

# THE CROW AND THE PEACOCK

A crow lived in the forest and was absolutely satisfied in life. But one day he saw a swan. "This swan is so white," he thought, "and I am so black. This swan must be the happiest bird in the world."

He expressed his thoughts to the swan. "Actually," the swan replied, "I was feeling that I was the happiest bird around until I saw a parrot, which has two colors. I now think the parrot is the happiest bird in creation." The crow then approached the parrot. The parrot explained, "I lived a very happy life until I saw a peacock. I have only two colors, but the peacock has multiple colors."

The crow then visited a peacock in the zoo and saw that hundreds of

people had gathered to see him. After the people had left, the crow approached the peacock. "Dear peacock," the crow said, "you are so beautiful. Every day thousands of people come to see you. When people see me, they immediately shoo me away. I think you are the happiest bird on the planet."

The peacock replied, "I always thought that I was the most beautiful and happy bird on the planet. But because of my beauty, I am entrapped in this zoo. I have examined the zoo very carefully, and I have realized that the crow is the only bird not kept in a cage. So for past few days I have been thinking that if I were a crow, I could happily roam everywhere."

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never have enough."

## FOCUS OCTOBER CALENDAR

Monday October 12th- Columbus Day  
Friday October 16th- National Bosses Day  
Breast Cancer Awareness Month  
National Chiropractic Month  
National Physical Therapy Month



Don't forget to stop by our office with your children on October 30th for some treats!!

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FOCUS CHIROPRACTIC

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## NATIONAL PHYSICAL THERAPY MONTH

In honor of National Physical Therapy Month, we recognize the dedication, rehabilitation, and physical transformation of each patient we treat. We would also like to shed light on the importance of physical therapy and how it can benefit those in need.

The primary benefits of physical therapy include:



- Improve mobility and motion
- Reduce injury risk
- Improved balance and fall prevention
- Avoidance and recovery from surgery
- Minimize/eliminate pain
- Shorten recovery process
- Increase strength and fitness level
- Decrease/eliminate vertigo or dizziness

If you or someone you know would like to achieve any of the following, please do not hesitate to refer yourself or others to Focus Physical Therapy. Our purpose is to help you achieve your desired physical state. It is our goal to gain your confidence regarding your physical health by informing you of the tools and treatment necessary to reach your optimum level of physical performance.

## PUMPKIN STUFFED WITH EVERYTHING GOOD

- 1 lb ground turkey
- 1 medium onion, diced
- 1 can cream of mushroom soup
- 1 cup sliced mushrooms
- 2 tbsp brown sugar
- 3 tbsp soy sauce
- Salt and pepper to taste
- 1/2 cup diced celery
- 1/4 cup diced carrots
- 1 cup cooked brown rice
- 1 can water chestnuts, sliced
- 1 large pumpkin ( 7-9 lbs)
- canola oil



1. In a large skillet, cook turkey, celery, carrots, and onion over medium heat. Add the mushroom soup, mushrooms, soy sauce, and brown sugar. Simmer for 10 minutes, stirring occasionally.
2. Stir in rice. Let simmer for 5 minutes. Add salt and pepper to taste as needed.
3. Wash pumpkin. Cut a 6-in. circle around the stem. Discard seeds and loose fibers. Spoon the turkey mixture into the pumpkin.
4. Place the stuffed pumpkin onto a greased baking pan. Rub canola oil over the outside of pumpkin.
5. Bake, uncovered at 350, for 1-1/2 hours or until pumpkin is tender.
6. Scoop out some of the pumpkin with each serving of the turkey mixture. Enjoy!

## FOCUS CORNER

### NATIONAL CHIROPRACTIC MONTH

Chiropractors care for patients of all ages, with a variety of health conditions. They are especially well known for their expertise in caring for patients with back pain, neck pain and headaches. They also care for patients with a wide range of injuries and disorders of the musculoskeletal system, involving the muscles, ligaments and joints. These painful conditions often involve or impact the nervous system. The benefits of chiropractic care extend to general health issues, as well, since our body structure affects our overall function. Chiropractors also counsel patients on diet, nutrition, exercise, healthy habits, and occupational and lifestyle modification.

A few great benefits of chiropractic care:

- Healthy organ function
- Surgery prevention
- Healthy pregnancy
- Decreased neck/back pain
- Fewer headaches
- Improve posture
- Improve immune system



Pumpkin seeds are nutritional powerhouses wrapped up in a very small package, with a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc.

They contain a wide array of beneficial plant compounds known as free-radical antioxidants, which can give your health an added boost.

Pumpkin seeds may benefit your heart, liver and immune system as well as help fight diabetes.