

THE WELLNESS REPORT:

ST. PATRICK'S DAY-DON'T DEPEND ON "LUCK" TO MAINTAIN YOUR HEALTH

BROOKFIELD CHIROPRACTIC

VOLUME 2 ISSUE 3 MARCH 2013

A WORD FROM THE DOCTORS

Dear patients and friends,

Did you know that March is named after the Roman god of war, Mars? The birthstone for March is aquamarine. Its colors range from greenish blue to blue-green. The flower for March is the daffodil which is also referred to as the jonquil. Since daffodils are one of the first flowers to bloom in spring, they are considered to be a symbol of rebirth, but beware, because daffodils are poisonous, if eaten. Pisces and Aries are the astrological signs for March. In the northern hemisphere, the spring equinox occurs with the first day of spring falling on March 20th or 21st. Also worth noting is that daylight savings time begins on the second Sunday in March. Don't forget to "spring forward" by setting your clocks ahead one hour. Many major events happened during the third month of the year. Here are four historical events that took place in March. The Boston

Massacre took place on March 5, 1770. Paper money was issued on March 10, 1862 in the U.S. for the first time. An act of Congress created the first National Park (Yellowstone) on March 1, 1872. The Star Spangled Banner was made the United States National Anthem on March 3, 1931. March is also Women's History Month.

Have a happy beginning of spring!
-The Doctors of Brookfield Chiropractic



Eager to pull a prank on his chiropractor, Dennis taped a bag of potato chips to the small of his back.

ANNOUNCEMENTS

We are excited for our in-office March promotion!! Everyone loves St. Patty's Day so we want to share the "love" with those that are less fortunate. We will be selling certificates for \$20.00 (free consultation, exam, x-rays if necessary and a half hour massage) and all of the proceeds will go directly to a charity for needy children called Christ Child Society. Christ Child Society provides needy newborns in the Greater Milwaukee area with a complete care package including home made quilt/blanket, a sweater set, sleep and playwear, storybooks, toys etc. so we would appreciate your generous donation to help the children. **PS** Those who buy certificates will be entered into a raffle for a Brewer's opening day tailgate package!!



WHAT'S HAPPENING THIS MONTH

March 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
31						

- **Thurs., Mar. 7th – 6:30 PM**
 Dinner With the Docs at Char coal Grill New Berlin. Help us change lives!



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WHAT'S UP AT BROOKFIELD CHIROPRACTIC IN JANUARY?

- Dr. Herrle is looking forward to the start of spring and getting into a better workout routine. He also cannot wait to dust off his golf clubs.
- Dr. Christiansen is looking forward to his trip to Florida with his family. He plans to spend a lot of time relaxing and playing at the beach with his kids!
- Dr. Matzke is excited for the weather to start getting better and to watch March Madness.
- Dr. Schilder is looking forward to watching the NCAA March Madness tournament!
- Shay is looking forward to corned beef and cabbage for her Dad's birthday that they will celebrate in the North Woods in March.
- Mary is looking forward to spring and her next trip to Florida to visit her father.
- Jamie is ready for winter to be over! She is a little jealous of her sister who is going to Cancun for a week and then her parents leave for Cozumel a week after she gets home. But she is looking forward to watching the dog while everyone is in pure paradise.
- Ashley is excited that warmer weather will be coming soon. She is ready for the warm weather and to roll down her windows in her car. She has been debating on what to plant in her garden this spring and is excited to get that going.
- Amanda is looking forward to celebrating her 1 year anniversary with her husband on the 6th. She is also looking forward to repitching and landscaping her backyard and expanding out the back deck.



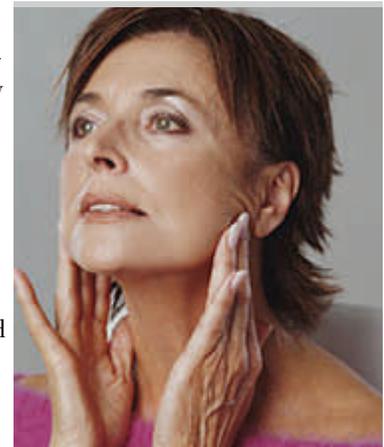
TMJ (THANKS, PERFECT PATIENTS)

It hurts when you talk, yawn or chew. The pain can be constant or intermittent and varies in intensity at times, but the condition can really drive you crazy. If you have Temporomandibular Joint Dysfunction, called TMJ for short, you know exactly how this feels. Your temporomandibular joints connect your lower jaw to your skull, right below both ears, and they consist of bones, muscles, and nerves.

Symptoms of TMJ include a locked jaw (the inability to open your mouth), popping and clicking sounds with jaw movement, chewing problems, headaches, facial pain, earache, and dizziness. Treatment options may include:

- Resting the jaw, keeping the teeth apart as much as possible to avoid wearing them down. Soft foods that require reduced chewing are recommended, as are liquids. Chewing gum and hard crunchy foods (i.e., candy, raw vegetables, and nuts) are best avoided.
- Ice/heat application – to reduce inflammation and pain and relax muscles.
- Stress management techniques, such as biofeedback and talk therapy, as TMJ is often stress-related.
- Prosthesis to wear while sleeping to prevent teeth gnashing and grinding.
- Dental correction of abnormal bite – orthodontics (braces), dental restorations and realignment of bridges and crowns may correct dental abnormalities that contribute to TMJ.

