

THE JOURNEY OF LIFE

There once lived a very wise man in a small village. People came to him in times of need to seek advice on the different aspects of life. But ironically his only son was a lazy lad, who whisked away his time eating and sleeping. As the years passed and the wise man grew old he became more worried about his son's future.

One day he spoke to his son and said "My son, you are grown up now, you need to understand your responsibilities by yourself." Amazed by his father's sudden anxiety his son said, "Father, you have always been by my side to guide me, how will I ever manage without you"

His father sighed and said "I want you to find the real purpose of your life and you will lead a life full of happiness and joy." The next day, his father gave him a bag. The son was surprised as it contained 4 pairs of clothes one for each season, some raw food, grains, lentils, some money and a map. As he wondered what he was supposed to do with all of those items, he found a note that his father wrote.... "I want you to go find a treasure. I have drawn a map of the place where the treasure is hidden, you need to go and find it."

The next day, he set out early on his journey eager to find the mystical treasure. The place described in the map was far away and he had to cross many rivers, forests, and mountains to



reach his destination. Days, weeks and months passed.

As he traveled, he met a lot of people on the way, some helped him with food, some gave him shelter, he also met thieves and robbers who tried to cheat him. As he moved through landscapes, slowly the seasons changed; fall gave way to winter and spring led to summer.

Finally, after a long year, he reached the cliff of which his father had told him he would find his life's treasure. He spotted the tree his father had described in the map and started looking around it. He searched but found nothing. He spent two days looking and digging for the treasure around that tree, exhausted he decided to return home.

Upon arriving home, he went straight to his father's house. "The journey was fascinating father," the son remarked, "but forgive me as I have disappointed you. I could not find any treasure at the place described on the map. Maybe someone took it before I reached it."

"That is because there was no

treasure at that place my son" he answered smiling.

"But why did you send me to find it then", the son asked.

"I will surely tell you why but first you tell me, how was your journey?" "Did you enjoy the varying landscapes and did you made good friends on the way?" said the father.

"Of course not father, I did not get distracted for a second. I had no time to do all of those things since I was always focused on reaching my destination. I had no time to experience the landscape, the weather or to make any friends. But I did all of that on my way back. I must admit I learned many new skills and mastered the art of survival, so much so, that I forgot the pain of not finding the treasure."

His father held his hand and said, "Exactly my son, you wanted to know how to lead life and find your goals...but if you lead your life going after a goal on this journey called life, you miss out on the treasures along the way because you are so focused on finding the goal."

"LIFE IS ABOUT THE JOURNEY, NOT THE DESTINATION"

FOCUS CORNER

During the initial visit, our chiropractor typically takes a health history and performs a physical examination, with a special emphasis on the spine. Other examinations or tests such as x-rays may also be performed. If chiropractic treatment is considered appropriate, a treatment plan will be developed.

During followup visits, adjustments and other manual therapies may be performed. Given mainly to the spine, a chiropractic adjustment involves using the hands or a device to apply a controlled, rapid force to a joint. The goal is to increase the range and quality of motion in the area being treated and to aid in restoring health.

FOCUS CALENDAR

MARCH 17TH - ST. PATRICK'S DAY

MARCH 20TH - PALM SUNDAY

MARCH 25TH - GOOD FRIDAY

MARCH 27TH - EASTER



Focus Chiropractic Center

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Did you know that the education received at a chiropractic college is quite similar to the education received in medical school. However, there is a difference in the hours spent in each subject as you view below. Doctors of chiropractic receive more training in anatomy and physiology while medical physicians receive more focused training on medication and treatment of symptoms. Chiropractic colleges focus on the nervous system and manipulation of vertebrae to provide conservative treatment for the body to heal and function naturally. Medical doctors focus on symptoms of disease and treatment of those symptoms.

