

A POUND OF BUTTER

There once was a farmer who sold a pound of butter to a baker. One day the baker decided to weigh the butter to find out if he was getting a pound. He found that he was not and became very angry and took the farmer to court.



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The judge asked the farmer if he was using a scale.

The farmer replied, "No Your Honor. I don't have a proper scale, but I do have a balance.

The judge asked, "Then how do you weigh the butter?"

The farmer replied, "Your Honor, long before the baker started buying butter from me, I have been buying a pound of bread from him. Every day when the baker brought me bread, I put it on the scale and gave him the same weight in butter. If anyone is to blame, it is the baker."

"WE GET BACK IN LIFE WHAT WE GIVE TO OTHERS"

FOCUS CORNER

The cartilage in the spine is often overlooked as an integral part of a functioning, healthy spine. It is the cartilaginous elements in the spine that allow us to bend and twist our necks and backs, bear our body weight and absorb the shock of impacts throughout our daily lives.

Cartilage is the connective tissue that surrounds the ends of bones to allow for smooth joint movement. Cartilage is made up of strands of collagen and it mostly contains water. The dense, elastic tissue supports and cushions the joints.

Over one fourth of the spine's total length is created from cartilage. Cartilage can expand and contract. Interestingly, if gravity is removed (in space travel, for example) a person can return to earth taller than when he or she left. Oppositely, gravity's pull on our bodies over the years shrinks cartilage, making us decrease in height as we age.

CHIROPRACTIC CARE FOR WHIPLASH

One of the most common injuries from a car crash is the damaging effect of whiplash. Whiplash occurs when a sudden, jarring movement of the head is sustained backward, forward or even to the side. Whiplash destabilizes the spine and can cause severe pain. It is critical that chiropractic care is sought immediately after an automobile accident since allowing the effects of whiplash to go untreated can induce long-term pain. The seriousness of the physical effects of an accident is not always known or felt immediately following. It can take days, weeks or even months for major symptoms to show up, which is why chiropractic care is essential to maintaining the health of a spine that has been through trauma.

Early care and treatment increases the chances for a fast and full recovery. Even a car crash that is seemingly minor with limited damage to the car itself can cause serious injury to the driver and passengers.

Chiropractic treatments are the right step toward restoring the body. They relieve pain and make necessary adjustments to spine alignment. Beyond treatment, advice for optimal nutrition, as well as exercises to continue healing on your own after appointments, are just a few examples of the way we care for the whole individual after an accident.

FOCUS PHYSICAL THERAPY

AUTO INJURIES

Injuries from a car accident can be extremely stressful, burdensome and painful. The pain from your injuries can interfere with your day to day life and progress over time, which is why it is essential to initiate care as soon as possible. When evaluating care options, you may wonder what type of care will best relieve your pain, as well as yield permanent relief in the long run. There is no question that physical therapy is beneficial in helping you return to full function after a car accident. Physical therapy can help to control pain and diminish swelling after an auto accident. Our physical therapist, Amber, will always perform a thorough examination of your injuries to determine the best course of action to provide the most beneficial symptom relief.



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GRILLED VEGGIE ITALIAN BREAD SALAD

FOCUS CALENDAR

Ingredients

- half loaf Ciabatta bread
- 1 red pepper, sliced
- 1 orange pepper, sliced
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 onion, diced
- 2 cups small cherry tomatoes, whole
- 1/2 cup chopped basil
- canola oil to brush
- salt and pepper to taste

Balsamic Dressing Ingredients:

- 3 tbsp white balsamic vinegar
- 3 tbsp olive oil
- 1 tbsp ground mustard
- 1 tsp honey
- salt and pepper to taste



Directions:

1. Preheat grill to medium high heat.
2. Lightly brush chopped vegetables with canola oil and season with salt and pepper.
3. Place vegetables in tinfoil pan or grill basket and grill until tender. Remove from grill and set aside to cool in a large mixing bowl.
4. Next, brush the Ciabatta bread loaf with canola oil and grill until golden brown.
5. Remove from grill and dice the bread loaf into 1" cubes. Set aside.
6. In a small bowl, combine white balsamic vinegar, olive oil, mustard, honey, and salt and pepper. Whisk together until combined.
7. Add bread to bowl with chopped veggies, drizzle dressing on top and add in chopped basil.
8. Toss together and enjoy!

