



Current Studies

Sciatic Nerve Pain

Herniated Disc

Urinary Tract Infection

Gout **new**

Shoulder Arthritis
(Coming Soon)



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Letter from the Director

This is a month we get to celebrate all the great fathers, grandfathers, step-fathers, and father figures in our lives that have helped shape us. Where would we be without these great mentors in our lives? A male college professor once told me long ago, Women grow up. Men just learn to behave. I don't know about you but that sure rings true in my world. My father and the other father figures in my life (grandfathers, uncles, coaches, and the father of my own children) are the wonderful men that teach me to keep playing. Without them, my serious side would take over and I'd have a lot less joy in my life.

I feel like Father's Day is celebrated so close to the Summer Solstice so we can get maximum amount of daylight for all the fun activities our fathers like to do. Below you'll learn about the benefits sunlight has on our health and I definitely encourage everyone to soak up some of the rays this month before they get sweltering in July and, after the 21st, the days actually start heading into getting shorter and shorter. My mother rolls her eyes every year because, after 47 years of marriage, she can count on my father waking her up with the revelation that it's all headed into darkness from there on out. Not the sunniest way to wake up but I think it's his way of saying go out and make the most of it! I'm happy to take that fatherly advice this month and I hope you do too.

Stay safe and well,,

Jill

“

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Men just learn to
behave."**

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Did you know?

Did you know? Sunlight Is Good for You

June 21, 2021, is the first day of summer in the northern hemisphere. Summer sun provides warm weather, more daylight hours, and many health benefits. Sunlight exposure helps regulate the sleep-wake cycle; seeing the sun during the day can lead to more restful sleep. Researchers also have linked sunlight exposure to lower blood pressure and decreased risk for chronic conditions like type 1 Diabetes. Make sure to soak up the sun this summer!



Awareness Month

June is Alzheimer's and Brain Awareness Month. Everyone who has a brain is at risk of developing Alzheimer's Disease or dementia. Currently 50 million people worldwide live with Alzheimer's and other dementias. Alzheimer's is NOT part of the normal aging process. It is NOT inevitable. Here are some ideas that have shown to help reduce the risk of developing Alzheimer's and dementia:

Exercise: The frequency and intensity of the exercise needed to reduce risk isn't well defined but generally those that were more physically active have shown more favorable results.

Diet: Low carb or Mediterranean Diets have been shown to have the most promising affect at reducing the risks of dementia.

Mental Challenges: Physical exercise helps but so does mental exercises such as crosswords, number puzzles, meeting a new person, taking a different route to drive home, reading a new book, or even brushing your teeth with your non-dominant hand.



Rosemary Strawberry Daiquiri

From: www.tasteofhome.com

INGREDIENTS

ROSEMARY SYRUP:

- 1 cup sugar
- 1 cup water
- 4 fresh rosemary sprigs

EACH SERVING:

- 1 cup frozen unsweetened sliced strawberries
- 2 tbs rosemary syrup
- 1-1/2 ounces white rum
- 1 ounce lime juice
- Whole fresh strawberries and additional rosemary sprigs

Directions

- In a small saucepan, bring sugar and water to a boil. Reduce heat; simmer 10 minutes. Remove from heat; add rosemary. Steep, covered, 10-15 minutes according to taste. Discard rosemary. Cool completely. Store in an airtight container in the refrigerator up to 1 month.
- For each serving, in a blender, combine frozen strawberries, rum, lime juice and 2 tablespoons rosemary syrup; cover and process until smooth. Pour into a chilled glass; garnish with a whole strawberry and an additional rosemary sprig.