



Current Studies

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Gout

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Sciatic Nerve Pain

Knee Osteoarthritis **new**

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Letter from the Director

Is it just me or does anyone else have a bit of trepidation about being too excited for thinking this New Year will bring on a new and wonderful opportunities? Actually, maybe it's just that, after two years of a bit of topsy-turvy experiences, I'm lowering my expectations and hopes to be a bit more realistic? Every New Year has it's opportunities and missed chances, ups and downs, or joys and disappointments. In years past many of us may forgotten this during the New Year's celebrations and only focused on the excitement of the positive prospects of the year to come. Not a bad thing per say but maybe not the most realistic.

This year I'm starting the year with my same goals lists and optimistic rituals I do every year but adding one that celebrates the lessons I learn from the not-so-great times will be added. We're a family of quotes and sayings. We collect them like my kids collect "pretty" rocks. They're everywhere in my house. When my oldest was 7 she read a quote that said, "Without the darkness we couldn't see the stars" and seven years later it's still her favorite quote and hangs on our fridge. I'm moving into 2022 with realistic expectations and gratitude for the challenges it may bring. I'm hoping those darn stars are bright and vibrant and make the dark worthwhile.

Much love and many wishes of prosperity and health,
Jill

“

**Without the darkness
we couldn't see the
stars**

”

Did You Know?

New Year's resolutions actually go back to ancient times! In 2000 B.C., the Babylonians celebrated the New Year during a 12-day festival called Akitu (starting with the vernal equinox). This was the start of the farming season to plant crops, crown their king, and make promises to pay their debts.

The Babylonian New Year was adopted by the ancient Romans, as was the tradition of resolutions. The timing, however, eventually shifted with the Julian calendar in 46 B.C., which declared January 1st as the start of the new year. January was named for the two-faced Roman god, Janus, who looks forward for new beginnings as well as backward for reflection and resolution.



Awareness Month

New Year's Resolutions have changed... or have they?
See the difference between 1947 and today:

Resolutions From 1947 - Gallup Poll

1. Improve my disposition, be more understanding, control my temper
2. Improve my character, live a better life
3. Stop smoking, smoke less
4. Save more money
5. Stop drinking, drink less
6. Be more religious, go to church more often
7. Be more efficient, do a better job
8. Take better care of my health
9. Take greater part in home life
10. Lose (or gain) weight

Today's Resolutions

1. Lose weight
2. Get organized
3. Spend less, save more
4. Enjoy life to the fullest
5. Stay fit and healthy
6. Learn something exciting
7. Quit smoking
8. Help others fulfill their dreams
9. Fall in love
10. Spend more time with family

<https://www.almanac.com/history-of-new-years-resolutions>



Skinny Alfredo

From: <https://www.delish.com/cooking/recipe-ideas/recipes/a45568/skinny-alfredo-recipe/>

INGREDIENTS:

- 12 oz. whole-wheat linguine
- 1 tbsp. extra-virgin olive oil
- 3 cloves garlic, minced
- 2 tbsp. all-purpose flour
- 1 c. low-sodium chicken broth
- 3/4 c. 1% milk
- 1/2 c. freshly grated Parmesan
- 2 tbsp. plain Greek yogurt (optional)
- Freshly ground black pepper
- Pinch crushed red pepper flakes
- Freshly chopped parsley, for serving

DIRECTIONS:

- In a large pot of salted boiling water, cook linguine according to package directions until al dente. Set aside 1/2 cup of pasta water, then drain pasta and set aside.
- In a large skillet over medium heat, heat oil. Add garlic and cook until fragrant, 1 minute. Sprinkle flour over evenly, then stir and cook until mixture is lightly golden.
- Very gradually add broth in while whisking, 2 tablespoons at a time, waiting for mixture to become completely smooth before adding more broth. Bring mixture to a boil, then gradually stream in milk while whisking. Bring to a simmer and cook until sauce is thickened, 2 to 3 minutes
- Remove from heat and add Parmesan and yogurt, if using. Season with salt, pepper, and a pinch of red pepper flakes.
- Add pasta and a 1/4 cup reserved pasta water to sauce and toss to combine. If sauce is too thick add more pasta water, a tablespoon at a time, until desired consistency.
- Garnish with parsley before serving.