

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

"It's always a refreshing experience at Brookfield Chiropractic. The customer service is exceptional and the personal attention by the doctors makes me feel important." - Janelle A.

"Dr. Herrle is genuinely interested in my overall health and has provided more information and options to my health concerns than my primary doctor. I consider him a friend as well as a great resource."

-Jeff W.

THANKS FOR SPREADING THE WORD ABOUT HEALTH IN SEPTEMBER!

- Michael V.
- Dan H.
- Pat K.
- Cody G.
- Jason L.
- Kelly O.
- Chad P.
- Kathleen B.
- Dan S.

SUPPLY OF THE MONTH: CHIROFLOW WATER PILLOWS-20% OFF!!

It's time for better sleep, with a 20% DISCOUNT!

- Clinically shown to reduce neck pain and improve quality of sleep
- Secure water base responds to head movement as you sleep to maintain cervical support

- Easily adjusts to patients' preference of soft, medium or firm
- Uses ordinary tap water; does not require chemical additives
- It's Dr. Herrle's number one pillow of choice, and he's tried dozens of different ones; in fact his wife Annette thought he had a pillow buying problem for a while when he was trying to find the best one!



Get Yours Today!



THE WELLNESS REPORT:

FIND A HARVEST OF HEALTH WITH CHIROPRACTIC

BROOKFIELD CHIROPRACTIC

VOLUME 4 ISSUE 10 OCTOBER 2015

A WORD FROM THE DOCTOR



I have to start by saying sorry I missed you last month...time got away from me and I didn't want to send out the newsletter too late.

Fall comes with change; as the trees and plants change with the season, this gives us the opportunity to change something about our-

selves.

Maybe it is losing 10 pounds, or forgiving someone, perhaps it is being more positive on a daily basis, and maybe it is building each other up instead of tearing each other down.

Whatever it is, we have today to be the first day of us being different, making positive changes in our lives. I encourage you to take action now; you'll be amazed how good you can feel about yourself with

small action steps every day.

Lastly this month I wanted to tell you all how much I appreciate you and the opportunity to be an active part of your health plan. You inspire me and give me a reason to get going in the morning, knowing I have the chance to make a difference in your health and your life. So Thank You!!
-Dr. Kevin

LOSE WEIGHT BEFORE CHRISTMAS!

Our purification and weight loss programs are in full swing again, and people are realizing rapid weight loss and they're keeping it off.

We have 10 day and 21 day purification programs to cleanse the body gently from the inside as well as 30-40 day weight loss programs that can take off up to a pound per day. To get ready for the holidays, ask Dr. Herrle which program is right for you.



October special:

ALL programs are 20% off!!

WHAT'S HAPPENING THIS MONTH

October 2015

| 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 |

Have you attended our monthly dinner talk? If not bring your friends and family for a fun evening full of prizes, learning and free dinner!

Upcoming Dinner Talks-

- Monday October 19th@6:30

Bring a Friend, Change a Life

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WHAT'S UP WITH US IN OCTOBER?

- Dr. Herrle is looking forward to some late season golfing and exploring the change of seasons up in Door County with his family.
- Dr. Christiansen is not looking forward to cooler weather but enjoys fall activities with his family.
- Dr. Schilder is really excited to be heading up north for a few weekends. He enjoys the scenic drives and time spent with family.
- Ashley is looking forward to fall weather. It's the best time for jeans and sweat-shirts! She also loves to go pumpkin picking with her husband and family.
- Tiffany is excited to go apple picking and enjoying the last warm days before winter sneaks up on us.
- Emily is looking forward to dressing her son up as a monkey for Halloween and hosting a party for family and friends. At the end of the month, she is especially excited to head to Florida with her family and possibly visit Lilly!
- Anna is excited about Halloween. She loves to decorate her apartment and pass out candy to all the trick or treaters. She's also excited to carve pumpkins.

56 NAMES FOR SUGAR (THANKS, PATIENT MEDIA)

While nutrition experts tend to disagree on a variety of topics, they all seem to agree that we're consuming far too much sugar. Besides contributing to the obesity epidemic, sugar in its various forms is causing diabetes cases to skyrocket.

If you wisely read nutrition labeling, avoiding obvious sugar ingredients when they're listed as cane sugar or corn syrup is relatively easy. But sugar goes by many names. Here are some of them.

- | | | | |
|-------------------|-------------------------------|------------------------------|---------------------|
| 1. Barbados sugar | 11. Confectioner's sugar | 28. Glucose solids | 45. Muscovado |
| 2. Barley malt | 12. Corn syrup | 29. Golden sugar | 46. Panocha |
| 3. Beet sugar | 13. Corn syrup solids | 30. Golden syrup | 47. Powdered sugar |
| 4. Brown sugar | 14. Date sugar | 31. Granulated sugar | 48. Raw sugar |
| 5. Buttered syrup | 15. Dehydrated cane juice | 32. Grape sugar | 49. Refiner's syrup |
| 6. Cane juice | 16. Demerara sugar | 33. High fructose corn syrup | 50. Rice syrup |
| 7. Cane sugar | 17. Dextran | 34. Honey | 51. Sorbitol |
| 8. Caramel | 18. Dextrose | 35. Icing sugar | 52. Sorghum syrup |
| 9. Carob syrup | 19. Diastatic malt | 36. Invert sugar | 53. Sucrose |
| 10. Castor sugar | 20. Diatase | 37. Lactose | 54. Treacle |
| | 21. Ethyl maltol | 38. Malt | 55. Turbinado sugar |
| | 22. Free flowing brown sugars | 39. Malt syrup | 56. Yellow sugar |
| | 23. Fructose | 40. Maltodextrin | |
| | 24. Fruit juice | 41. Maltose | |
| | 25. Fruit juice concentrate | 42. Mannitol | |
| | 26. Galactose | 43. Maple syrup | |
| | 27. Glucose | 44. Molasses | |

