

# THE UMBRELLA OF FAITH

April  
2016

The community began to worry deeply about a drought that continued for what seemed like an eternity. Rain was vital to keep their crops healthy and sustain the way of life for the townspeople. The wheat kernels were not developing as needed for even a minimum yield and the corn leaves were already wilting. As the problem became more severe, a local priest called a prayer gather to ask for rain. Many concerned people arrived at the church and settled in their seats at the outdoor prayer service that had been organized for them. The priest's eyes scanned the crowd as he walked to the front of the congregation. It was then when he noticed a young girl sitting quietly in the front row, her face beaming with excitement. The priest spoke his pleading words for rain on behalf of all present. It was a solemn setting as these farmers and businessmen joined in with their own prayers and silent pleas under the blistering sun that had been so harsh on their crops all summer.

Joy filled the front lawn of the church when they suddenly heard a deep rumble of thunder, an appearance of dark clouds, and drops of rain beginning to hit their faces. They were all delighted as rain continued to fall soaking their clothing. But they were all just as surprised to see one bright red spot in the crowd- a young girl whose faith had been so sure she had taken appropriate action., bringing an umbrella. All came to pray for rain, but the little girl had come expecting God to answer.



*"Faith is not believing that God can, Faith is believing that God will."*

Sometimes life throws curves when we least expect it. Though we have faith and understand that the Lord is always available, we still find ourselves agonizing over the things that happen to us. We become paralyzed, uncertain and afraid even as we pray to God for help. This is the time, in spite of difficulties, that we must remind ourselves that nothing comes forth in this world that God does not see. We must remember that he is able to unravel and rescue us from our most complicated situations with wisdom and love.

## SPRING ALLERGIES

With Spring fast approaching, the familiar sneezing and itchy, watery eyes can be expected in full force. The strength of both the immune and respiratory system depend largely on proper communication between the brain and spinal cord to control and coordinate their functions properly. When there are interruptions in this communication, such as misalignments in the neck, joint irritation can exaggerate allergic or asthmatic symptoms. Dr. Kelly can help relieve some of these symptoms through sinus acupuncture points, ear adjustments along with restoring proper neck alignment.

## FOCUS CORNER

Chiropractic is based on the scientific fact that our nervous system controls the function of every cell in our body. Interference to the nervous system, caused by a vertebral subluxation, will effect how the nervous system relates to the cells to which it travels. The purpose of a chiropractic approach to health care is to uncover the cause of your condition, not cover up your symptoms. The absence of symptoms does not equal good health!

The early Egyptians built the Great Sphinx so that it points directly toward the rising sun on the spring equinox.

The 22<sup>nd</sup> of April, Earth Day, founded by Senator Gaylord Nelson, was first organized in 1970 to promote ecology and respect for life on the planet as well as to encourage awareness of the growing problems of air, water and soil pollution.

## FOCUS PHYSICAL THERAPY

### ARTHRITIS PAIN

Anyone suffering from arthritis may already notice that joint stiffness and pain only get worse when those muscles and joints are not moving. But we can help get you moving safely and effectively. Our physical therapist is trained to examine, diagnose, treat, and help prevent conditions that limit your body and its ability to move and function in daily life.

Physical therapy treatment helps to improve flexibility, strength, coordination, and balance of areas affected by arthritis to achieve optimal physical function. The key to a successful outcome is learning the exercises from a physical therapist and practicing them at home over a period of time. Always remember that improvement can be gradual- you must allow your body to get stronger and adapt slowly over time.

## CHIROPRACTIC CARE AND PREGNANCY

During pregnancy, there are several changes that occur in preparation for creating the environment for a developing baby.

When the pelvis is misaligned it may reduce the amount of room available for the developing baby. A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery. Chiropractic care helps establish pelvic balance and alignment.

Potential benefits of chiropractic care during pregnancy include:

- ▶ Maintaining a healthy pregnancy
- ▶ Reducing the time of labor and delivery
- ▶ Controlling symptoms of nausea
- ▶ Relieving lowback pain including sciatica



Flax seed was cultivated in Babylon as early as 3000 BC. In the 8<sup>th</sup> century, King Charlemagne believed so strongly in the health benefits of flax seed that he passed laws requiring his subjects to consume it. Now, thirteen centuries later, experts have preliminary research to back up what Charlemagne suspected.

Flax seed is found in all kinds of foods from crackers to frozen waffles to oatmeal. Not only has consumer demand for flax-seed grown, agricultural use has also increased. Flax seed is used to feed chickens that are laying eggs with high levels of omega-3 fatty acids. Flax seed is also great to throw on salads and easy to blend into a smoothie!

Flax seeds are high in fiber and are great for keeping your hair and nails healthy. Research even shows that incorporating flax seed into your diet helps curb hunger so you eat fewer calories which may lead to weight loss.

## DID YOU KNOW ARTHRITIS PAIN & STORMY WEATHER

The clouds are building and you awaken to sore, aching hands. Your arthritis is flaring up, but is the weather to blame? The culprit that may be responsible for increased pain is not snow, cold or rain. Actually, a change in barometric pressure may be to blame. As a storm system develops, the barometric pressure begins to drop causing your arthritis to flare up.

Symptoms of arthritis include the following:

- Pain, stiffness, tenderness, and swelling in joints
- Decreased range of motion
- Muscle weakness

There are many ways our chiropractor can help with arthritis. If you do indeed have spinal misalignments this can cause spinal discs to wear down more quickly. As your body stays in its proper alignment, not only is pressure taken off the nerves, but the proper motion between the spinal bones is restored. When that happens, your symptoms are reduced and your quality of life improves. If you maintain that proper alignment, you become stronger and help keep them from coming back.

Chiropractic adjustments also help take stress off your nervous system allowing your body to rest, relax and heal. By taking stress off your nervous system, your body functions better. When your body is restored to proper function, healing and health happens naturally.

### The 5 P's of Excellent Health

1. **Proper Exercise**- walk, run, swim, etc to get your heart rate up at least 30 minutes, 3 times per week.
2. **Proper Diet**- eat to live rather than live to eat. Lean sources of protein, a variety of fruits and vegetables and lots of water form a healthy diet!
3. **Proper Weight**- you will look good, feel good, and feel more in control of your life when you are at a healthy weight.
4. **Proper Rest**- getting proper amounts of sleep increase your mood, productivity and help keep your immune system healthy. Most people require at least 8 hours of sleep.
5. **Proper Attitude**- the more optimistic you are about yourself and your life, the better your health will be in all areas!

**Focus on the 5 P's to stay happy, healthy, and motivated!**

## Chiropractic is for all ages

**Dr. Kelly treats all ages pregnancy, infants, retirement... & for all activities in life from children play, teen sports, golf...**

**Amber Bossert our physical therapist specializes in sports medicine, rehab post surgery, pregnancy, and falls & balance.**

## STUFFED CHICKEN BREAST

- 2 large chicken breasts
- 1/2 cup sun dried tomatoes
- 1/2 cup chopped spinach
- 1/3 cup mozzarella cheese
- salt and pepper
- chili powder seasoning



1. Cut chicken breasts like hot dog buns without cutting all the way through.
2. Open up the chicken breast where you just made a cut.
3. Layer spinach, tomato, and mozzarella cheese. Sprinkle with salt and pepper and chili powder.
4. Stick toothpicks in, near the opening to keep it all together.
5. Bake at 425°F for 15-20 minutes or until center of meat reaches 165°F

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