

JUNE 2015

*PAID IN FULL*

**focus**

**Focus Chiropractic Center**

**Chiropractic, Massage, and  
Physical Therapy**

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A young man was getting ready to graduate from college. For many months he had admired a beautiful sports car in a dealer's showroom, and knowing his father could well afford it, he told him that was all he wanted. As Graduation Day approached, the young man awaited signs that his father had purchased the car.

Finally, on the morning of his graduation, his father called him into his private study. His father told him how proud he was to have such a fine son, and told him how much he loved him. He handed his son a beautifully wrapped gift box. Curious, and somewhat disappointed, the young man opened the box and found a lovely, leather-bound Bible, with the young man's name embossed in gold. Angry, he shouted at his father and said "with all your money, you give me a Bible?" and stormed out of the house.

Many years passed and the young man had become very successful in business. He had a beautiful home and wonderful family, but realized his father now was getting old, and thought perhaps he should go see him.

He had not seen him since that graduation day.

Before he could make arrangements, he received a phone call telling him his father had passed away, and willed all of his possessions to his son. He needed to come home immediately and take care of things.

When he arrived at his father's house, sudden sadness and regret filled his heart. He began to search through his father's important papers and saw the still gift-wrapped Bible, just as he had left it years ago. With tears, he opened the Bible and began to turn the pages.

His father had carefully underlined a verse, Matt. 7:11, "And if ye, being evil, know how to give good gifts to your children, how much more shall your Heavenly Father which is in Heaven, give to those who ask Him?" As he read those words, a car key dropped from the back of the Bible. It had a tag with the dealer's name, the same dealer who had the sports car he had wanted. On the tag was the date of his graduation, and the words PAID IN FULL.

*"Appreciate what you have before it turns into what you had."*

## **FOCUS CORNER**

"From the skull down to the 24th vertebrae, the nervous system is protected by bone. Vital organs are protected by the sternum and rib cage.

T1-T4 nerves control pain and sensation down your arms and also your heart and lungs." -Dr. Kelly Remillard



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Focus Chiropractic Center is looking for a Licensed Massage Therapist to join our staff!!

**HAPPY  
FATHER'S DAY!**

**Subluxation:** When a vertebrae of the spine loses its proper position and becomes misaligned with the vertebrae above and below it, compromising the nerves, which then results in interference of nerve transmissions from the brain to tissues, organs, and muscles. More commonly known as a pinched nerve, subluxations can physically cause your spine to wear unevenly, which leads to early degeneration and break down of the spine.

**FISH ARE VERTEBRATE ANIMALS THAT LIVE IN THE WATER. VERTEBRATE MEANS THEY HAVE A SPINAL CORD SURROUNDED BY BONE OR CARTILAGE.**

## PHYSICAL THERAPY THORACIC OUTLET SYNDROME

Thoracic Outlet Syndrome (TOS) is a condition whereby symptoms are produced from compression of nerves or blood vessels between the base of the neck and the armpit. It is most often the result of poor or strenuous posture but can also result from trauma or constant muscle tension in the shoulder girdle.

Signs and symptoms of thoracic outlet syndrome vary from patient to patient due to the location of nerve and/or vessel involvement. Some of the most common symptoms are: pain in various areas of the neck, shoulder, arm, or hand, numbness in the forearm and fingers, and weakness of the hand. A thorough history and evaluation must be done to determine if the patient's symptoms are truly TOS.

Physical therapy helps to focus on pain management, nerve gliding techniques, muscle endurance, stretching, and patient education. Since every patient presents differently, treatment is individualized and usually involves 4-6 weeks of treatment.

## DID YOU KNOW? THORACIC SPINE

The thoracic spine, commonly referred to as your middle back, consists of 12 vertebrae. This is the longest portion of the spine. Each vertebrae has a pair of ribs attached to them. The nerves that sit between these vertebrae control muscles and other tissues as well as internal organs. Vertebrae T1-T4 control a portion of the upper body organs such as the heart, lungs, and bronchial tubes.

Some of the surface areas these nerves control include the muscles of the middle back, the chest muscles, and muscles of the rib cage. Pain or numbness may be symptoms of a pinched nerve affecting these areas.

Pinched nerves in these areas can lead to a large list of functional problems including asthma, certain heart problems, bronchitis, high blood pressure, ulcers, and allergies.

When it comes to fat, there is only one type you don't want to cut back on: Omega-3 fatty acids. Omega-3 fatty acids are found in oils from certain types of fish, vegetables, and other plant sources. These fatty acids are not made by the body and must be consumed in diet. Omega-3 acids work by lowering the body's production of triglycerides. High levels of triglycerides can lead to coronary artery disease, heart disease, and stroke.



**OVER ONE FOURTH OF THE SPINE'S TOTAL LENGTH IS CREATED FROM DISCS, THE SPONGE-LIKE CARTILAGE THAT SEPARATES ONE VERTEBRAE FROM THE NEXT. DISCS ARE MADE UP OF 90% WATER.**

**STAY HYDRATED THIS SUMMER!**

## GRILLED WALLEYE IN GARLIC BUTTER SAUCE

### Ingredients:

- 6 walleye fillets
- 1/2 tsp table salt
- 1/4 tsp black pepper
- 1/8 tsp cayenne pepper, or to taste
- 1/3 tsp paprika
- 1 tsp powdered onion
- 1 garlic powder
- 2 tbsp butter
- tin foil

### Directions:

1. Start grill to medium heat.
2. In a small bowl, combine all spices.
3. Place fish fillets on tin foil. Keep in mind you need enough tin foil to fold over the fish to make a pouch.
4. Sprinkle seasoning mix on the fish fillets. Flip the fillets to sprinkle the bottom, if desired.
5. Place small portion of butter between each fillet.
6. Fold the extra flap of tin foil over the fillets to create a closed pouch.
7. Place on grill to cook. Check after 7 minutes. Be cautious of steam when opening tin foil pouch. Fillets should be flaky and white.



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