The Romans gave this month its name in 8BC, after the first Roman Emperor Augustus who ruled from 27BC until his death in AD14.

Why shouldn't you tell secrets on the farm? Because the corn has ears, the potatoes have eyes and the beanstalks.

AUGUST 4TH & AUGUST 11TH

Urban Harvest - Downtown Bismarck 10am-8pm

AUGUST 4TH & 5TH

4th Annual Suits and Sandals @ McDowell Dam

AUGUST 13TH

Heritage Plaza Flea Market @ 411 W Main St. Mandan 10am-3pm

AUGUST 19TH-20TH

Wild West Grill Fest @ Dykshoorn Park Mandan. Friday 4-11pm, Saturday 11am-Midnight

AUGUST 21ST

Corn Feed & Old Settlers Day @ Buckstop Junction 9am-4pm

AUGUST 26TH-28TH

ASA Masters 35 Softball Tourney @ Mandan Ball Diamonds

AUGUST 27TH

Slide The City @ Sunset Drive Mandan



SPORTS INJURIES

With school right around the corner, many students may be training for fall sports. Some common injuries during this time of year are an increased number of shoulder, leg, and back injuries. Although, each sport has its own tendency to put stress and strain on different parts of the body, there are many ways to prevent injury for occurring.

Here at Focus, we can help determine the cause of pain and dysfunction as well as recommend an appropriate plan of management. Care may include chiropractic adjustments, soft tissue therapies, and home exercises to restore and maintain proper function and improve healing of damaged tissue and reduce pain. With physical therapy, we can teach you the mechanics, stretches, and techniques which can help to avoid injury. Physical therapy can also find the imbalances that many may not know even exist and correct those imbalances for future years to come.

GET YOUR GREENS

Dynamic Fruits & Greens is a great tasting, gluten free, nutrient-rich superfood formula with whole food concentrates. It provides a super blend of 100% natural fruit and vegetable extracts, vitamins, probiotic enzymes. It is also high in antioxidants to help boost and maintain your immune system. This dynamic blend supports the body's natural energy, metabolism, fat-burning, digestion, detoxification, immunity, and repair, recovery, revitalization, and longevity. Also comes in many flavors! See our staff for more information or a free sample to try!



GARDEN VEGETABLE HARVEST TIPS

Green beans. Pick green beans as soon as immature seeds begin to fill the pod but before the seeds look lumpy in the pod. Beans will be tender and tasty if the outside of the pod is still slightly velvety. Pick beans every day or every other day; the more you pick beans the more pods the plant will produce. Wait until the dew has dried from the leaves in the morning; if you pick beans when plants are wet you can spread rust.

Peppers. Pick peppers as soon as they reach the size you want to eat them—no matter the color. It's best to pick peppers early and often, that will increase the plant's yield. Pepper plants have a "yield limit"—they won't produce more fruit than the plant can physically support, so new blossoms and fruit won't form until fruit is picked. Clip peppers don't pull them; that way you won't damage the plants.

Carrots. Pull up carrots as soon as they turn deep orange; they will be full flavored and tender at finger sized. If the weather is warm, don't let carrots linger in the ground, the flavor will decline quickly. In cooler weather, carrots can stay in the ground for weeks without losing flavor.

Radishes. Pull up radishes as soon as the roots are big enough to eat. Large radishes quickly become hot and woody and split. The best strategy is to plant small quantities, stagger the sowing dates for successive harvests, and then pull them up daily; that's how you'll get tender and tasty radishes.

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