

# How To Change The World

When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, and suddenly I realized that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.

*"You must be the change you wish to see in the world." -Gandhi*



## FOCUS CORNER

The spine and nervous system are the most important parts of the body. It controls every muscle, organ, and cell in your body.

The development of the spine begins in the womb, but continues after birth. Spinal development begins after about 28 days after conception. Most organs are finished forming after about 8 weeks, but the brain and spinal cord continue to change and become more specialized up through birth and beyond as the child grows.

After a baby is born, the spinal cord and vertebrae of the spine are all present, but are still developing. The spine after birth has only 1 curve instead of the 3 present in adults. The very first curve assumes a C shape. When a baby begins to lift its head, the first curve forms in the spinal bones of the neck. The third curve forms as an arch in the lowerback when the infant begins to crawl.

## FOCUS CALENDAR

July 2<sup>nd</sup>-4<sup>th</sup> OFFICE CLOSED  
July 7, 14, 21, 28- Urban Harvest  
July 16<sup>th</sup>- OFFICE CLOSED  
July 16<sup>th</sup>- Mandan Flea Market  
July 14-16- Downtown German Days  
July 23<sup>rd</sup>- OFFICE CLOSED  
July 30<sup>th</sup>- OFFICE CLOSED

## FOCUS PHYSICAL THERAPY

### Frozen Shoulder

Frozen shoulder is a condition in which the shoulder becomes painful and loses motion due to inflammation. When connective tissue in the shoulder becomes inflamed, the shoulder joint is unable to move freely and pain becomes problematic.

Pain is normally treated with anti-inflammatory medications and steroid injections, along with physical therapy to increase motion.

Physical therapy sessions are vital to frozen shoulder healing and need to be done frequently and may take a few weeks to see progress. In some cases, it can take as long as 6-9 months for a full recovery, so patience and persistence is key.

Early treatment is key to prevent stiffness and loss of range of motion along with long term deficits to the shoulder. Call our physical therapy department if you develop shoulder pain that limits your range of motion to start a treatment plan that fits your needs!

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# OMEGA-1440

Omega-3's are essential fatty acids, which means the body cannot make them, they must be obtained from the diet. For most of human history, these fatty acids were present in the diet in roughly equal amounts. However, modern foods provide an overabundance of omega-6 fatty acids, mostly from refined vegetable oils that are used in fried food as well as snack foods, cookies and crackers.

Omega-3s, conversely, are now relatively rare in American diets. The result is an imbalance of these essential fats that drives inflammation and promotes several diseases.

Fish oil is a rich source of the two essential omega-3 fatty acids known as EPA and DHA found in the fatty tissues of cold water, oily fish. It is also available in supplement form for those who eat little or no fish.

EPA supports heart health and DHA is thought to play an important role in normal brain development and function. Research indicates omega-3s reduce

inflammation, and may in turn help reduce the risk and symptoms of a variety of disorders influenced by inflammation. These may include heart attack, stroke, several forms of cancer and autoimmune diseases such as rheumatoid arthritis.

## SEE OUR STAFF FOR OMEGA-3 HEALTHY SUPPLEMENTS!

As we know, your nervous system controls everything in your body. Your spine is divided into three parts: the neck (cervical), upperback (thoracic), and lowerback (lumbar). Each portion of the spine controls a certain portion of the body. Here at Focus, we try to maintain and improve stability of the spine and surrounding nerves and muscles by maintaining a healthy body. Occasionally, there are situations when injuries require additional care. Because we know the importance of maintaining the stability of the spine, chiropractic, massage, and physical therapy in conjunction help to maintain the health of the body.

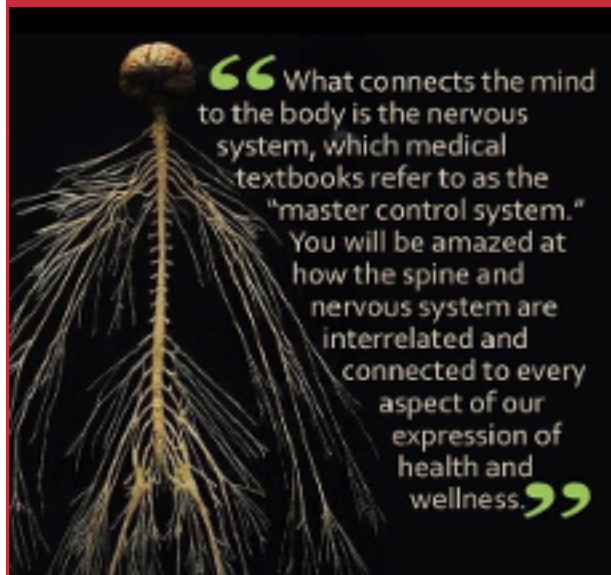
## DR. PEPPER CAN GRILLED CHICKEN

### Ingredients:

- 1 whole chicken, giblets removed
- 1 can Dr. Pepper
- 2 tbsp brown sugar
- 1 1/2 tsp salt
- 1 1/2 tsp pepper
- 1/2 tsp chili powder
- olive oil

### Directions:

1. Rub chicken and its cavity down with olive oil.
2. Rub chicken with seasonings, remembering to season the cavity as well.
3. Pour out 1/4 of the Dr. Pepper and sit the chicken on top of the can.
4. Place the chicken in the center of the hot grill and cover. Place a sheet of tin foil under the chicken to avoid grill flare-ups.
5. Cook the chicken for 1-2 hours or until a meat thermometer reads 165° F. Squeeze limes onto cooked chicken for added flavor. Enjoy!



### ALOE VERA DAILY USES

- Makeup remover**
- Face wash**
- Heartburn/indigestion**
- Burns, blisters, and scrapes**
- Insect bites**
- Cracked feet/heels**
- Exfoliate skin**
- Hair conditioner**
- Body scrub**
- Treat pimples/acne**
- Prevent scarring/stretch marks**