



Current Studies

Herniated Disc

Urinary Tract Infection

Gout

Post Surgical Nerve Pain **new**

Sciatic Nerve Pain **new**

Knee Osteoarthritis **COMING SOON**

Shoulder Arthritis **COMING SOON**

Hot Flash **COMING SOON**



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Letter from the Director

I have to say, other than the weather getting cooler, November is my favorite month. This is mainly because it holds my absolute favorite holiday of Thanksgiving. What an awesome holiday! No need to buy presents, make costumes or dangle precariously from the roof as we put up our lights. Our only job on Thanksgiving is to watch parade, a football game and feed our faces! Oh, and of course the most important part of the day: to think about and show gratitude for all the good in our lives.

I know it's been a rough few years and there are many who are struggling. In all honesty, I can write that line on any given day in any given year and it still holds true. That said, even in our hardest times we have things we can be grateful for. In fact, in our below articles you find that science says practicing gratitude actually has many health benefits. This month many start a gratitude practice and, I believe, if we could keep it up year 'round we'd all be better for it. If you need help, we've listed a few ideas of how to start a gratitude practice in this newsletter. Henry David Thoreau said it best, "I am grateful for what I am and have. My thanksgiving is perpetual."

Enjoy your holiday and all the good things in your life!

Jill

“

I am grateful for what I am and have. My thanksgiving is perpetual.

”

Did You Know?

Gratitude impacts are mental and physical well-being. In the past few decades have established an overwhelming connection between gratitude and good health. Keeping a gratitude journal causes less stress, improves the quality of sleep, and builds emotional awareness. Gratitude is positively correlated to more vitality, energy, and enthusiasm to work harder.

Gratitude can also act as a 'natural antidepressant'. The effects of gratitude, when practiced daily can be almost the same as medications. It produces a feeling of long-lasting happiness and contentment, the physiological basis of which lies at the neurotransmitter level.



Awareness Month

As Jon Kabat-Zinn says, “The little things? The little moments? They aren’t little.” Saying thank you, holding the door for someone, these little moments can change the tone of your whole day.

5 ways to become more grateful:

1. **Keep a Gratitude Journal.** Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy.
2. **Remember the Bad.** To be grateful in your current state, it is helpful to remember the hard times that you once experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness.
3. **Share Your Gratitude with Others.** Research has found that expressing gratitude can strengthen relationships. So the next time your partner, friend or family member does something you appreciate, be sure to let them know.
4. **Use Visual Reminders.** Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Post a note or enlist a friend as an accountability partner in your gratitude practice.
5. **Go Through the Motions.** Grateful motions include smiling, saying thank you, and writing letters of gratitude. By “going through grateful motions,” you’ll trigger the emotion of gratitude more often.



Air Fryer Butternut Squash

From: : <https://www.aheadofthyme.com/air-fryer-butternut-squash/>

Air Fryer Butternut Squash from **www.AheadOfThyme.com**

Air fryer butternut squash is a healthy side dish that is crispy on the outside and soft inside. It's faster than roasting in the oven and needs less oil.

Serves 4

Calories Per Serving: 308

INGREDIENTS:

- 4 cups butternut squash, cut into ½-inch cubes (about ½ medium butternut squash)
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- pumpkin seeds (optional, for serving)

DIRECTIONS:

- In a large mixing bowl, combine all ingredients including butternut squash, olive oil, Italian seasoning, garlic powder, salt and pepper. Toss to combine.
- Transfer to the basket of the air fryer and arrange in a single layer. Depending on the size of your air fryer, you may need to do this in 2 batches. Air fry at 400F for 12-15 minutes until tender and crisp.
- Serve with a sprinkle of pumpkin seeds on top.