



# Complete Wellness clinic- a “one-stop-shop” for medical, chiropractic, therapy, and aesthetics

**By Jennifer Wimmer**  
 “Nation’s Best & Brightest” for 5 years in a row, Complete Wellness, Inc. started by Dr. Adam Brockman, offers a full range of services.  
 There are 5 locations: Hawesville, Tell City, Hartford, Evansville, and Santa Rosa Beach, Florida.  
 They offer a “one-stop-shop” for medical, chiropractic, therapy, and aesthetics.  
 Dr. Brockman has over 15 years of Chiropractic and Sports Medicine experience, and Complete Wellness offers short-term plans to alleviate immediate pain, long-term care plans, and plans for the entire family – from newborns to seniors, as well as maternity care.  
 Their child-friendly office is convenient for the busiest people. They even offer quick services that can take as little as 10-15 minutes, so that you can easily fit the appointment into your schedule.  
 They offer excellent treatments for: back, neck & joint pain, headaches, sports & work related injuries, infant colic, gastrointestinal (GI), and much more.  
 They also offer: hydromassage, therapeutic pillows, Doctor Brockman’s pain relieving creams, massage therapy, orthopedic braces, orthotic shoe inserts, diagnostic Xray, ultrasound, a full service lab,

IV Therapy, Botox, laser hair removal, and their own line of supplements.  
 Dr. Brockman is a 2000 graduate of Hancock County High School.  
 He studied Sports Medicine with a concentration in Human Performance & Exercise Science at University of Louisville, and worked with Division 1 athletes on the football and basketball teams there.  
 He earned his Bachelor’s of Science, and went on to complete his internship at California State University, Northridge, working with rehabilitating disabled patients.  
 Brockman earned his Doctor of Chiropractic at Logan University, in St. Louis, MO., and had the opportunity to practice Sports Medicine in assisting the St. Louis Rams.  
 His final residency programs consisted of a wide range of programs, from Radiology to Family Care in the St. Louis area.  
 He moved back to Hawesville in 2008, and started Complete Wellness practice later that year.  
 Brockman earned his second Doctorate in Natural Medicine online from National University of Health Sciences, affiliated with Northwestern Health Sciences University, based in Chicago.  
 His wife, Megan Brockman, is the Nurse

## 20

### Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk

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Practitioner at Complete Wellness in Hawesville. They are blessed with 6 children.  
 “Our goal is to have something for everyone,” Dr. Brockman said. “We do anything from Family Medicine to Physical Medicine, and Regenerative Medicine – which a lot of the protocols we use for that are unique to us.  
 We have walk-in hours for Family Medicine. Since we live in a rural area, we try to have as much as we can right here in Hawesville, almost like an all-in-one type of facility.  
 We concentrate on medical, chiropractic, or physical medicine, and also natural medicine.”  
 The large spectrum of services they offer at the Hawesville clinic saves patients from having to go to several different locations for their different medical needs, he says.  
 “As far as the Regenerative Medicine, on a national level, we are really paving the way,” he said. “We do 3 different types of injection in the office.  
 One is a therapy where we mix the medicine here. Another one is where we draw a little of the patient’s blood, and then take  
**Read on this on page 2**

# How important is hydration to your overall health?

Did you know water makes up about 60% of the human body? We need water to keep us going every day so that we can feel and perform at our very best. However, it’s a good idea to look at the effects of dehydration to help you understand why staying hydrated is so important.  
 Dehydration can occur when we lose more bodily fluids than we’re taking in. This can happen through bodily functions that cause the loss of fluids and electrolytes, such as:  
 ■ Diarrhea and vomiting. When diarrhea comes on suddenly and severely, this can cause a quick and higher loss of fluids and electrolytes.  
 ■ Sweating; You lose water when you sweat, so the more you sweat, the sooner you may become dehydrated.  
 Dehydration takes on a different level when you are sick because common symptoms such as fever, diarrhea, vomiting and loss of appetite, all can lead to dehydration. If you aren’t getting enough fluids, your body may have difficulty regulating its’ temperature. Even small fluid losses can contribute to increased body temperatures.  
 Proper hydration is needed for your body to keep up with important functions such as:  
 ■ Regulating body temperature  
 ■ Maintaining healthy skin and joints  
 ■ Digesting food  
 ■ Helping the brain

function at its best  
 ■ Producing necessary bodily fluids, such as tears and saliva, and remove waste through sweat, urination, and stool.  
 ■ When sick with a virus, proper hydration can help the skin and mucous cell membrane act as a barrier to prevent bacteria from entering the body. It can also help decrease nasal irritation when coughing,

sneezing and even just breathing.  
**So, how much fluids should you drink to stay hydrated?**  
 Dietitians of Canada recommends women 19 years and older drink 9 cups of fluids (1 cup=250ml) and 12 cups for men 19 years and older. However, fluid needs will vary depending on age, gender, and level of physical activity.  
 Try drinking a glass of water:  
 ■ When you wake up  
 ■ Before each meal  
 ■ Before, during and after vigorous exercise for optimal performance and to replenish lost fluids while sleeping  
**Staying hydrated isn’t just about liquids!**  
 It’s also about electrolytes and carbohydrates! On any regular day, you could usually get enough electrolytes from what you eat. For instance, foods like fruits and vegetables that are high in water like lettuce, cucumbers or tomatoes, contribute to your daily fluid intake.  
 However, dehydration changes when you have a good workout or have picked up a virus. In these situations, you may need electrolytes, like sodium, potassium and chloride, to help the body maintain fluid balance and keep the cells in our bodies working properly.

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