



Focus Chiropractic Center  
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# MAY 2016 NEWSLETTER



## Dear Mom, I love you because...

The little girl was sitting at her desk swinging her legs and chewing the eraser tip on her pencil, looking at the blank piece of paper before her. The assignment was to write a letter for Mother's Day, telling why she loves her mother. She looked around the classroom for inspiration, then at her paper in concentration and wrote:

"Dear Mom,

*I love you because you are funny, and nice. I love you because you give good pushes on the swings. I love you because you help me to learn to cook macaroni sometimes. I love you because you tried to help me learn to ride my bike, even when you let go and I fall down. You are good at putting on band aids and making me feel better, too. Happy Mother's Day."*

Satisfied with what she wrote, she decorated the margins of the letter with colorful flowers. Three days later, the little girl woke up very early, snuck into her mom and dad's room, and left the letter and a small marigold sprig on her mother's night table so that she would be surprised when she woke." At breakfast time, the little girl gets a wet-eyed kiss from her mom, and hears, "thank you, honey."

Almost exactly ten years later, a girl sat at her desk in her bedroom, a blank piece of paper before her. "Dear Mom," she wrote. The teenager wanted so much to write something special for her mother, but the words were all tangled. Tears started up and receded again and again. Tears of gratitude for the times when her mother came through with understanding or a hug at just the right moment; tears

of anger when her mother said or did something unfair, or refused a special privilege that her friends were allowed to do. The girl started by writing,

*"Dear Mom, I know we don't always see eye to eye, but I just want to tell you that you are the best mom I could ever ask for. Thank you for bringing me into this world, and for listening and for..."*

Tears spilled out of the girl's eyes onto the paper, and she crumpled the paper and tossed it into the trash. After two more similar attempts, the girl ripped the paper to shreds, dried her eyes, and decided to purchase a generic card. The best she could do.

Fifteen years later, a woman is awakened by whispering at her bedside. She turns away from the little noises and cracks an eye open to look at the alarm clock: 6:45 a.m. Her husband is grinning at her, so she rolls her eyes, and turns over to face her three children, whose arms are overflowing with homemade bead necklaces, cards, and hug coupon books. She makes a suitable fuss over everything thrust at her, and then gets up to make toast for her hungry two-year-old, who is demanding breakfast in a language that only a parent can understand.

That evening, the mother creeps into her children's room to kiss them as they sleep. As she looks upon them, she is hit with a wave of what can only be described as a mother's love. She then thinks, now I understand those wet-eyed kisses when I was seven. I probably should have given my mom the letter I tried to write when I was seventeen.

*"There were not enough angels to take care of everyone, so God created Mothers"*

### FOCUS CORNER

Your spinal column allows your body to move, twist, and bend through every motion of your busy day. It also encases and protects the central nervous system that controls and coordinates every muscle, tissue and organ of the body.

When two or more vertebrae aren't functioning together properly you may experience pain, discomfort, decreased mobility, or many other symptoms and conditions. Joint misalignments often go unnoticed and can cause miscommunication between your brain and body. The great news is that you can help prevent these types of symptoms and conditions with routine chiropractic care.

### FOCUS CALENDAR

May 8<sup>th</sup>- Mother's Day

May 14<sup>th</sup>- American Heart Association Walk-  
Cottonwood Park

May 22<sup>nd</sup>- Color Splash Fun Dash 5K-  
Cottonwood Park

May 30<sup>th</sup>- Memorial Day - OFFICE CLOSED

### FOCUS PHYSICAL THERAPY

#### Rheumatoid Arthritis

Rheumatoid arthritis is a type of inflammation that affects joints on both sides of the body, such as the hands, both wrists, or both knees. This symmetry helps to set it apart from other types of arthritis.

The ultimate goal here at Focus is to keep you moving in your day-to-day life by using exercises and other methods of treatment to stimulate muscles, bones, and joints. We understand the mechanics of your body working together. Regular treatments may decrease your pain, increase your range of motion, and help you regain strength!

