

November 2015



How Rich Are We?

One day a father and his rich family took his son on a trip to the country with the firm purpose to show him how poor people can be. They spent a day and a night on the farm of a very poor family.

When they got back from their trip, the father asked his son, "How was the trip?" "Very good Dad!" "Did you see how poor people can be?" the father asked. "Yeah!" "And what did you learn?"

The son answered, "I saw that we have a dog at home, and they have four. We have a pool that reaches to the middle of the garden; they have a creek that has no end. We have imported lamps in the garden; they have the stars. Our patio reaches to the front yard; they have a whole horizon." When the little boy was finished, his father was speechless. His son added, "Thanks, Dad, for showing me how 'poor' we are!"

"If you have love, friends, family, health, and a positive attitude towards life - you've got everything! You can't buy any of these things. You may have all the material possessions you can imagine but if you are poor of spirit, you have nothing."

Chiropractic care during pregnancy will help keep the spine aligned, allowing the body to work more effectively during labor.



Research shows that correct alignment of the pelvis and spine contributes to a more straightforward labor with less pain and trauma for mother and child.

Focus Calendar

Nov. 11th- Veterans Day- Office Open
November 26th- Office Closed
November 27th- Office Open 8am-3pm

**With our hearts filled with gratitude, we thank all of the soldiers who sacrificed so much, so that we could have a country to call home. Thank you so much.
Happy Veteran's Day**

Leftover Thanksgiving Turkey Casserole

- 1 package spaghetti (16 oz)
- 2 medium onions, chopped
- 9 tbsp butter
- 1 lb fresh mushrooms
- 1 red pepper, chopped
- 1/2 cup peas
- 1/2 cup all-purpose flour



- 1 tsp salt
- 6 cups milk
- 1 tbsp chicken bouillon granules
- 6 cups cubed or chopped turkey breast
- 1 cup Parmesan cheese
- 1 1/2 cups dry bread crumbs
- 4 tsp minced fresh parsley, optional

1. Boil spaghetti until soft. Meanwhile, saute onions and red pepper in butter until soft. Add mushrooms and peas. Saute 4-5 minutes longer.
2. Stir in flour and salt until blended. Gradually whisk in milk and bouillon. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Stir in turkey and cheese and saute for 5 minutes.
4. Drain spaghetti noodles. Add turkey mixture and stir well and transfer to a greased baking dish
5. Melt remaining butter and toss with bread crumbs. Sprinkle over casserole.
6. Bake, uncovered, at 350° for 30 minutes. Sprinkle with parsley, if desired. Enjoy!

Focus Physical Therapy

Sciatica

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lowerback through the hips and buttocks and down each leg. Symptoms of sciatica occur when the sciatic nerve becomes pinched. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from the lowback to the buttocks, and down the back of the thigh and calf. The pain can vary widely, from a mild ache to a sharp, burning sensation. Sometimes it can even feel like a jolting or electric shock.

Our Physical Therapist can design a rehab program to help you decrease the pain and prevent future injuries. This typically includes exercises to correct your posture, strengthening the muscles that support the back, improve flexibility, and find the source of the pain to reduce/relieve the problem.

Did You Know?

Sciatica describes the symptoms of leg pain, tingling, numbness, or weakness that originates in the lower back and travels through the buttock and down the large sciatic nerve in the back of the leg. Sciatica is often characterized by one or more of the following symptoms:

- «Constant pain in only one side of the buttock or leg
- «Pain that is worse when sitting
- «Leg pain described as burning, tingling or searing
- «Weakness or numbness in the leg or foot
- «A sharp pain making it difficult to stand up or to walk

Sciatic pain can vary from infrequent and irritating to constant and immobilizing. Specific sciatica symptoms can be different in location and severity, depending upon the condition. The purpose of chiropractic treatment is to help the body's potential to heal itself. The type of chiropractic therapy provided depends on the cause of the patient's sciatica. A sciatica treatment plan may include several different treatments such as ice/cold therapies, muscle stimulation, and spinal adjustments.



10 Superfoods for Winter

1. Cinnamon- regulate blood glucose levels
2. Pecans- lower cholesterol
3. Dark Chocolate- reduce risk for heart disease
4. Pomegranate Juice- high in antioxidants
5. Apples- great source of fiber
6. Prunes- high in potassium & great form of energy
7. Potatoes- high in starch BUT contain no fat or cholesterol
8. Cabbage- good source of fiber and vitamin B6
9. Dried Kidney Beans- packed with protein
10. Frozen Blueberries- high in antioxidants



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