



Newsletter January

2015

HAPPY NEW YEAR ... FOCUS WELCOMES PHYSICAL THERAPY!

NEW BEGINNINGS ... BELIEVE IN YOURSELF

A businessman was in debt and couldn't find a way out. Creditors were pressing him. Suppliers were demanding for a payment. He was sitting on a bench in the park with his head down, thinking what could save his company from bankruptcy. Suddenly, an old man appeared in front of him.

"I see that something is bothering you." he said.

After listening to the businessman, the old man said: "I think I can help you."

He asked the businessman, what his name was, wrote him a check and was shoving it into his hands saying: "Take this money. We will meet here in exactly one year and you will be able to return it to me at that time." After that, he turned around and disappeared.

The businessman saw a check in his hands for an amount of 500 thousand dollars, signed by John Rockefeller, one of the richest people in the world at that time!

'I could end all of my problems in no time!' he thought. But instead, the businessman decided to put the check into his safe. Only one thought about his existence gave him strength to find a solution to save his business.

With the return of his optimism, he concluded profitable deals. He was able to commit a few big deals. During a couple of months he got out of debt and started to earn money again.

Exactly one year later, he returned to the park with the same check. At the agreed time the old man appeared again. And at that moment, when the businessman wanted to return the check and share his story of success, a nurse ran up and grabbed the old man. "I'm so glad, I caught him!" She exclaimed. "I hope he wasn't bothering you. He always runs away from the house and tells everyone he is John Rockefeller."

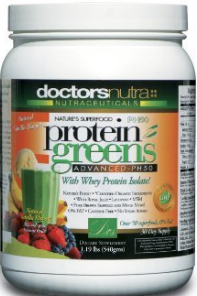
Surprised, the businessman was standing there confused. During the whole year he was spinning and building a business, buying and selling, convinced that he had half a million dollars. Suddenly he understood that it's not the money, real or imaginary, that turned his life up. It was his new confidence that gave him strength to achieve everything that he had now.

"No one really knows why they are alive until they know what they'd die for." -Martin Luther King Jr.



FOCUS CORNER

The new year is upon us and with that comes new resolutions, new goals, and new beginnings. Here at Focus we are ringing in the new year with the addition of Physical Therapy to our office. We are so excited for what this means to you as our patrons. Please take a few minutes to check out our new department and meet our new staff. We look forward to all 2015 has in store and serving you in this new year!



Try our free sample of Protein Greens!
 This highly specialized whey protein isolate ensures a high quality protein source to increase protein retention.
 *Contains certified organic ingredients, 0% fat, caffeine free, and no sugar added.

JANUARY FOCUS CALENDAR

- Thurs. Jan 1 – New Year’s Day (Office Closed)
 - Mon. Jan. 19 – Martin Luther King Jr. Day
 - Mon. Jan. 19 – First day of Physical Therapy
- Thanks to all who donated items for Carrie’s Kids!

Don’t forget about our 10% discount on all birthday

BAKED PARMESAN FISH

INGREDIENTS:

- 16 ounces of fish fillets
- 1 egg
- 2 tablespoons milk

BREADING:

- 1/3 cup Parmesan cheese
- 2 tablespoons flour
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

DIRECTIONS:

1. Beat egg and milk in a shallow bowl and set aside.
 2. Combine breading ingredients in a ziploc bag.
 3. One at a time dip fillets in egg, shake off excess and turn or shake in breading bag.
 4. Bake uncovered in an oiled baking sheet at 350 degrees for about 25 minutes or until fish flakes easily with a fork.
- Can be served with lemon wedges if desired. (serves 4)



FOCUS WELCOMES PHYSICAL THERAPY!

Yes it's true! Focus will now have not only chiropractic and massage but physical therapy too! We know how everything works together for health and healing. We wanted to serve you better by having all three at one location.

Our physical therapist Amber received her Master's degree in physical therapy in 2002. She has practiced since that time and has gained considerable knowledge and attained several certificates in specialty areas. A few include: falls and balance training, stroke rehabilitation, pain management, cervical, thoracic, and lumbar conditions, multiple orthopedic conditions, and Graston therapy. Amber has an undergraduate degree in athletic training as well.

We are also welcoming to our staff full time Jenna Burgard. Some of you may know her as your massage therapist. She is also coming on board with us as a physical therapist aide.

LOOK FOR THE YELLOW FOCUS BALL FOR ALL PHYSICAL THERAPY ACTIVITY!



THE MEGA BENEFITS OF OMEGA 3'S

- *Flax Seed-lowers bad cholesterol & high in omega-3
 - *Fish-high in omega-3 acids & protects against heart disease
- Omega 3 intake:
- *improves artery health- reduces plaque buildup
 - *improves cholesterol- lowers triglycerides
 - *improves bone health- boosts calcium levels
 - *improves joint health- reduces joint tenderness & stiffness

Omega-3 supplements are sold at Focus!