



## Current Studies

Acute Low Back Pain

Gout

Hot Flash

Knee Osteoarthritis

Post-Surgical Nerve Pain

Chronic Low Back Pain

Contraception

Ankle Osteoarthritis

Psoriasis



### APPLY TO PARTICIPATE:

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[www.InjuryCareResearch.com](http://www.InjuryCareResearch.com)

## Letter from the Director

Every year at this time I get to the point of asking, "Where has the time gone?" In my early 20s I was talking with my mom and lamenting that I wished I was older. My mother warned me to not wish my life to go faster as, the older we get, the faster the time seems to go. Now that I'm in my mid-forties and I have two teenagers already I realize, like so many other times, my mother was right.

This same time-warp has seemed to hold true for this business as well.

Over the past fourteen years, I've worked to build this business. We've grown from just me and one physician to over seven practitioners and an additional seven support staff working in this company conducting quality research. While building this wonderful team I often find myself asking, "Where has the time gone?" I'm now passing the torch to my new Site Manager, Victor Capetillo. He'll be writing these letters in the New Year. I'll still be around and available but I feel it's time to step aside and let this wonderful new leader have his time to shine.

I'll end this year and this newsletter by wishing that you all have a wonderful Christmas and holiday season.

Warm regards,  
**Jill**

“  
Where has the  
time gone?  
”

## Did You Know?

The tradition of making decorated gingerbread houses started in Germany in the early 1800s. The first gingerbread houses were based on the well-known Grimm's fairy tale "Hansel and Gretel" in which the two children abandoned in the forest found an edible house made of bread with sugar decorations. German bakers began baking ornamented fairy-tale houses of lebkuchen (gingerbread). These became popular during Christmas, a tradition that came to America with Pennsylvania German immigrants.

<https://justfunfacts.com/interesting-facts-about-december/>



## Awareness Month

Human Rights Day on December 10 remembers the day the General Assembly of the UN adopted and proclaimed the Universal Declaration of Human Rights (UDHR) in 1948. The UDHR is a document that acts like a global road map for freedom and equality - protecting the rights of every individual, everywhere. It was the first time countries agreed on the freedoms and rights that deserve universal protection in order for every individual to live their lives freely, equally and in dignity.

The UDHR was adopted in response to the “barbarous acts which [...] outraged the conscience of mankind” during the Second World War. Its adoption recognized human rights to be the foundation for freedom, justice and peace. It is the most translated document around the world and is available in over 500 languages. It has inspired countries and people alike to start treating every person with the right to life, liberty, property, and the pursuit of happiness.

We should remember our human rights every day and embrace everyone around us as equals.

<https://www.amnesty.org/en/what-we-do/universal-declaration-of-human-rights/>

For more information and resources visit:

<https://www.un.org/en/observances/human-rights-day>



## VEGAN CHOCOLATE FUDGE

From: <https://happykitchen.rocks/vegan-chocolate-fudge/>

### INGREDIENTS:

- 7 oz or 400 g 70% dairy-free chocolate chips or chocolate, chopped into small pieces
- 8 medjool dates pitted and chopped
- 3 tablespoons tahini paste
- 3 tablespoons coconut oil
- ½ cup coconut milk the solid part
- 1 tablespoon vanilla extract
- Sea salt to garnish

### DIRECTIONS:

- In a medium pot, add chopped chocolate or chocolate chips, pitted dates, tahini paste, coconut oil, coconut milk and vanilla extract. **All the ingredients should be at a room temperature.** Cook over low heat until all the chocolate is melted. Don't overcook the mixture, otherwise it will curdle.
- Line a 12x7 baking dish or equivalent with parchment paper and evenly distribute the chocolate mixture. Sprinkle with sea salt. Freeze for 30 minutes or refrigerate for 2 hours. Take out of the fridge 15 minutes before serving. Enjoy!

### NUTRITION FACTS:

Calories: 242kcal | Carbohydrates: 28g | Protein: 3g | Fat: 16g  
Saturated Fat: 10g | Sodium: 3mg | Potassium: 179mg  
Fiber: 3g | Sugar: 22g | Vitamin A: 29IU | Vitamin C: 1mg  
Calcium: 46mg | Iron: 2mg