

# JANUARY 2016

## Celebrating 1 year with Physical Therapy!



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### The Beaver and His Goals

It started last fall when we had a beaver move into the small stream beside our home. He immediately began taking down small trees, and within a couple of weeks our small stream turned into a small pond. Every day he added more to his dam.

Finally, with his house built, we thought that would be the last of the beaver's busy bustle as winter set in. But, to our amazement, he started munching on a very large maple tree. The tree was over 60 feet tall and approximately five feet in diameter at the base. We were stunned at the challenge this beaver was attempting. Over the winter, that busy beaver would chew on the tree little by little. He had setbacks as we faced major winter storms and freezing weather. We thought that he will never chew through that tree. But sure enough, when the weather allowed, he kept coming back and would chew a bit more.

When spring finally arrived, the beaver's progress had proven his hard work. He had almost completely chewed through the entire tree.

The beaver's original goal was survival - to build a home for the winter. Working every day with that particular focus in mind, he achieved that goal. But the large maple tree he started chewing on last fall was a future goal - he wanted the large tree for the spring, to provide new food and branches to continue in expectation of the spring thaw. And, even with the setbacks he faced over the winter, he never gave up.

We always have a goal to just survive, but we also need to set goals for tomorrow. And sometimes, just surviving seems to occupy all of our time - working every day, looking after our family, going to school, and so forth. But, if you do just a little bit when times allows, and keep focused on your future goal, you will achieve it. Stay focused and not let the setbacks discourage you.



## A New Year!

The holiday season has been a time of joy and sharing as well as a time of reflection and appreciation for the many good things in our lives as our family and friends are cherished most. As we move into 2016, we encourage you to be true to yourself and to your goals. Your mental, physical and spiritual health is as important to us as that of our patients. Be kind to yourself, your loved ones, your friends, your colleagues, and all those who you touch in some small or large way each day. Maintaining a healthy balance in our lives helps us in difficult times.

The new year is upon us and with that comes new resolutions, new goals, and new beginnings. We look forward to all 2016 has in store and serving you in this new year!

### Focus Corner

"Chiropractic is so much more than simply a means of relieving pain. Ultimately, the goal of receiving adjustments should be to restore the body to its natural state of optimal health.

Chiropractors bring the musculoskeletal structure into proper alignment. We change the position of your body and apply pressure to particular points along the spine that are not properly aligned.

By adjusting the spine at particular pressure points, nerve energy is allowed to flow better down your spine and throughout your entire body.

Repeated visits can, over time, realign your spine to optimize overall health. We seek to care for the whole person, from general wellness to disease prevention. We examine every patient, not only for the reason of their visit but also their level of health. " - Dr. Kelly Remillard

### Thanks to all who donated items for Carrie's Kids!

"The term "ADJUSTMENT" refers to the specific force chiropractors apply to vertebrae that have abnormal movement patterns or fail to function normally.



The objective of the chiropractic adjustment is to **REDUCE** the subluxation, which results in an increased range of motion, reduced nerve irritability, reduced muscle spasm, reduced pain and improved function."



## DID YOU KNOW?

The "popping" sound you hear after an adjustment comes from the release of gas by joints in the spine. The actual pop is called a cavitation. The joints of the spine are called synovial joints and they produce a fluid that lubricates the joints. When a joint is gapped very quickly, the gas is released and you hear a distinctive popping sound. Not all chiropractic adjusting techniques produce this noise. In fact, some adjusting techniques use little force and thus produce no noise at all.

## Focus Celebrates 1 Year with Physical Therapy!

January 2016 marks our 1 year celebration with physical therapy in our office. We are so grateful for all of your support and patience during our first year. We have enjoyed working with each of you and hope to serve you for many years to come!

We would like to thank our community for trusting Focus Physical Therapy with all of your rehabilitative needs. We would not have made it this far without you!

# Thank You



## Blue & Purple Foods

By enjoying the foods listed below you are helping your body fight inflammation, support healthy digestion, and may reduce tumor growth. These foods also support eye health and help to boost your immune system. After all, it is a new year and these fruits and veggies are a great start for a healthy diet!

- Plums
- Eggplant
- Blueberries
- Elderberries
- Cabbage
- Beets
- Prunes
- Asparagus
- Grapes
- Purple Carrots

## Halupsi (Pigs in a Blanket)

### Ingredients:

- 1 head cabbage
- 2 cups cooked rice
- 1 medium onion, chopped
- 1 lb. ground beef
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cans tomato soup



### Directions:

1. In a skillet, brown hamburger and 1/2 onion.
2. Meanwhile, place the cabbage in a glass or other microwave-safe dish with a small amount of water. Cover the dish with a lid or microwave-safe plastic wrap. Cook the cabbage on high for four to six minutes or until the cabbage is tender. Check the progress often because the total cooking time varies depending on the size of the cabbage.
3. Remove from microwave and gently pull off leaves; set aside.
4. Mix meat, onion, cooked rice, 1 can tomato soup, salt, and pepper until it holds together well.
5. Place a tablespoon of rice mixture on a cabbage leaf and wrap. Place in a greased casserole pan.
6. Pour remaining can of tomato soup over prepared cabbage rolls.
7. Bake at 350° for 1 1/2 hours, or until cabbage rolls are soft and hot throughout. Enjoy!

## Chiropractic Care for Headaches

A headache is a very common condition in chiropractic patients. Headaches can be caused from spinal bones in the neck that aren't supporting your head properly. This can affect nerves, muscles and even the blood supply to your head. A common cause of a headache is a subluxation (a misaligned vertebrae in the spine) in the neck or upper back which is effectively treated with chiropractic adjustments.

Headaches affect just about everyone at some point and they can present themselves in many different ways. Some people only experience pain in one part of their head or behind their eyes, some people experience a pounding sensation inside their whole head, and some people even experience nausea. The pain itself may be dull or sharp and may last for anywhere from a few minutes to a few days. Fortunately, very few headaches have serious underlying causes.

Our Chiropractor is primarily concerned with helping correct any neuromusculoskeletal (nerves, muscles and bones of the body) source of your headache. He will perform a spinal exam to determine whether the symptoms may be relieved with chiropractic care. Chiropractic care may help prevent unnecessary tension and irritation in the neck and head. In some instances, chiropractic adjustments can provide immediate relief for headaches. Repeated visits, even when you're feeling better, can help retrain and strengthen the muscles that support our spine. Just as it takes more than one or two workouts in the gym to get in shape, it takes time for your spine to heal.



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