For many, chiropractic care has proven to be helpful in alleviating the symptoms of TMJ. We can locate spinal misalignments and conduct appropriate range-of-motion and mobility tests. We can often create a care plan that does not rely on the use of medications or surgery to correct your condition. We emphasize a return to full mobility and a multi-disciplinary approach if needed.



IN THE KITCHEN WITH DR. HERRLE: CABBAGE SIDE DISH



TOTAL PREP TIME: 20 min.

LEVEL: EASY

INGREDIENTS:

- 1 head of cabbage, cored and roughly chopped
- 4 slices bacon

- 1 tblsp. Butter
- Salt and pepper, to taste

DIRECTIONS:

1. First, slice the bacon into small pieces and cook in a pan until crisp. Remove from pan and set aside on paper towel to soak up fat.
2. Core and chop the head of cabbage.
3. Add butter to bacon drippings and melt in pan.
4. Add chopped cabbage to pan.
5. Add salt and pepper to cabbage and sauté until cabbage is done to your liking. It retains more health benefits the crunchier you keep it.
6. Add chopped bacon in during last few minutes of cooking.
7. Serve alongside some corned beef for St. Patty's Day.
8. Enjoy!

HEALTH BENEFITS OF CABBAGE

Cabbage is rich in various phytonutrients and vitamins like vitamin A, C & K. These all are natural antioxidants, which help [prevent cancer](#) and [heart disease](#) inducing free radicals. Cabbage is also a good source of dietary fiber, providing nearly 15 percent of daily recommended dietary intake.

"A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided."

Tony Robbins



"Success is getting what you want. Happiness is wanting what you get."

Dale Carnegie

READING FOR HEALTH (THANKS, PERFECT PATIENTS)

Many understand the benefits of reading to children – the fact that it promotes “bonding” time, improves cognitive development and IQ scores, and is enjoyable for both the child and the reader! But how many adults see the same benefits in reading for themselves? And more importantly, how many actually take the time to do it on a regular basis?

Shocking as it may seem, 1 in 4 adults didn't read a single book this past year. That's 25% of all adults! There's your standard list of excuses – not enough time, too tired after work, have to do the household chores, would rather watch a good show on television, etc.

But did you know there are actual health benefits associated with reading a book?

- Reading provides a healthy escape from the stresses and anxieties of daily life.
- Reading is a great tool to keep your brain active and “tuned up,” in an effort to ward off conditions such as Alzheimer's.
- Reading is a great way to expand your horizons, to “visit” places in your mind and enter into personal relationships with characters you might otherwise never meet in real life!
- Reading can help adults to improve their vocabulary, spelling and comprehension skills in much the same way as it helps children, proving that you can teach an old dog new tricks! It's never too late to learn if you remain teachable!
- Reading helps you learn more about yourself and improve areas of your life you'd like to change!
- Reading is a good activity to engage in while you exercise – killing two birds with one stone and making that treadmill far more enjoyable!

Make it a point to pick up a good book or magazine often – you just may find yourself more relaxed and better informed!



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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

"I recommend chiropractic care to all parents." Christie V.

"I feel like a million bucks thanks to Dr. Christiansen." Gary

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN FEBRUARY!

- | | | |
|---------------|-------------|------------|
| •Christine B. | •Mary S. | •Tim N. |
| •Leah R. | •Melissa S. | •Tom K. |
| •Amanda K. | •Tom M. | •Dave M. |
| •Elizabeth S. | •Amanda S. | •Jamie B. |
| •Lori W. | •Steve M. | •Cheryl S. |

SUPPLEMENT OF THE MONTH: DYNAMIC FRUITS & GREENS

with Superfruitox™ Proprietary Blend of Certified Organic Super Fruits: Açai, Goji, Mangosteen, Noni & Pomegranate

Dynamic Fruits & Greens with Super Fruits is an easy-to-mix, great tasting, nutrient-rich super food formula with whole food concentrates designed to provide synergistic phytonutrient nutrition. It provides a "super blend" of 100% natural fruit and vegetable extracts, vitamins, flax lignans, ionic trace minerals, enzymes, antioxidants, phytonutrients, and symbiotic intestinal flora. This dynamic blend supplies your body with improved energy, metabolism, fat-burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity!

- Powerful Antioxidant Benefits
- Contains 15 Certified Organic Foods & 70 Trace Minerals
- Almost 50 Different Freeze Dried Super Foods
- Improve Immune Function
- Alkalize Body & Balance pH
- Enzymes, Probiotics & Fiber For Digestion
- Detoxification of Body Systems
- No Sugar Added - Diabetic Safe
- No wheat, dairy, preservatives, MSG, stimulants or caffeine

*Samples now
available in the
office!*