

September 2015

A Teacher's Story about Dr. Teddy Stoddard

Mrs. Thompson stood in front of her 5th grade class on the first day of school and told the children a lie. Like most teachers, she looked at her students and said that she loved them all the same. But that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he didn't play well with the other children. His clothes were always messy and he became very unpleasant.

Mrs. Thompson was required to review each child's past records and she put Teddy's off until last. However, when she reviewed his file, she was in for a surprise.

Teddy's first grade teacher wrote, "Teddy is a bright child with a ready laugh. He does his work neatly and has good manners."

His second grade teacher wrote, "Teddy is an excellent student, well-liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle."

His third grade teacher wrote, "His mother's death has been hard on him. He tries to do his best, but his father doesn't show much interest and his home life will soon affect him if some steps aren't taken."

Teddy's fourth grade teacher wrote, "Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends".

By now, Mrs. Thompson realized the problem. She felt even worse when her students brought her Christmas presents, wrapped in beautiful ribbons and bright paper, except for Teddy's. His present was clumsily wrapped in a heavy, brown grocery bag. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing, and a bottle that was one quarter full of perfume.

But she stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her wrist.

Teddy Stoddard stayed after school that day just long enough to say, "Mrs. Thompson, today you smelled just like my Mom used to."

Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded.

A year later, she found a note under her door, from Teddy, telling her that she was still the best teacher he ever had in his whole life.

Six years had passed before she got another note from Teddy. He wrote that he had finished high school, third in his class. Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school and would soon graduate from college with the highest of honors. Four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. But now his name was a little longer -- the letter was signed, Theodore F. Stoddard, MD.

There was another letter that spring. Teddy said he'd met this girl and was going to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit in the place at the wedding that was usually reserved for the mother of the groom. Of course, Mrs. Thompson did.

She wore that bracelet, the one with several rhinestones missing. And she made sure she was wearing the perfume that Teddy remembered his mother wearing. They hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you Mrs. Thompson for believing in me. Thank you so much for making me feel important and showing me that I could make a difference." Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't really know how to teach until I met you."

"If you make a difference, you change things, if you make a difference in somebody, you change their life."

Focus Corner

"The lumbar spine has 5 vertebrae numbered L1 - L5. The lumbar spine controls bowel, bladder, and lower extremities. Subluxations in those areas can cause constipation, indigestion, leg pain, leg numbness, and sciatica. L1 - L5 are the longest vertebrae and carry the weight of the rest of the spine." -Dr. Kelly Remillard

Garden Vegetable Beef Soup

- 1 lb beef stew meat
- 2 1/2 tbsp olive oil
- 1 1/2 cup chopped onion
- 2 cups chopped carrots
- 1 1/2 cup chopped celery
- 4 cloves garlic
- 2 large tomatoes, diced
- 3 cups peeled and diced potatoes
- 2 cups diced beets
- 1 1/2 cup chopped green beans
- 1 1/4 cup corn
- 1 cup peas
- 14.5 oz beef broth
- 2 cups vegetable juice
- 2 bay leaves
- 2 cup chopped beets
- 1/2 tsp black pepper
- Salt to taste
- 1 cup chopped cabbage



Directions:

1. Cut meat into small bite size pieces and saute in skillet until all sides are brown and meat is thoroughly cooked.
2. Heat olive oil in a large pot over medium heat. Add beef, onion, carrots, potatoes, cabbage, tomatoes, green beans, and beets. Saute 3-4 minutes before adding garlic.
3. Pour beef broth and vegetable juice into pot, add bay leaves, salt and pepper.
4. Reduce heat to medium-low and simmer until potatoes and vegetables are tender, about 20-30 minutes.
5. Add corn and peas and simmer for another 10 minutes.
6. Remove bay leaves. Ready to serve! Tastes great with

Physical Therapy

Lowback Pain

There are 3 different types of low back pain:

1. Acute – pain lasting less than 3 months
2. Recurrent – acute symptoms come back
3. Chronic – pain lasting longer than 3 months

"It is important to take care of your body and keep your lowback healthy and stable. Our lowback is responsible for structural support, movement, and protection of certain body tissues. With physical therapy we are able to teach body mechanics to decrease stress and strain during day to day activities. We provide exercise programs to strengthen the core and lumbar muscle tissue to provide stability and prevent recurrence of symptoms." -Amber Bossert, PT



7 Surprising Health Benefits of Cabbage

1. Ideal for weight loss- has only 33 calories per 1 cup of steamed cabbage; low in fat and high in fiber.
2. Brain food- packed with vitamin K to help with mental function and concentration, improving your defense against Alzheimer's disease and dementia. Red cabbage has the highest amounts of Vitamin K.
3. High in Sulfur- helps dry up oily and acne skin. A great protein substance necessary for healthy hair, nails, and skin.
4. Detox- high in vitamin C to remove toxins which are main causes of arthritis, rheumatism, and gout.
5. Blood Pressure- the high potassium content helps by opening up blood vessels, easing the flow of blood.
6. Headaches- a warm compress made with cabbage leaves can help relieve the pain of a headache. You can also drink raw cabbage juice daily for chronic headaches.
7. Anti-Inflammatory- the natural red pigment of red cabbage is said to lower blood sugar levels and boost insulin production. It has no white sugars and very few simple sugars.

Did You Know?

Lower back pain can be caused by a variety of problems with any parts of the spinal muscles, nerves, bones, discs or tendons in the lumbar spine. Any irritation or problem with any of these structures can cause lower back pain and/or pain that radiates to other parts of the body. Many lower back problems also cause back muscle spasms, which don't sound like much but can cause severe pain and muscle tightness. While lower back pain is extremely common, the symptoms and severity of lower back pain vary greatly. A simple lower back muscle strain might be excruciating enough to necessitate an emergency room visit, while a degenerating disc might cause only mild, occasional discomfort. Identifying the symptoms and getting a diagnosis that pinpoints the underlying cause of the pain is the first step in obtaining effective pain relief.



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