



## Current Studies

Sciatic Nerve Pain

Herniated Disc

Urinary Tract Infection

Gout

Knee Osteoarthritis 

Shoulder Arthritis 

Hot Flash 



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## Letter from the Director

The days are getting cooler (FINALLY) and the leaves will be changing. The leaves are amazing and in my humble opinion, this is the most beautiful season in this area. A quote by Albert Camus sums it up best, “Autumn is a second spring when every leaf is a flower.” I look forward to chats around the firepit in my backyard, the new fall releases from the many local area wineries, and cuddling up with a blanket on my back patio with coffee in the mornings. I feel like this season is where I start seeing a bit more time to relax. Gone are the busy days trying to maximize the summer fun.

In the last few years, people around the world have made “hygge” a buzzword. Hygge, the art of getting comfy and cozy, comes from the Danish culture. With the onset of this fall weather, I’m all for it and am ready to break out the blankets, cook all the delectable falls stews I can find, and cuddle in with those I love. Last year we were forced to lay low because of the pandemic but this year, while many things remain open, I’m looking forward choosing to stay in.

Stay safe and well,,

**Jill**

“

**Autumn is a second spring when every leaf is a flower.**

”

## Did you know?

Did You Know, we have a video series that explains many aspects of clinical trials and what you can expect when you enroll in a trial? We started a series of videos that take you through various aspects of clinical research in 2-ish minute increments. We even have our little mascot, a guinea pig named Mr. Bean, featured in one of the videos. If you’d like to learn a bit more about clinical research feel free to check them out on our webpage : [www.injurycareresearch.com/media/](http://www.injurycareresearch.com/media/)



## Awareness Month

This month we celebrate the potato as it's National Potato Month! Fun piece of trivia that my kids have always asked me about- why are French Fries called French Fries? Turns out, in 1784 Thomas Jefferson set sail to France with his slave James Hemming. Upon his return Jefferson asked Hemming to prepare one of the culinary dishes he learned in France... and that was the French Fried potato! Apparently they were a bit more like potato chips back then, though.

The earliest known recipe for the potato chip appeared in a cookbook published in 1817.

The word "spud" first made an appearance in New Zealand around 1850 though it had nothing to do with the actual potato but, rather the shovel that was used to dig up the potatoes.

Potatoes are a great source of fiber and antioxidants. They also are a great source of potassium and magnesium which can help lower your blood pressure.

Here in Idaho we value our spuds and, this month, I challenge you to find new ways to incorporate them into your meals!



## Crispy Smashed Potatoes

From: [www.themodernproper.com/crispy-smashed-potatoes](http://www.themodernproper.com/crispy-smashed-potatoes)

- SERVES: 6
- COOK TIME: 45 min
- PREP TIME: 10 min
- CALORIES: 141

The very best crispy smashed potatoes are just a few quick steps away! Grab a fork and try not to burn your mouth when you dig in.

### Here's how to make them:

1. Boil the baby potatoes.
2. Drain them and let them dry out.
3. Lay them on an oiled baking sheet and....
4. SMASH those potatoes! Using the bottom of a glass to gently press down on potatoes until potatoes. .
5. Brush the smashed potatoes with olive oil, and finish them with salt and garlic.
6. Bake! 450°F for about 25 minutes.
7. Eat up!