Many thanks to Klements for adding to our package. No true Milwaukee tailgate is complete without a brat!

We loved your excitement and enthusiasm surrounding this special event. Keep your eyes and ears open for another great opportunity coming soon!

## WHAT'S HAPPENING THIS MONTH

### June 2012

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

- **June 2 - 9:30 AM**  
Weight Loss Workshop at Brookfield Chiropractic
- **June 6 - 6:30 PM:**  
Dr. Herrle and Christiansen Dinner Talk at Charcoal Grill
- **June 18 - 6:30 PM**  
Dr. Matzke and Dr. Schilder Dinner Talk at Charcoal Grill
- **June 27-7 PM**  
Webinar: Healthy Nutrition II "Don't Fear the Fat!"

### INSIDE THIS ISSUE:

|                                |   |
|--------------------------------|---|
| NEW HOURS                      | 1 |
| JUNE WEBINAR                   | 2 |
| SWEETENERS                     | 2 |
| SHAPE UP FOR SUMMER            | 2 |
| IN THE KITCHEN WITH DR. HERRLE | 3 |
| MEALS MATTER                   | 3 |
| SUCCESS STORIES                | 4 |
| REFERRALS                      | 4 |
| EMOTIONAL FUEL                 | 4 |

## JUNE WEBINAR: "DON'T FEAR THE FAT!" HEALTHY NUTRITION: PART 2

Most people have an idea that fats are bad for your diet, and that is simply not the truth. Fats are an essential part of the diet and need to be consumed regularly. We will take an in-depth look at the good, the bad, and the ugly when it comes to which fats to eat.

The fact is we all need fats. Fats help nutrient absorption, nerve transmission, maintaining cell membrane integrity etc. However, when con-

sumed in excess amount, fats contribute to weight gain, heart disease, and certain types of cancer. Fats are not created equal. Some fats promote our health positively while other increases our risks of heart disease. The key is to replace bad fats with good fats in our diet.

Want to find out more? Ask your Doctor for info and tune in **Wednesday, June 27 at 7:30 PM.**

Here's how to tune in online :



1. Go to our website: [www.brookfieldchiropractic.net](http://www.brookfieldchiropractic.net)
2. Click on the "Live Webinar" bar on the right

3. Follow the link to go to this month's webinar  
It's that simple! Share the info with your friends-we'll see you on the 27th!

## SAVE YOUR KNEES (THANKS, PERFECT PATIENTS)

A Canadian study found that 81% of joint replacement patients were classified as overweight or obese. But most knee problems can be avoided:

### Lose Weight.

Carrying around extra fat puts extra wear and tear on our joints, impairing function.



Ask your doctor about an integrated wellness plan that can help relieve your joint pain!

### Strengthen Leg Muscles.

Something as simple and inexpensive as walking or climbing stairs can do wonders to strengthen your knees.

### Wear Supportive Shoes.

When properly fitted, shoe orthotics help support the arches of your feet, giving our entire body a more stable platform.

Suffer from knee pain? Make sure you talk with us about how we might be able to help!

## SHAPE UP FOR SUMMER



Summer time is here. Thinking about dropping a few pounds??

It's getting to be "bikini season" and our office is filling up with patients looking to shed some weight in preparation. You may be interested in our new weight loss technology that allows you to drop a pound of body fat or more per day!

We have plenty of patients who have already gotten fantastic results, because it's all based on common sense protocols, and there is no unrealistic dieting or excessive exercising required. We provide consultation and coaching to help you throughout the journey to your weight loss goal!

We want to retrain your body how to properly metabolize fat and get you into a

new lifestyle habit of making healthy choices for the long term. While our proven system gets results quickly, it's not designed to be a roller coaster, "lose a bunch of weight and then gain it right back" type of program.

We will be holding an information session on **Saturday, June 2 at 9:30 AM.** Stop by the front desk to sign up or call Jamie @262-901-5919 to get on the list!

## IN THE KITCHEN WITH DR. HERRLE: PAN ROASTED BRUSSELS SPROUTS WITH BACON



Ever had Brussels Sprouts? Yuk! Well that was my thought whenever someone brought up those words. Brussels sprouts are cruciferous vegetables (members of the cabbage family) and look like it-too! Pick small, firm sprouts with compact, bright-green heads, and avoid those

with soft, wilted, puffy, or yellowish heads. Try this recipe you will change your mind about them, no doubt. The key is to cook them carefully. Overcooked brussels sprouts can taste bitter and emit a powerful scent. However, when prepared correctly, they are absolutely delicious and your guests will love them too. Enjoy!

**Total Time: 25 min.**

Prep: 10 min.; Cook: 15 min.

Level: Easy

Serves: 4 to 6 side servings

**Ingredients:**

- 4 strips thick-cut bacon
- 2 tbsp. butter

- 1 lb. Brussels sprouts, halved
- 1/2 large onion, chopped
- Salt and freshly ground black pepper

**Directions:**

Cook bacon in a large skillet over medium-high heat until crispy. Remove to a paper towel-lined plate, then roughly chop.

