



APRIL 2015

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**FOCUS CHIROPRACTIC
1122 W DIVIDE AVE
BISMARCK ND 58501
701-258-5058**

THE BUTTERFLY'S STRUGGLE

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole of the cocoon. Then it stopped, as it couldn't go any further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bits of cocoon. The butterfly emerged easily but it had a swollen body and shriveled wings.

The man continued to watch it, expecting that any minute the wings would enlarge and expand enough to support the body, but neither happened. In fact, the butterfly spent the rest of its life crawling around. It was never able to fly.

What the man in his kindness and haste did not understand: the restricting cocoon and the struggle required by the butterfly to get through the opening was a way of forcing the fluid from the body into the wings so that it would be ready for flight once that was achieved. Sometimes struggles are exactly what we need in our lives. Going through life with no obstacles would cripple us. We will not be as strong as we could have been and we would never fly.

FOCUS CORNER

As we know, your nervous system controls everything in your body. Your spine is divided into 3 parts: the neck (cervical), upper back (thoracic), and lower back (lumbar). Each portion of the spine controls a certain portion of the body. That's why we adjust certain areas of the spine dependent upon the symptoms.

FOCUS CALENDAR

APRIL 1ST- APRIL FOOL'S DAY

APRIL 3RD- GOOD FRIDAY

APRIL 4TH- (OFFICE CLOSED)

APRIL 5TH- EASTER SUNDAY

**(DR. KELLY WILL BE
OUT OF THE OFFICE APRIL 6-8)**

APRIL 15TH- TAX DAY

**APRIL 22ND- EARTH DAY &
PROFESSIONAL**

ADMINISTRATION DAY

APRIL 24TH- ARBOR DAY

"The struggle you are in today is developing the strength you need for tomorrow."

The lily is mentioned frequently throughout the bible and serves today as a beautiful reminder of the significance of the Easter season. Easter lilies grace homes and churches each spring as a symbol of purity, joy, hope and life.

LEFTOVER EASTER EGG AND HAM DEVILED SANDWICH

1 1/2 cup cooked ham, chopped
4 hard-boiled eggs, chopped
2 teaspoons mustard
1/4 cup dill pickles, chopped
1/4 cup minced onion
1/2 cup mayonnaise
salt and pepper to taste

1. Blend all ingredients together and spread over Texas toast (toasted).

NATURAL EASTER EGG DYES

Blue: grape juice, red cabbage, or blueberries

Brown: coffee or black tea

Green: boiled spinach leaves

Orange: cooked carrots or paprika

Pink: Beets, raspberries, red grape juice

Red: pomegranate juice, cranberries, or cherries

Purple: red wine, hibiscus tea, or violet blossoms

DID YOU KNOW?

The cervical spine consists of 7 bones that extend from the base of the head to the shoulders. They work with the muscles, joints, ligaments, and tendons to provide support, structure, and stabilization to the neck.

The cervical (neck) vertebrae closest to the skull are the smallest. Vertebrae C1-C3 control neck muscles, eyes, scalp, base of skull, and parotid glands.

Adjustments in vertebrae C1-C3 can help aid in symptoms such as: neck pain, cold or allergies, sinus pressure, vision problems, dizziness, and headaches.



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The custom of giving eggs at Easter celebrates new life. Christians remember that Jesus, after dying on the cross, rose from the dead. This miracle showed that life could win over death.



FOCUS PHYSICAL THERAPY GRASTON TECHNIQUE

Graston Technique is instrument-assisted soft tissue mobilization that enables the physical therapist to effectively address scar tissue and fascial restrictions. Along with exercise, Graston helps detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation. Graston Technique allows the physical therapist to get as deep into the tissue as necessary for change. Bruising and soreness may occur but that is not the intent during treatment.

Graston is used to treat multiple diagnosis:

- Plantar fasciitis or foot pain
- neck, shoulder, and back pain
- tennis or golfers elbow
- sports injuries
- edema
- fibromyalgia
- scar tissue

Graston benefits the patient by:

Decreasing overall time of treatment

Faster rehab and recovery

Reduces the need for anti-inflammatory medications

Resolves chronic conditions thought to be permanent

COCOA

Cocoa, one of nature's many miracles, is in fact the great super-food that many people seek. Cocoa can help decrease blood pressure, improve the integrity of blood vessels and increase the number of circulating blood-vessel-forming cells. Cocoa may also help to boost cognitive performance, and provide minerals such as calcium and potassium.