Because food manufacturers must list ingredients in descending order by quantity, using different types of sugar permits them to list them among the sixth or eight or tenth ingredients. Yet when added together, sugar may be the number one ingredient!

BACK PAIN FACTS AND STATISTICS (THANKS, WWW.ACATODAY.ORG)

What causes back pain?
The back is a complicated structure of bones, joints, ligaments, and muscles. You can sprain ligaments, strain muscles, rupture disks, and irritate joints, all of which can lead to back pain. While sports injuries or accidents can cause back pain, sometimes the simplest of movements—for example, picking up a pencil from the floor—can have painful results.

In addition, arthritis, poor posture, obesity, and psychological stress can

infections, blood clots, or bone loss.

Tips to Prevent Back Pain

- Maintain a healthy diet and remain active
- Warm up before exercising
- Maintain proper posture
- Wear comfortable, low heeled shoes
- Sleep on a mattress of medium firmness

- Get Adjusted
- Quit smoking—smoking impairs blood flow resulting in oxygen and nutrient deprivation to spinal tissue.
- Work with your chiropractor to ensure your workstation is ergonomically correct..

IN THE KITCHEN WITH DR. HERRLE: SPINACH ZUCCHINI RAVIOLI

Serving Size: makes 12 raviolis

Total Time: 40 minutes

Ingredients:

- 1.5 lbs ground turkey
- 2 cups chopped fresh spinach
- 1/2 large onion
- 2 cloves garlic
- Salt and pepper to taste
- 4 zucchini
- Your favorite marinara sauce

Directions:

1. Slice zucchini with peeler; set strips aside.
2. In a medium wok combine: ground turkey, chopped fresh spinach, 1/2 large onion, 2 cloves of garlic, and salt and pepper; sauté until turkey is cooked all the way through.
3. Assemble the ravioli using 4 zucchini strips and 2 TBSP of turkey mixture.
4. Wrap them up and put face down in a

9x13 baking dish.

5. Top with marinara sauce and bake at 350 for about 30 minutes.



HEALTH BENEFITS OF SPINACH

- Spinach is loaded with nutrients that are important for skin and hair, bone health and provide protein, potassium, iron, and other vitamins and minerals.
- Spinach has the potential to improve blood glucose in diabetics, lower the risk of cancer, lower blood pressure, improve bone health and lower the risk of developing asthma and more.

PLANTING SEEDS TO GROW HEALTHY KIDS (THANKS, PATIENT MEDIA)

Just as planting a garden requires fertile soil, quality seeds, plenty of sunshine and water, planting seeds to grow healthy kids requires specific actions.

With a dizzying amount of advice dispensed over the Internet, through the TV and by well-meaning friends and family members, it's not always easy to know what advice to follow. Consider the following for growing healthy kids—naturally of course!

Make Smart Dietary Decisions

From frozen foods filled with chemical ingredients to fast food dietary disasters, it's not always easy fueling kids with healthy edibles. Here are some foods to consider including in your child's diet:

- Poultry
- Fish (choose fish that is low in mercury)
- Whole grain breads and cereals
- Fresh fruits and vegetables
- Healthy monosaturated fats (in moderation)

As childhood obesity is a growing problem, remember to control portions and offer healthy snacks to fight hunger between meals. Another way to curb the calories is by opting for water versus juice or soda. Flavor it with lemons or limes.

The Sleep Your Child Needs

The amount of sleep your child needs varies depending on age. Too little sleep can affect mood, school performance and overall health. Chronic sleep deprivation may even result in depression. It's a good idea to set a regular bedtime routine for your child. These can include bath time and story reading.

Encourage older kids to turn off electronics well in advance of bedtime and read instead. Those high tech gizmos and gadgets, from notebooks to smart phones, can wreak havoc on your teen's sleep. Many studies link the use of electronics to later bedtimes and less shut eye.

Why Exercise is Essential

Though high tech temptations abound, sidelining kids from outdoor activity, regular, brisk exercise helps kids to have healthier bodies

and minds, too. Exercise also helps children get better sleep and fight stress easier. Though participation in a team sport is a great way for kids to get regular exercise, they can also get fit by walking the family dog, playing an outdoor game, or taking a bike ride.

Boost Health Naturally

Just as your kids brush their teeth to enjoy better oral health and a brighter smile, regular chiropractic care may help your child enjoy better health. Why? Because kids who have a healthier nervous system that's free from interference may also benefit from a stronger immune system.

Schedule a wellness check up for your child today!