In same pan with bacon fat, melt butter over high heat.

Add onions and Brussels sprouts and cook, stirring occasionally, until sprouts are golden brown, 8 to 10 minutes. Season with salt and pepper, to taste, and toss bacon back into pan. Serve immediately.

**Health Benefits of Brussels Sprouts:**

- Like other cruciferous vegetables, they are full of phytonutrients (natural plant compounds) which may help protect against cancer
- A 3.5-oz serving provides a whopping 3.4 g of protein, almost twice the value found in most vegetables
- 3.8 g of fiber, or 15% of your daily value in a 3.5-oz serving
- Vitamins A and C. 3.5-oz contain 85 mg (142% of the 60 mg daily value).

## MEALS MATTER (THANKS, PERFECT PATIENTS)

Research shows that when families eat together, teens are less likely to smoke, drink or use illegal drugs. Plus, they tend to do better academically. But with families' crazy schedules, finding time for sharing a meal can be a challenge.

Here are some tips that may help your family get these

positive effects:

**1. Pick a Meal**

Find a meal that works for your family - it doesn't have to be dinner. Turns out, the positive effects are not limited to the evening meal.

**2. Plan Menus**

Design an entire week's

worth of meals in advance. Reduce stress by having the ingredients you need in advance.

*“WHEN FAMILIES EAT TOGETHER, TEENS ARE LESS LIKELY TO SMOKE, DRINK, OR USE ILLEGAL DRUGS.”*

**3. Prep Ahead**

If you have time in the morning or the day ahead, wash and trim the vegetables, make the salad and/or thaw the meat you intend to cook.

**4. Think Fast**

Many nutritious meals can be stir-fried or grilled, two speedy ways to cook quickly. Save meals that are more elaborate for week-ends.

**5. No TV**

Keep this time sacred. Share stories and the highlights of your day without the distraction of the news, phone calls or texts.

Given that frequent family meals have such a positive influence on children, it's worth the effort to find ways to make this a habit in your family.



# BROOKFIELD CHIROPRACTIC

15010 W. Greenfield Ave.  
Suite #100  
Brookfield, WI 53005  
www.brookfieldchiropractic.net

Phone: 262.754.5500  
Fax: 262.754.5501  
E-mail: doctors@brookfieldchiropractic.net

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.

## SUCCESS STORIES

- "I no longer have any pain thanks to Dr. Christiansen."* -Mike F.
- "Brookfield Chiropractic is the only place that I have come to and received absolute relief from my low back problems. Thumbs up for this place!"* -Ken R.
- "I have had chiropractic care for years, but NEVER anything like this"* -Lillian K.
- "I am so grateful to Dr. Herrle for making a recommendation that I take a more holistic approach to my health. I can't recommend him enough"* -Linda C.
- "Dr. Christiansen has allowed me to get my life back on track. I recommend chiropractic to anyone. I am Dr. Christiansen's #1 fan!"* -Vickie D.

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

- Mary G.
  - Sam A.
  - Brad C.
- Mike K.
  - Amy K.
  - Alicia I.
- Shilo V.
  - Courtney A.
  - Patti R.

## EMOTIONAL FUEL (THANKS, PERFECT PATIENTS)

We all love being acknowledged for a job well-done.



Not only does it feel good to receive, but giving positive feedback can be a powerful tool to reinforce a desired behavior. It's a skill that anyone can learn. Keep these things in mind:

### 1. Do It Now

Positive feedback is most effective when it is delivered as quickly after the desired

behavior as possible.

### 2. Do It Publicly

While negative feedback should always be delivered privately, positive feedback is most effective when given in front of others.

### 3. Be Specific

Don't give a general, "Well done, Sally." Instead, identify the specific reasoning or detail that's prompting your acknowledgement. "Great presentation in the sales meeting, Sally," is much more effective.

### 4. Do It Often

Since positive feedback is "emotional fuel," don't neglect the small victories. Celebrate them, too.

### 5. Be Authentic

Don't offer empty praise. Mean it when you say it!

Giving positive feedback takes practice. In our office, we keep an eye out for great behavior and acknowledge it at our weekly meetings.

Give it a try! Today, be on the lookout and try to catch someone doing something great. You'll make their day...and probably yours, too.

## WARM UP FOR THE JUNE WEBINAR WITH OUR NUTRITION QUIZ

1. Which of the following is considered a healthy choice for a carbohydrate?  
A. Chocolate Cake  
B. Bagel  
C. Sweet potato  
D. French Fries
2. Which of the following foods contains high saturated fat?  
A. Fish  
B. Chicken  
C. Steak  
D. Turkey
3. Nerves coming from which part of the spine supply most of the digestive tract?  
A. Cervical Spine  
B. Thoracic spine  
C. Lumbar Spine

Answers: 1. C; 2. C; 3. C