DID YOU KNOW

D.C.	Minimum Hours	M.D.
456	Anatomy/Embryology	215
243	Physiology	174
296	Pathology	507
161	Chemistry/Biochemistry	100
145	Microbiology	145
408	Diagnosis	113
149	Neurology	171
56	Psychology/Psychiatry	323
66	Obstetrics & Gynecology	284
271	X-ray	13
168	Orthopedics	2
2,419	Total Hours	2,047

FOCUS PHYSICAL THERAPY

Falling is common but should not be considered normal. Falls can indicate medical concern and cause decreased independent function. In Physical Therapy, we can identify individuals with fall risks and help to improve balance. Our Physical Therapist will address any impairment and develop a treatment plan that will help minimize the risk of falling.

Common factors leading to falls include:

- ▶ Decreased balance
- ▶ Uneven ground
- ▶ Decreased leg strength
- ▶ Disease
- ▶ Medication

Common signs that a fall is more likely to occur include:

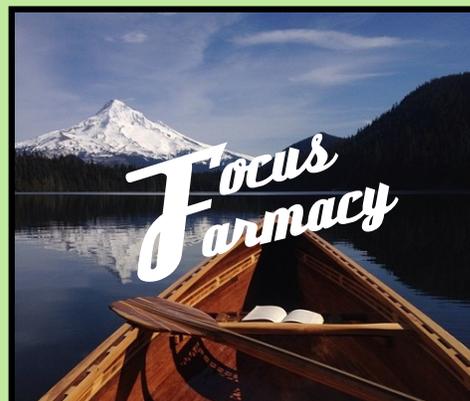
- ▶ Recent hospitalization or illness
- ▶ Slower walking pace
- ▶ Difficulty turning or beginning to hold onto furniture, etc.
- ▶ More difficulty getting from sitting to standing positions
- ▶ Leg pain or stiffness

30 MINUTE SHEPHERD'S PIE

- | | |
|----------------------------------|--------------------------------|
| 1 lb lean ground beef | 2 cups shredded cheddar cheese |
| 1 lb bag frozen mixed vegetables | 3 lbs potatoes |
| 2 packets brown gravy mix | 1/2 cup milk |
| 1 medium onion olive oil | 1 stick butter |
| 2 tbsps tomato paste | salt and pepper |



1. Peel potatoes and boil until tender.
2. In a medium mixing bowl combine potatoes, butter, milk, salt, and pepper. Mash until smooth.
3. In a skillet, brown ground beef and saute until beef has almost all cooked out.
4. Add tomato paste to meat mixture.
5. In a saucepan, prepare the brown gravy mix according to package directions.
6. Pour gravy into meat mixture and cook all together until gravy becomes thick.
7. In a medium skillet with olive oil, saute onions until soft. Add mixed vegetables and cook until warm throughout.
8. In a baking dish, add meat as bottom layer, vegetables become the next layer, and then the mashed potatoes. Top with shredded cheese.
9. Cook at 375° F for 20 minutes or until cheese is bubbly. Enjoy!



Tea tree oil known as "the wonder from Down Under." Tea tree oil comes from the melaleuca tree, which is native to Australia. Many people use this oil to help prevent lice or on their pets cages to keep fleas away. Tea tree's sharp, clean smell makes it a popular ingredient in shampoos, lotions and cleansers. It is great for sunburns and can help get rid of acne.

Tea tree oil is only to be used externally, don't eat it!



LEPRECHAUNS EARNED THAT GOLD THEY'RE GUARDING.

ACCORDING TO LEGEND, LEPRECHAUNS SPEND THEIR DAYS MAKING AND MENDING SHOES. IT'S HARD WORK, SO YOU CAN'T BLAME THEM FOR BEING TERRITORIAL ABOUT THEIR POTS OF GOLD.



Eggs have been seen as ancient symbol of fertility, while springtime is considered to bring new life and rebirth.

One can understand then how dying of eggs and egg hunts became such a symbol for Easter. With the death and resurrection of Jesus at Easter time Christians reflect on the truth of their new life and eternal life.

