



Focus Chiropractic Center
 1122 W Divide Ave
 701-258-5058

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Never Take Love For Granted

One day a wife, who had very long and snarled hair, asked her husband to buy her a hair-comb. The man felt very sorry and said no as he did not even have enough money to fix the strap of his watch he had just broken. She did not insist any further on her request.

The next morning, the man passed by a jewelry store on his way to work. He stopped for a moment and pondered about a watch strap in the window, until continuing on his walk to work.

He thought all day about his wife's long tangled hair. On his way home, he stopped by the jewelry store. He sold his damaged watch at a low price and went to buy a comb for his wife. He came home in the evening with the comb in his hand ready to give to his wife.

He was surprised when he saw his wife with a very short haircut. She had sold her hair and was holding a new watch band.

Tears flowed from their eyes, not from their meaningless actions, but for the strength of their love.



"To love is nothing, to be loved is something, but to love and to be loved by the one you love, that is everything."

FOCUS CORNER

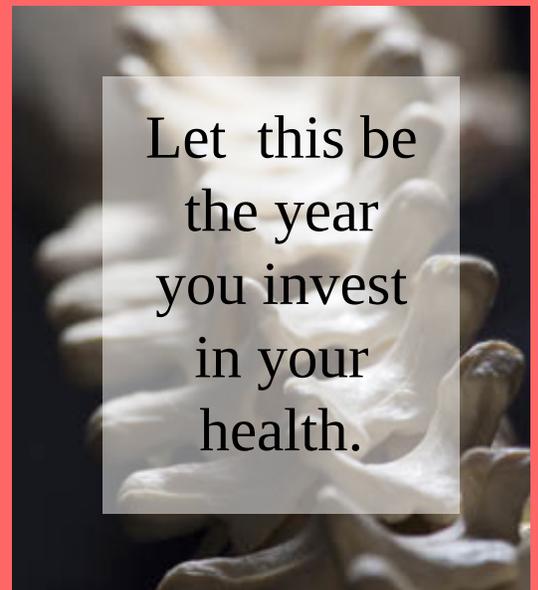
Your spine is what allows your body to move, twist, and bend through every motion of your day. It also encases and helps protect the delicate central nervous system that controls and coordinates every muscle, tissue and organ of the body. This is why we believe the first step to an active lifestyle is a properly functioning spine. With regular adjustments, chiropractic offers a host of preventative health benefits, and is vital for keeping your body balanced, flexible and functioning at its best. Everyone, from growing children to elderly, can benefit from regular chiropractic care.

MY X-RAYS

X-rays provide information that will assist our chiropractor in planning your treatment. X-rays can reveal fractures, spinal misalignments, joint and bone disease, and other facts regarding your health status. Although, x-rays are not always necessary, our chiropractor will decide if they are appropriate for your situation. Your x-rays will become a very valuable part of your health record.

FOCUS CALENDAR

- February 10th- Ash Wednesday
- February 14th- Valentine's Day
- February 15th- President's Day



Let this be
 the year
 you invest
 in your
 health.

DID YOU KNOW?

Our chiropractor can help address back pain and other herniated disc symptoms.

Symptoms of a herniated disc can include the following:

Arm or leg pain: If your herniated disk is in your lower back, you'll typically feel the most intense pain in your buttocks, thigh and calf. It may also involve part of the foot. If your herniated disk is in your neck, the pain will typically be most intense in the shoulder and arm. This pain may shoot into your arm or leg when you cough, sneeze or move your spine into certain positions.

Numbness or tingling: those affected by a herniated disk often experience numbness or tingling in the body part served by the affected nerves.

Weakness: Muscles served by the affected nerves tend to weaken. This may cause you to stumble, or impair your ability to lift or hold items.



PHYSICAL THERAPY

Disc Abnormalities

Our physical therapist can address and treat back pain and abnormal disc problems as well. The physical therapist can also work closely with our chiropractor to determine the best treatment plan for you.

The terms "herniated disc" and "bulging disc" are used interchangeably, but there are differences between the two conditions.

A bulged disc extends outside the space that it should normally occupy. (Like a hamburger that is too big for the bun) Bulging discs are usually considered part of the normal aging process.

A herniated disc results when a crack in the tough outer layer of the cartilage allows some of the softer inner cartilage to produce out of the disc. Herniated discs are also called ruptured discs or slipped discs.



Chocolate – The Love Drug

Now chocolate isn't going to make you fall in love or make someone fall in love with you, although it wouldn't be a bad start to getting a ladies attention. However chocolate does contain phenylethylamine (PEA) which is the same chemical that your brain creates when you feel like you're falling in love. PEA also encourages your brain to release feel-good endorphins.

Chocolate has many other great qualities as well. It is rich in fiber, iron, magnesium, and has a wide variety of powerful antioxidants. But of course, this doesn't mean people should go all out and consume lots of chocolate every day. It is still loaded with calories and easy to overeat on. Just remember the darker the chocolate, the less sugar there is.

GROUND TURKEY SWEET POTATO SKILLET

INGREDIENTS:

- 2 tbsp olive oil
- 1 lb ground turkey meat
- 1 tsp garlic, minced
- 1/2 cup onion
- 1/2 cup yellow pepper, diced
- 1 1/2 cup sweet potato, diced
- Dash of salt and pepper
- Pinch of chili powder
- 1/2 cup shredded mozzarella cheese
- Fresh parsley for garnish



DIRECTIONS:

1. In a skillet, heat olive oil over medium heat.
2. Add ground turkey, garlic, onions, and yellow pepper. Saute for 10 minutes.
3. Add sweet potato, chili pepper, and salt and pepper.
4. Cover the skillet and cook until all tender. Stir occasionally.
5. Preheat oven to 350°F.
6. Remove skillet from stove top. Add cheese and place in oven until cheese is melted.
7. Remove from oven and garnish with parsley. Enjoy!