

# February 2015

"The greatest treasures are those invisible to the eye but found by the heart"

One day a young man was standing in the middle of the town proclaiming that he had the most beautiful heart in the whole valley.

A large crowd gathered and they all admired his heart for it was perfect. There was not a mark or a flaw in it. It truly was the most beautiful heart they had ever seen. The young man was very proud and boasted about his beautiful heart.

Suddenly, an old man appeared at the front of the crowd and said, "Why, your heart is not nearly as beautiful as mine." The crowd and the young man looked at the old man's heart. It was beating strongly, but full of scars. It had places where pieces had been removed and other pieces put in, but they didn't fit quite right and there were several jagged edges. In fact, in some places there were deep gauges where whole pieces were missing. The people stared. "How can he say his heart is more beautiful?"

The young man looked at the old man's heart and saw its state and laughed. "You must be joking," he said. "Compare your heart with mine, mine is perfect and yours is a mess of scars and gauges."

"Yes," said the old man, "Yours is perfect looking but I would never trade with you. You see, every scar represents a person to whom I have given my love – I tear out a piece of my heart and give it to them, and often they give me a piece of their heart which fits into the empty place in my heart, but because the pieces aren't exact, I have some rough edges, which I cherish, because they remind me of the love I have shared."

"Sometimes I have given pieces of my heart away, and the other person hasn't returned a piece of their heart to me. These are the empty gauges – giving love is taking a chance. Although these gauges are painful, they stay open, reminding me of the love I have for these people too, and I hope someday they may return and fill the space I have waiting. So now do you see what true beauty is?"

The young man stood silently with tears running down his cheeks. He walked up to the old man, reached into his perfect, young and beautiful heart, and ripped a piece out. He offered it to the old man with trembling hands. The old man took his offering, placed it in his heart and then took a piece from his old scarred heart and placed it in the wound in the young man's heart. It fit, but not perfectly, as there were some jagged edges.

The young man looked at his heart, not perfect anymore but more beautiful than ever, since love from the old man's heart flowed into his.



## Focus February Calendar

American Heart Month

February 6- Go Red  
(National Heart Disease Day)

February 14- Valentine's Day

February 16- President's Day

February 18- Ash Wednesday

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## Focus Corner

"The spine is our body's framework. Chiropractic affects the nervous system by adjusting the spine. However, what supports the spine, is the muscles that surround it. At times, we have issues that cause instability in those muscles. We try to improve that stability by maintaining a healthy body. Occasionally, there are situations when injuries require additional care. Because we know the importance of maintaining the stability of the spine, we have added Physical Therapy to our office. Physical Therapy is not only an important part of stability of the spine but also the whole body. Physical Therapy is a great way to improve and maintain a healthy body." -Dr. Kelly Remillard



A healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day

## High Cholesterol

High cholesterol is a major risk factor for heart disease and stroke. Too much cholesterol in the blood can cause buildup in the walls of arteries. Over time, buildup causes arteries to harden, making them narrow or even blocked. If the blood supply to a portion of the heart or brain is completely cut off by blockage, a heart attack or stroke can be a result.

Eating a low saturated and trans fat diet can help reduce high cholesterol, as well as maintain normal levels of cholesterol.

Lean meats, such as chicken, turkey, and fish that are not fried, and lots of fruit, vegetables, and whole grains are helpful. Supplements such as fish oil, niacin, flax seed and garlic tablets are available at Focus!

## Slow Cooker Turkey Chili

### Ingredients:

- 1 tablespoon olive oil
- 1 lb ground turkey
- 1 medium onion, diced
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 2 cans tomato sauce
- 2 cans diced tomatoes
- 1 can black beans, rinsed and drained
- 1 can chili beans, rinsed and drained
- 1 jar mild jalapeno peppers, drained
- 1 cup frozen corn
- 2 tablespoons chili powder
- Salt and pepper, to taste



### Directions:

1. Heat the oil in a skillet over medium heat. Brown the turkey and onion and pour into slow cooker.
2. Add the peppers, tomato sauce, tomatoes, beans, jalapenos, corn, chili powder. Stir and season with salt and pepper.
3. Cover and cook on high for 4 hours or low for 6 hours. Serve with toppings, if desired.

## Valentine's Day Massage Gift Certificates available!

In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day.

## Meet Our Physical Therapist!

Amber is a native of rural North Dakota, raised on her family farm in Burke County. She graduated with her Master's degree in Physical Therapy in 2002 after achieving an undergraduate in Athletic Training. Following graduate school, she moved to Minnesota pursuing a career in geriatric therapy gaining a high degree of experience and job satisfaction. She moved to Bismarck in 2008 growing her practice and experience to outpatient physical therapy. Amber enjoys living in Bismarck with her husband and two children. She is dedicated to her career and furthering her knowledge in outpatient physical therapy.