#### Signs and symptoms include:

Tender, warm, and swollen joints  
Joint stiffness worse in the morning  
Joint stiffness worse when inactive  
Fatigue, fever, and weight loss

#### Risk factors:

**Gender:** Females are more likely to develop rheumatoid arthritis

**Age:** It can occur at any age, but most commonly begins between 40-60.

**Family History:** If a family member has been diagnosed, you may have an increased risk.

**Smoking:** Cigarette smoke increases your risk. Smoking is also associated with greater disease severity.

**Obesity:** People who are overweight appear to have a higher risk of developing this disease.

Follow us on Facebook for more info on chiropractic and physical therapy in our office!

## Chiropractic Care for Infants

The delivery process, especially a difficult one, can adversely effect an infant and cause neurological problems and/or underlying health problems.

The birth process places great deal of stress on an infant's head, neck and entire spine. This stress can cause misalignments in the infant's spine and possible interference with their nervous system function and overall health.



Just like the bones of the skeleton, a child's nervous system is also developing at a rapid rate. The nervous system includes the brain, the spinal cord, and all the millions of nerves that serve every inch of the body. Just like the bones need proper joint motion for optimal development, so do the nerves. Chiropractic adjustments help ensure optimal nervous system function, which contributes to your child's overall health. Normally, infants are adjusted with activator method.

Chiropractic adjustments can:

- ▶Alleviate digestive problems such as colic, acid reflux, and constipation
- ▶Encourage good brain and nerve development
- ▶Help with asthma, common cold, or breathing problems.
- ▶Ease sleeplessness and irritability

**On May 1, 1931, President Herbert Hoover officially dedicated New York City's Empire State Building. At the time, the Empire State Building, at 102 stories and 1,250 feet high, was the world's tallest structure.**

## GRILLED BROWN SUGAR STEAK ROLLS

### INGREDIENTS:

8 thin slices sirloin or flank steak  
olive oil  
salt and pepper to taste  
1 red bell pepper, sliced into thin strips  
1 green bell pepper, sliced into thin strips  
1 medium zucchini, sliced into thin strips  
1 medium yellow onion

### For Brown Sugar Glaze:

1 tsp olive oil  
1 large clove garlic, minced  
2 tsp brown sugar  
1/4 cup beef broth

### DIRECTIONS:

1. Rub each side of steak slices with olive oil.
2. Sprinkle with salt and pepper.
3. Heat one tsp olive oil in a skillet over medium-high heat and cook vegetables until crisp-tender, seasoning with salt and pepper.
4. Place a few of the vegetable strips vertically on one end of each steak cutlet so that once rolled up the end of the vegetables are sticking out of each end of the steak roll.
5. Roll it up, and secure it with a toothpick. Repeat for each steak roll.

### For the brown sugar glaze:

1. Heat the olive oil in a small saucepan over medium-high heat.
2. Add garlic and cook for 1 minute. Add the brown sugar and bring to a rapid boil.
3. Reduce heat and simmer uncovered for 5 minutes. Add broth, return to a boil, reduce heat to low and simmer for another 15 minutes.
4. Grill steak rolls on each side for 2 minutes or according to desired wellness. Do the same if cooking them in a skillet, frying over medium-high heat until preferred wellness.
5. Serve drizzled with brown sugar glaze.



**Our all natural insect repellent is back!**

**Safe for Pets**

**Great for All Ages, Including Babies**

**DEET FREE!**

**Pleasant Citrus Scent**

**Non-Toxic**

**Non Greasy**

**Stain Free**



Lavender is one of the most versatile of all essential oils. Most commonly known for its relaxing effects on the body, the fragrance is calming and balancing both physically and emotionally.

Therapeutic grade lavender has also been highly regarded for the skin. With just a few drops, you can reduce itching and swelling from a bee sting or insect bite. It can also aid in dandruff and dry or itchy scalp. It has also been known to reduce pain and redness of minor burns, as well as, minor cuts. Carrying a small bottle of lavender is like having your own personal first aid kit and perfume all in one!