



Current Studies

Herniated Disc

Urinary Tract Infection

Gout

Post Surgical Nerve Pain

Sciatic Nerve Pain

Knee Osteoarthritis **new**

Hot Flash **new**

Acute Low Back Pain **new**



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Letter from the Director

I don't know about you but this is the time of the year when I'm finally over winter. It's easy to lose the allure of the beautiful white puffy snow on the tree branches and focus more on the grey slush on our sidewalks and roads. But instead of looking down at the slush take a moment to look up at the sky in the morning as the days finally get longer and longer on their way to summer. The Treasure Valley sure has some beautiful sunrises and, with the days lengthening I've been blessed enough to see them on my drive into work in the mornings.

Whenever I look at a sunrise I'm reminded of the fact that this earth makes a full revolution every 24 hours and is moving at a speed of 67,000 miles per hour as we orbit the sun! In these days where I'm not always feeling the most productive with the dragging days of winter, I always remember that I did travel more than 1.5 million miles through space today. These facts were brought to me by author, Mark Batterson and they always fill me with awe and wonder and, if I'm honest, a sense of relief when I'm less than productive. I'm sure like many others, I'm more than happy to rationalize my laziness during these final winter months as I cuddle into my couch.

Much love and many wishes of prosperity and health,
Jill

“

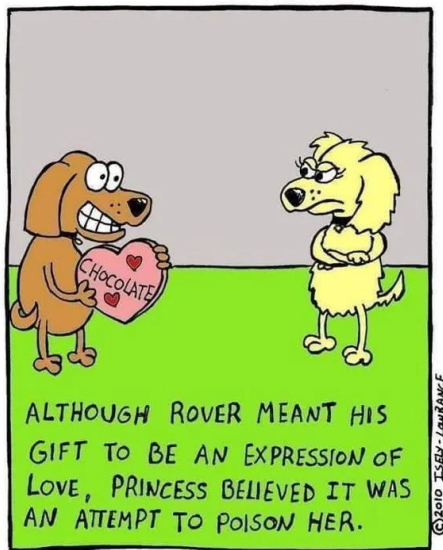
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Did You Know?

Did you know the first physician-conducted clinical trial was in 1747?

In 1747, Dr. James Lind tested several scurvy treatments on crew members of the British naval ship Salisbury and discovered that lemons and oranges were the most effective in treating the condition. Lind is considered the first physician to have conducted a controlled clinical trial of the modern era. May 20 is known as International Clinical Trials Day, because Lind's celebrated controlled trial began on that day in 1747.



Awareness Month

NATIONAL SELF-CHECK MONTH

Every year during February, National Self-Check Month serves as a reminder that we can take charge of our health. Self-check is a means to increase our odds of avoiding chronic disease and other often preventable conditions.

We all have our reasons for avoiding a checkup or self-check. We're too busy. We don't want to know the truth. Or, it just slipped our minds. National Self Check Month brings to your fingertips a variety of self-empowering and proactive early detection and preventative resources and tools to guide us through healthcare-related fears and concerns.

It's time to do your important self-checks and/or visit your healthcare professional for a wellness check. Before you go, visit <https://selfchec.org/> for a list of proactive resources to help prepare you for your visit and make a list of any concerns you may have.

National Self-Check Month was founded by Self Chec to spread their simple mission: Provide the best and most comprehensive one-to-one tools and resources — free of charge — to help protect you and those you care about from cancer, heart disease and other chronic diseases that are often preventable and treatable if found early enough.

Take the time to sign-up for a free e-Newsfinder <https://selfchec.org/tools/email-newsletter/>



Deviled Hearts

From: <https://www.spoonforkbacon.com/deviled-hearts/>

INGREDIENTS:

- 1 (8 ounce) package of cream cheese, softened
- $\frac{2}{3}$ cup plus 2 tablespoons superfine sugar
- $\frac{1}{3}$ cup sour cream
- 1 lemon, zested
- 1 $\frac{1}{2}$ tablespoons fresh lemon juice
- 1 teaspoon vanilla extract
- 1 $\frac{1}{4}$ cups heavy cream
- 16 large strawberries, tops cut and split in half lengthwise
- $\frac{1}{2}$ cup graham cracker crumbs

DIRECTIONS:

- Place cream cheese, sugar, sour cream, lemon juice, zest, and vanilla in a medium mixing bowl. Beat together with an electric mixer, until smooth.
- Scrape down sides of the bowl and set aside.
- In another mixing bowl with the electric mixer, beat the cream until stiff peaks form.
- Fold the whipped cream into the cream cheese mixture until fully incorporated.
- Slice the backs of each strawberry, every so slightly, so they sit up straight. Using a small measuring spoon or melon baller, carefully hollow the inner center of each strawberry.
- Fill a piping bag (fitted with a star tip) with the cream cheese mixture and pipe into each cut strawberry.
- Finish each with a sprinkle of graham cracker crumbs and serve.