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**Balance Nation Changes**

Attention all current and future Balance Nation members! Effective immediately the following changes will be taking place:

- No more complications with stopping your membership! All we ask is for five (5) business days' notice to stop your charges in time. We will assess a \$15 fee for late notice reversals. No long-term contracts!
- This also means there is no more suspending accounts: you're either in the *Nation*, or you're not. If you get injured, your membership will be frozen until you return to a maintenance level. It is then re-instated at your old membership price.
- **NEW: perpetual rollover!** If your account is in good standing, the club benefits you missed using in January are still available to you in June!! All members must be at the current rate of \$60 each to qualify.

We work hard each and every day to make your membership in the *Balance Nation* something you can be proud of. If you have questions, just ask!

**Staff Member of the Month!**

Laney Gaboury started working for her dad when she was 13 helping out at the front desk. She spent 6 years at *Balance* before taking another job.

Returning to us a little over a year ago she has taken on the role of our financial and billing specialist. Beyond billing she has been helping *Balance* become paneled with insurance companies and making the lives of everyone here easier.

Outside of *Balance* Laney is a mother of two boys. She enjoys shopping, spending time with friends and family, as well as the occasional trip to the beach. Between work and her family is it safe to say she is a busy lady. We are happy you are with us!



**Chicken Enchiladas**

Ingredients:

- 2-3 cups of cooked chicken breast, steak or turkey
- 1 ½ cups cheddar cheese
- ¼ cup of cream or half & half
- 1 scallion
- 3 egg whites

Enchilada Sauce:

- 1 8oz can tomato sauce
- 2 cups water
- 2 tbsp olive oil
- 2 tbsp butter
- 1 tsp cornstarch

- ½ tsp cumin
- ½ tsp unsweetened cocoa powder
- ½ tsp garlic powder
- 2 tbsp chili powder

**Directions:**

-Prepare enchilada sauce. In a medium skillet, warm butter and oil. Add all dry ingredients, whisk in two cups of water and tomato sauce. Stir continually until sauce thickens. Adjust spices accordingly and set aside.

-In a second skillet, heat chicken in a quarter cup of enchilada sauce. Bring to simmer. In a mixing bowl, add eggs and half and half and beat until well blended.

Heat up small skillet, spray with non-stick spray and add just enough egg mixture to coat pan. Allow to cook through, about 1-2 minutes. Repeat till all mixture is gone (you should get about 6 crepes). Inside a baking dish, place one of the egg crepes and coat with a small amount of sauce. Add chicken, a small amount of cheese and roll. When all are rolled top with remaining sauce. Sprinkle chopped scallions and cheese on top and bake at 350 for 10-15 min or until cheese melted and bubbly.

-Fill or top tortillas with shredded chicken and extra green sauce. Top with crumbled cheese, chopped onion and chopped cilantro.

**Point of the Month**

San Jiao 5 - Outer Pass: dispels wind-heat, releases the exterior, benefits the ears and alleviates pain.

If you suffer from headache, redness, swelling and pain of the eye or spasms in the upper extremities San Jiao 5 is a great point for you.

This point is very important to use for releasing wind-heat. It is also the connecting point to communicate between two meridians located on the dorsal aspect of the forearm just above the crease of the wrist.



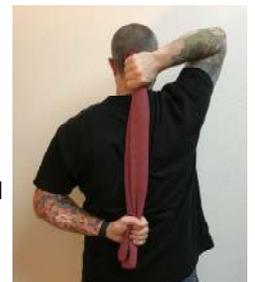
**Stretch or Exercise**

**How to:**

Grasp a towel or belt with both hands and try to pull the affected arm up, behind the back.

**The benefits:**

This stretch is a great exercise to improve the way your shoulder moves. It allows you to move the shoulder through a large range of motion.



Towel Stretch

## Upcoming Events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	Woodland Elementary 9:00-12:00
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Looking Ahead

### Chair Message

Want *Balance* to come take care of your staff?  
Kali@BalHiC.com

## PRACTITIONERS

Clinic Director, Licensed Acupuncturist, Eric Strand

Doctor of Chiropractic, Daniel DesJardins

Licensed Acupuncturist, Christina Lambert

Licensed Massage Therapist, Jessica Ulmer

Doctor of Chiropractic, Tyler Burke

Licensed Massage Therapist, Brooke Braga

# Balance

Health & Injury Clinic, PC

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## A note from the president.

This morning I woke up and was struck with the realization that it's May! Where has the time gone? And what do I have to show for it all?

In all honesty, 2017 has thus far been a blur. Regardless of where you sit on the political spectrum, you have to admit things have been chaotic. Personal relationships have been put to the test on greater levels than ever before over choices, beliefs, and even actions. While the happenings of Washington DC have the potential of a tornado-like impact on our daily lives, it is crucial that we as not just Americans, but also as **people** remember that we are *still here!* *We matter!*

Your friends, choices and beliefs aside, should still be counted amongst your tribe. And your family, above all else, will **always be your family.** It is up to each of us to be the bigger

person. To stop the senseless infighting and come back to the table together. It is the only way to get through this period. Just as I said in last month's newsletter, "*Families are part of what makes **Balance** special. Once you are in a family, you are forever part of that unit.*"

I don't have many friends; those that I do have, I regard as family. On one hand it seems to make life simpler, but on the other it can lead to periods of feeling lonely. So I replace relationships with work. It's not a terrible way to go... I get more accomplished between 5—8 am than most people do in an entire day. But what that leaves me with is little down time.

This weekend I decided to take some additional time and get away to the coast with my wife; as usual this means I get sick. Stress, constant work, and the challenge of maintaining healthy, respectful relationships have all taken their toll on me, and I'm sure with all of you as well. So here is my May challenge: take at least **one day** for **you** this month where you do nothing but enjoy *being*; second, reach out to a friend on the other side... be the bigger person; and lastly, don't forget to breathe.

—Dr. Strand

## MISSION STATEMENT:

“We are committed to providing fully integrated, safe and effective patient-focused healthcare; with an emphasis on education and prevention, and a belief that we all deserve a life of **Balance.**”