



Current Studies

Herniated Disc

Urinary Tract Infection

Gout

Post Surgical Nerve Pain

Sciatic Nerve Pain

Knee Osteoarthritis **new**

Hot Flash **new**

Acute Low Back Pain **new**



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Letter from the Director

This is the month where, at least in Idaho, the purple of the crocus and yellow of the daffodils start showing and I'm all for it! The winds of March can be blustery and cold but at least it moves the clouds of the inversion we so often see in the Treasure Valley out and ushers in more blue sky days. This is also the month where, because of the time change, we start having more light in the evenings again. I'm not a fan of the missed hour of sleep but I'm certainly a fan of the extra hour of daylight in the evenings and the days getting longer.

It's also the month of fierce basketball match ups, the return of spring sports for anyone with kiddos in their lives, spring break and, of course the Luck O' the Irish . I feel like March is a return to activity for those of us that tend to hibernate in the colder, darker months. We still have a bit to go before we're in shorts but the extra dose of sunlight each day brings with it many health benefits including reductions in stress, increased energy and improvements in mental health. Yahoo!

In honor of St. Patrick's Day, I'll leave you with a fun little wish, "For each petal on the Shamrock this brings a wish your way: Good luck, good health, and happiness for today and everyday."

Warm regards,
Jill

“

For each petal on the Shamrock this brings a wish your way: Good luck, good health, and happiness for today and everyday.

”

Did You Know?

In the U.S., 2:00 a.m. was originally chosen as the changeover time because it was practical and minimized disruption. Most people were at home and this was the time when the fewest trains were running. It is late enough to minimally affect bars and restaurants, and it prevents the day from switching to yesterday, which would be confusing. It is early enough that the entire continental U.S. switches by daybreak, and the changeover occurs before most early shift workers and early churchgoers are affected.



Awareness Month

DAYLIGHT SAVINGS TIME

Adjusting the time by one hour may not seem like too drastic a change, but sleep experts have noted troubling trends that occur during the transition between Standard Time and DST. These issues include upticks in heart problems, mood disorders, and motor vehicle collisions. Furthermore, DST can cause sleep problems if circadian rhythms are not aligned with natural cycles of light and darkness. Some people also experience insomnia symptoms due to spring time changes.

The transition between DST and Standard Time has darker mornings and more evening light. This can essentially “delay” your sleep-wake cycle, making you feel tired in the morning and alert in the evening.

The beginning of DST in March is associated with many negative outcomes and risk factors that some experts advocate for abandoning the system altogether in favor of a year-round time. They argue a permanent standard time is more in line with human circadian rhythms, and that this schedule would carry benefits for public health and safety. On the side of the argument, people in favor of DST argue that at least 70 countries around the world observe DST as it decreases energy consumption, reduces costs, and protects the environment. There is also evidence that crime rates decrease with the use of DST due to the lack of dark hours.



Colcannon Irish Potatoes

From: <https://www.wholefoodbellies.com/colcannon-irish-potatoes/>

INGREDIENTS:

- 2 lbs potatoes of choice washed well and cut into large chunks (I used sierra red because I love the flecks of red skin in the dish)
- 2 whole cloves of garlic peeled, not minced
- 4 tablespoon good quality butter cubed. Plus more for serving
- 1 tablespoon avocado oil
- 1 large leek white and light green parts only, sliced thinly
- ½ head cabbage sliced thinly
- 3 spring onions sliced thinly including the green bits
- Salt to taste

DIRECTIONS:

- Put the cubed potatoes and whole garlic cloves in a medium pot and cover with cold water by at least an inch. Add 1 tablespoon of salt, and bring to a boil. Boil until tender, about 15-20 mins. Once cooked, drain in a colander
- While potatoes are cooking, heat the avocado oil in a medium saucepan. Once hot, add in the leeks and cabbage and cook until wilted, and most of the liquid has been absorbed, about 4 mins. Remove from heat
- Pop the drained potatoes back into the medium pot, add in the cubed butter, the cooked greens mixture and the chopped spring onions. Mash with a potato masher until really smooth and creamy. Add salt to taste and serve hot with a small indentation in top and a small knob of butter popped in there

NOTES

Caution: Do not chop the potatoes too small or they will turn to watery mush and the result will not be as creamy