



## Current Studies

Sciatic Nerve Pain

Herniated Disc

Urinary Tract Infection

Gout **new**

Shoulder Arthritis  
(Coming Soon)



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## Letter from the Director

The 4th of July is one of the most important holidays for America. It celebrates the birth of our country and everything we stand for. Every year my very large, extended family comes together from all areas of the country to celebrate. This year is no different other than we're gathering in Arizona rather than South Dakota this year. On the drive down my kids and I will be seeing some of the beautiful sights our country has to offer including a first trip for them to the Grand Canyon.

How blessed are we to live in this amazing country that has so much beauty, opportunity, and diversity?

I don't have rose colored glasses on as I'm very much aware of some of the major divides facing our country right now but I'm choosing to focus on the amazing fortitude of the citizens of our country, the resources and innovations that have always allowed us to preserve through the toughest of times, and above all, the AMAZING men and women who serve our country in the armed forces every day. When we light our fireworks this 4th of July lets focus on all that brings us together as a country.

Also the dog-lover in me also wants to send out a reminder to keep your pets safe and inside on the days surrounding the 4th. While I absolutely love seeing the colors and sounds of fireworks my dog could certainly do without them.

Stay safe and well,,

**Jill**

“

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## Did you know?

**Did you know? The first 4th of July Had Fireworks!**

On July 4, 1777, American colonists enjoyed the first annual Independence Day celebration in Philadelphia, Pennsylvania. The day marked one year since the Continental Congress approved the Declaration of Independence. Those first festivities included a 13-gun canon fire salute and fireworks. Be sure to have a SAFE and fun time with your firework festivities this year.



## Awareness Month

### Deep Breaths: Evaluating Respiratory Health

After a long winter and spring pollen allergies, it's time to strengthen and care for those precious lungs. According to the American Lung Association, smoking and physical exercise greatly impact respiratory health.

#### 1. SMOKING

**The bottom line: smoking damages lung tissue.**

The body relies on the lungs to obtain oxygen. Any damage to the lungs inhibits optimal functioning of the body. Smoking is directly linked to lung cancer, COPD, and other respiratory complications.

**What to do instead:**

- Quit smoking. For help, call 1-800-LUNG-USA or visit the American Lung Association Website
- Stay away from secondhand smoke.
- Focus on breathing clean air. Stay inside if outdoor air quality is poor. Change HVAC filters regularly. Purchase an air purifier if possible.

#### 2. PHYSICAL EXERCISE

**The bottom line : exercise is really good for you.**

Exercise not only builds muscle and burns fat; it also strengthens the lungs and heart. This strengthening makes the body more efficient, improving overall health and well-being.

**What to do :**

- Talk to your doctor before changing your exercise routine.
- Get off the couch! Do an activity like gardening, walking, biking, or lifting weights for 30 minutes per day. Aim to stay active five days per week.



## Berry White Ice Pops

From: [www.tasteofhome.com](http://www.tasteofhome.com)

### INGREDIENTS:

- 1-3/4 cups whole milk, divided
- 1 to 2 tablespoons honey
- 1/4 teaspoon vanilla extract
- 1-1/2 cups fresh raspberries
- 1 cup fresh blueberries
- 10 freezer pop molds or 10 paper cups (3oz each) and wooden pop sticks

### DIRECTIONS:

- In a microwave, warm 1/4 cup milk; stir in honey until blended. Stir in remaining 1-1/2 cups milk and vanilla.
- Divide berries among molds; cover with milk mixture. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm.

### NUTRITION FACTS:

#### 1 POP :

51 calories, 2g fat (1g saturated fat), 4mg cholesterol, 19mg sodium, 8g carbohydrate (6g sugars, 2g fiber), 2g protein.

**Diabetic Exchanges :** 1/2 starch.