



Current Studies

Sciatic Nerve Pain

Herniated Disc

Urinary Tract Infection

Gout **new**

Shoulder Arthritis
(Coming Soon)



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Letter from the Director

I keep hearing that we're headed into the "Dog Days of Summer" and I started wondering what that meant. Fun piece of trivia for you: This saying is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog.

I don't know about you but as we do head into the dog days of summer my family is trying to fit in all the last summer vacations, camping trips, and outdoor BBQs we can. This is the month, admittedly, I finally start getting a little tired of the hot summer days and begin looking forward to Fall. Something about knowing a new season is almost upon us gets me looking forward to a fresh start. Speaking of fresh starts, for many of us with kiddos we'll be sending them back to school at the end of this month. It reminded me of one of my favorite quotes by Malala Yousafzai, "One child, one teacher, one pen and one book can change the world." I'll end with a big shout out to all those wonderful teachers changing the world.

Stay safe and well,,

Jill

“

**One child, one teacher,
one pen and one book
can change the world.**

”

Did you know?

Did You Know? America's First Public School Still Exists Today!

The Boston Latin School was founded April 23, 1635. Beginning with classes in the teacher's home, the school has grown into a prestigious college preparatory school. The curriculum of the school is centered in the humanities, its founders sharing with the ancient Greeks the belief that the only good things are the goods of the soul. Edmund Burke referred to America as exemplifying the "dissidence of dissent." From its beginning, Boston Latin School has taught its scholars dissent with responsibility and has persistently encouraged such dissent. And you'll never guess who attended there as a child...Benjamin Franklin!



Awareness Month

August is Children's Eye Health and Safety Month!

Here's a few tips to help your little ones' eyes grow, develop, and stay safe!

1. PREPARE BALANCED MEALS!

Eating plenty of fruits, veggies, and protein provides nutrients that promote your child's growth and development, including healthy eyes! For older children, add greens and fish to meals for a nutrient boost their eyes will love.

2. TACTILE TOYS

Giving children blocks, puzzles, and other similar toys helps them gain hand-eye coordination and develop motor skills.

3. WATCH FOR SIGNS OF VISION PROBLEMS

Pay attention to how your child focuses on objects, reaches for food and toys, or navigates the playground. If you notice something seems off, talk to your pediatrician.

For more information on eye health, visit the Nation Eye Institute website at www.nei.nih.gov



Grilled Corn in Husks

From: www.tasteofhome.com

INGREDIENTS:

- 4 large ears sweet corn in husks
- 1/4 cup butter, softened
- 2 tablespoons minced fresh parsley
- 1/4 cup grated Parmesan cheese

DIRECTIONS:

- Carefully peel back husks from corn to within 1 in. of bottom; remove silk. Soak in cold water for 20 minutes; drain. Pat corn dry. Combine the butter and parsley; spread over corn. Rewrap corn in husks and secure with string.
- Grill corn, covered, over medium heat until tender, turning often, 20-25 minutes. Serve with cheese.

NUTRITION FACTS:

1 EACH :

196 calories, 9g fat (5g saturated fat), 24mg cholesterol, 186mg sodium, 28g carbohydrate (9g sugars, 4g fiber), 8g protein.

Diabetic Exchanges : 2 starch, 1 fat.