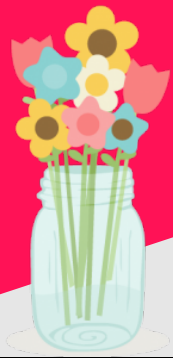


MAY 2015

Happy Mother's Day!



Which One Are You?

Once upon a time, a daughter complained to her mother that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another soon developed.

Her mother, a chef, took her into the kitchen. She filled three pots with water and placed them on a high fire. Once the three pots began to boil, she placed potatoes in one pot, eggs in the second, and ground coffee beans into the third pot.

She then let them sit and boil, without saying a word to her daughter. The daughter, moaned and impatiently waited, wondering what she was doing.

After twenty minutes, she turned off the burners and took the potatoes out of the pot and placed them in a bowl. She pulled the eggs out of the second pot and placed them into a bowl. She then ladled the coffee out and placed it into a cup. Turning her her daughter, she asked, "Daughter, what do you see?"

"Potatoes, eggs, and coffee", she hastily said.

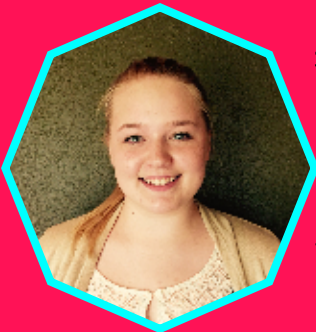
"Look closer", she said, "and touch the potatoes." She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. Its rich aroma brought a smile to her face. "Mother what does this mean?" she asked. The mother then explained that the potatoes, eggs, and coffee beans had each faced the same adversity- the boiling water.

However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water became soft and weak. The egg was fragile, with only a thin outer shell protecting its liquid interior until it was put into the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you" she asked her daughter. "When adversity knocks on our door, how do you respond? Are you a potato, an egg, or a coffee bean?"

"In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us."

Welcome Megan!



We welcome Megan to Focus! She started here at Focus in February. Many of you may have already met her at the front desk. She fits in well with her smile and pleasant personality.

Megan has recently moved to the Bismarck area from Michigan after getting married in December. She enjoys a good book, crafts, and time with her husband. She is currently planning her upcoming wedding reception in June, back in Michigan with her family and friends.

f o c u s

Focus Corner

"The median nerve travels through the shoulder, elbow, and wrist, and ends in the hand and becomes most irritated during Carpal Tunnel Syndrome. People with true Carpal Tunnel have issues with that nerve getting pinched at their wrist. However, symptoms of carpal tunnel can appear by having pinched nerves in vertebrae C5-C7. Symptoms include numbness, tingling, and pain the in hand."

- Dr. Kelly Remillard

Focus Calendar

Tuesday, May 5th- Cinco De Mayo

Sunday, May 10th- Mother's Day

Monday, May 25th- Memorial Day
(Office will be closed May 23-25)

Congratulations to all 2015 graduates!
You have worked so hard to accomplish this chapter of your life!

We wish you the best as you step towards new challenges in life. Congrats and may all your dreams be fulfilled!

Fresh Veggie Pizza

- 2 packages refrigerated crescent rolls
- 1 cup sour cream
- 1 package cream cheese, softened
- 1/4 teaspoon garlic salt
- 1 package ranch dressing mix
- 1 small onion, chopped
- 1 stalk celery, thinly sliced
- 1/2 cup halved and thinly sliced radishes
- 1 red bell pepper, chopped
- 1 carrot, grated



1. Preheat oven to 350 degrees F (175 degrees C). Spray a jellyroll pan with non-stick cooking spray.
2. Pat crescent roll dough into a jellyroll pan. Let stand approx. 5 minutes. Pierce with fork.
3. Bake for 10 minutes, let cool.
4. In a medium-sized mixing bowl, combine sour cream, cream cheese, garlic salt and ranch dip mix. Spread this mixture on top of the cooled crust. Arrange the onion, carrot, celery, broccoli, radish, bell pepper and broccoli on top of the creamed mixture. Cover and let chill. Once chilled, cut it into squares and serve.

Did You Know?

The neck is a well-organized structure of bones, nerves, muscles, ligaments and tendons. The cervical spine (neck) is delicate - housing the spinal cord that sends messages from the brain to control all aspects of the body - while also remarkably flexible, allowing movement in all directions, and strong. Vertebrae C4-C7 control the neck muscles, shoulders, and arms and hands. Neck adjustments in vertebrae C4-C7 can help reduce symptoms such as carpal tunnel, numbness or tingling in arms, hands, fingers, wrists, and reduce stiffness and soreness in tennis elbow.

Thank you to those who have given so much so that we could have freedom! Remembering those who have served all year long but especially on Memorial Day!

ONE OF THE FIRST THINGS YOUR MOTHER TEACHES YOU AS A BABY IS HOW TO FIND YOUR BALANCE. IT'S A LESSON YOU WILL NEED THROUGHOUT YOUR LIFE



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PHYSICAL THERAPY Vertigo

Vertigo is defined as a feeling of movement or spinning when you are still. Benign Paroxysmal Positional Vertigo (BPPV) is when vertigo is caused by changes to head position or during movement. It may start after bending over, turning over in bed, or looking up. People with BPPV can often identify which movement causes dizziness.

Symptoms include:

- Loss of balance
- Vomiting or nausea
- Ringing or buzzing in the ear
- Changes to vision or hearing
- Sensation of spinning when changing head position

Treatment of vertigo includes an evaluation to test the central signs in the brain, balance, and vestibular (inner ear) conditions. A treatment plan can then be developed.



Apples, grapefruit, okra, and pineapple are natural antihistamines for allergy and sinus conditions because they contain quercetin, bromelain, and vitamin c. These foods can bring about temporary relief of nasal congestion, sneezing, itchiness and watery eyes. You can also find them as a supplement in pill and tablet form.