



Helping You Live Better

Letter from *Dr. Brown*

Good Morning Excel Family Patients!

Summer is upon us! I hope you are getting outside and enjoying the outdoors and all it has to offer. Taking care of our physical, mental, and spiritual self is important and what better way to do it than getting out in nature.



Speaking of taking care of our physical self...I wanted to take a minute to let you know that I will be doing just that. I will be out for hip surgery beginning July 20th and plan to return mid-September. This should not interrupt your care however as we will have Dr. Hervat and Dr. Karl, along with the rest of the team, available to provide the best care possible during regular office hours. Stacey will be providing massage during her regular hours as well, Monday through Thursday.

Until further notice all new patients or those returning patients that have not been under active care recently will be scheduled with Dr. Hervat.

I encourage you to keep up with your adjustments and health program, and I look forward to being back in September, good as new!

Take care!
Dr. Brown



Staying Hydrated on Warm Summer Days

Warm summer days can leave us all dehydrated if we are not taking in more fluids than we are expelling. Losing too much fluid prevents our bodies from performing its natural functions. Some of the more common symptoms you may experience if you are dehydrated are:

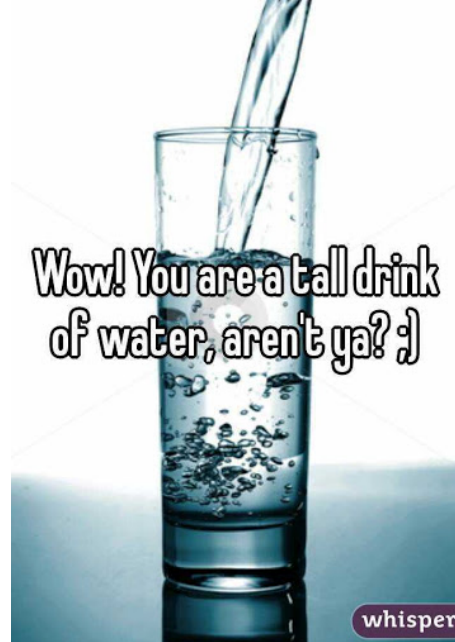
- Headache
- Constipation
- Dizziness or lightheadedness
- Muscle cramps
- Dry cool skin.

Severe dehydration presents more severe symptoms.

Always bring water with you during exercise or any physical activity, especially when the temperature's too hot. One good rule of thumb to prevent dehydration is to drink as much water as it takes for your urine to turn light yellow. Dark urine means that your kidneys are retaining liquids in an effort to have enough for your body to perform its normal functions.

The best way to rehydrate is by drinking plain water. Most times sugary drinks or energy drinks will not keep you rehydrated.

Cheers to a tall drink of water!



Getting out in Nature

Wisconsin Summers are short, now is the time to get outside and enjoy the beautiful outdoors. Here is a short list of things to give you some ideas.

- Go for a walk
- Go for a Bike ride
- Walk the shore path around Lake Geneva
- Golfing
- Horseback Riding
- Hiking
- Play a game of Tennis
- Sit on your patio and read a book
- Outdoor Yoga
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NOTE: Many of these activities can be done safely with social distancing and other CDC guidelines. Please be safe.



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