

# January & February 2018



## What Will You Do With Your Time?

Imagine you had a bank account that deposited \$86,400 each morning. That account carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during that day. What would you do? The answer is obvious- draw out every dollar that day!

We all have such a bank. Its name is time. Every morning it credits you with 86,400 seconds. Every night it writes off, lost, whatever time you have failed to use wisely. It carries over no balance from day to day. It allows no overdraft, so you can't borrow against yourself or borrow more time than you have. Each day, the account starts fresh. Each night, it destroys unused time. If you fail to use the day's deposits, it's your loss and you can't appeal to get it back.

There is never any borrowing time. You cannot take a loan out on your time or against someone else's time. The time you have is the time you get and that's it. It is never the case of us not having time to do things, but the case of whether we want to do them or not and where they fall in our priorities.

"We Must Use Time Creatively" - Martin Luther King Jr.

The new year is upon us and with that comes new resolutions, new goals, and new beginnings. As we move into 2018, we encourage you to be true to your goals. Believe in yourself and have a driven focus to achieve your dreams this year.

Your overall health is as important to us as that of our patients. We would like to take a moment to thank each and every one of you for your ongoing service. We look forward to all 2018 has in store and serving you in this new year!

*Thank you*

**Take this new year to embrace the precious minutes we are given each day.**

## Welcome Stephanie!

Stephanie is a Physical Therapist Assistant. She joins our team with more than 20 years of experience in physical therapy. She specializes in men's & women's health, as well as neurological and spinal conditions. She is also Postural Restoration Certified.

## FOCUS CORNER

There are times patients come to our office and state that their medical doctor has told them they have a pinched nerve. Many times a pinched nerve is caused by a misalignment in the spine. This misalignment is what you often hear chiropractors refer to as a subluxation. At times you may feel you have a pinched nerve running into a shoulder or arm or down your leg. These feelings of a pinched nerve can be related to a subluxation in your spine. The spine is made up of one joint on top of another with a small space for many nerves to stem. These joints and space are called the vertebrae and spinal canal. When we slip, fall, perform repetitive motions or lift with improper form, a joint of the spine (vertebrae) can slip out of position and pinch one of the nerves exiting the spine. If the subluxation has been there for any period of time it may take a few visits to keep the joint (vertebrae) to stay in place. Also healing time is needed due to the irritation created from the subluxation in and around the muscle and nerves.

## AVOID PAIN WHILE SHOVELING

We all know the common winter chore of shoveling snow can lead to pain, spasms and even muscle strains and sprains. Bending and twisting while holding a shovel of heavy snow can irritate lowback discs, while overall physical exertion can often result in painful back injuries. Here are a few tips to help you avoid injury this winter:

- \* Do some stretches to warm up your muscles before you shovel. Focus on your upperback, lowback, and legs.
- \* Always bend at your knees. Let the muscles in your legs and arms do the work, not your back!
- \* Take regular breaks. A fatigued body is more prone to injury.
- \* If you are sore after shoveling, apply an ice pack to help reduce any inflammation you may have caused the muscles.

If your soreness and pain does not resolve itself after following these tips book an appointment to get adjusted. You may have an misalignment, or pinched nerve, causing your back to be sore and stiff.



## FOCUS FARMACY

### TIPS TO AVOID ILLNESS THIS WINTER

1. **Eat a balanced diet with whole foods**— whole foods are high in vitamins & protein— gives your immune system an extra boost.
2. **Get plenty of Vitamin C** - strengthens immune system and keeps body healthy.
3. **Use herbs & spices** - cook with onion, garlic, ginger, and allspice— they contain components that also help boost immunity.
4. **Drink plenty of water**— helps balance body fluids, energize muscles, hydrates skin, flushes kidneys, maintains normal bowel functions.
5. **Get enough rest** - Chronic fatigue is known to increase risk for illness. Your body will thank you for 8 hours of sleep every night!
6. **Say hello to friendly bacteria** - 80% of the immune system is contained in the digestive tract— Probiotics help maintain a healthy gut.
7. **EXERCISE!** Exercising is not only a great way to get into shape but also to maintain immune function, improve sleep, and strengthen body.
8. **Relax, laugh, and enjoy life** - Chronic stress can weaken the immune system and make us more vulnerable to illness. It is important to take time to enjoy life and have fun!

#### Groundhog Day- Friday February 2nd

According to legend, Punxsutawney Phil gets his longevity from drinking "groundhog punch". One sip, which is administered every summer at the Groundhog Picnic, gives him seven more years of life. Punxsutawney Phil is at least 131 years old!



## PHYSICAL THERAPY

## LYMPHEDEMA



Lymphedema refers to swelling that occurs in upper and lower extremities. It can be caused by the removal or damage to lymph nodes as part of cancer treatment. It can also result from trauma to the lymphatic system or also could be genetic. It results from blockage in your lymphatic system, which is part of your immune system. The blockage prevents fluid from draining and buildup results in swelling. Your lymphatic system is crucial to keeping your body healthy. It circulates lymph fluid throughout your body, collecting bacteria, viruses and waste.

Here at Focus our physical therapist is trained and certified to treat lymphedema conditions. She has been successfully treating lymphedema for more than 5 years. Our office is accommodated with a warm comfortable fireplace, handicapped parking, and private treatment rooms to make you feel at home during treatment. Schedule an appointment for an evaluation so we can work with you to design a treatment program to help control the swelling and meet your goals for returning to your activities.

### ACTIVATOR METHOD

Activator method is used to treat many types of back pain, neck pain, and headaches. It uses a small, hand-held instrument called an activator. It delivers a gentle impulse force to the spine with the goal of restoring motion to the joint. The instrument is so quick that the body's muscles are less likely to tense in response and less likely to resist the treatment. The force is localized and does not add any additional torque or bending movement to the joint.



**The month of February will not have a full moon.** January and March will have a double full moon. The reason February is a "No-Moon" month is really quite simple: our Gregorian calendar isn't synching up with the lunar calendar, which is 29.53 days long. So, of course there will be a moon in the sky in February — and it might even appear full — it just won't reach the moment where it's 100% astronomically "full" until March 1 on our calendar. The last time February didn't have a full Moon was in 1999.

## Kneephla Soup

2 tbsp. butter  
2-3 carrots, diced  
2 ribs celery, diced  
1 small onion, diced  
2 tbsp. chicken base  
2 quarts water  
1 cup cream  
3-4 potatoes, peeled & diced  
3-4 bay leaves  
Pinch of black pepper  
Dough:  
2 cups flour  
2 eggs  
1 tsp salt  
1/2 cup milk

1. Melt butter over medium-high heat in a large stockpot. Add carrots, celery & onion. Sauté until veggies are tender.
2. Add water, chicken base, potatoes, bay leaves, and a pinch of pepper for taste. Bring to a boil, reduce heat, and simmer 10-15 mins until potatoes are tender.
3. Meanwhile, combine dough ingredients and knead until smooth and elastic. (Using a Kitchenaid mixer w/ bread hook works wonders!)
4. Lightly flour your counter and gently roll out dough into ropes, approx. 1" in diameter.
5. Use a pizza cutter or knife to slice the dough in 1" increments. As you slice, add the cut dumplings to the soup.
6. Let simmer for 5 minutes until dough has completely cooked in the broth.
7. Combine the cream and stir well. Simmer for 5 minutes and enjoy!

