In this Issue...

- Managing Autoimmune Conditions Through Weight Loss and Peptide Therapy
- PRP Injections for Persistent Tennis Elbow: A Better, Safer Solution
- Check Out Our Latest Blogs
- Recipe of the Month: Creamy Avocado Pasta
- What's Happening In & Around Chicago

Managing Autoimmune Conditions Through Weight Loss and Peptide Therapy



Effective treatment for autoimmune disorders typically involves medication that suppresses the immune system, with physical therapy, vitamins, or supplements prescribed as needed. When you suffer from an autoimmune disorder, it tends to be a chronic condition.

Click Here to Read More



FREE WEBINAR

January 10, 2024 at 10:30 am Central

Learn about Regenerative Medicine Procedures for Joint Arthritis, Injuries, and Spine Pain. We understand how overwhelming it feels to choose the right solution for your pain. Sometimes you need answers from a real person.

Join us for our next webinar- a lively educational online class designed to give you a level of trust that no website or PDF could ever give you because you'll be meeting the doctor.

Learn More and Reserve Your Spot

PRP Injections for Persistent Tennis Elbow: A Better, Safer Solution

When it comes to seeking help for musculoskeletal conditions, one of the biggest problems is <u>balancing symptom</u> management against the potential for complications. As a patient, it's easy to become skeptical and worry that the cure might present more problems than the condition itself.





At Chicago Arthritis and Regenerative Medicine, we offer the most advanced non surgical musculoskeletal treatments. Our next-generation regenerative medicine procedures and pain relief technologies are used to treat a wide variety of conditions arising from sports injuries, arthritic diseases, tendonitis, overuse injuries, and back pain. Contact our Chicago office today at 773-348-7171 to learn how our advanced non-surgical treatments can help relieve your pain. You can also make an appointment online.



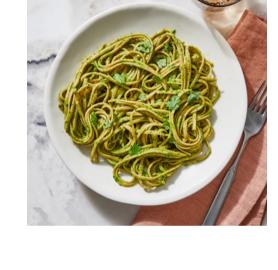
Don't Forget to Read our Latest Blogs

Click Here →

Recipe of the Month

Creamy Avocado Pasta

This creamy avocado pasta gets its vibrant color from spinach and avocado when combined to create a flavorful sauce.



Ingredients:

- 12 ounces whole-wheat linguine or spaghetti 1 medium avocado
- 2 cups of packed fresh baby spinach
- 2 cups loosely packed fresh cilantro leaves and tender stems, plus torn leaves for the garnish 2 1/2 tablespoons of lemon juice 1 tablespoon of white miso or reduced-sodium soy sauce
- 1 1/2 teaspoons of toasted sesame oil
- 1/2 teaspoon of salt 2 small garlic cloves

Directions:

- 1. Bring a large pot of water to a boil. Cook pasta according to package directions; drain and reserve 1 1/4 cups of cooking water. Return the pasta to the pot. 2. Process avocado, spinach, cilantro, lemon juice, miso (or soy sauce), sesame oil, salt, garlic,
- and 3/4 of a cup of the reserved cooking water in a blender until smooth, about 30 seconds, stopping to scrape the sides as needed. 3. Pour the avocado sauce over the pasta; toss to coat, adding additional cooking water, 2
- tablespoons at a time, until the sauce reaches the desired consistency. Garnish with additional cilantro, if desired. Recipe courtesy of <u>eatingwell.com</u>



Evanston

Convenient Parking for Your Appointment is Available C2Parking located at 708 W. Wayman ST (Behind Carnivale) offers

\$10 All Day Parking

Monthly Rates Available | Attendant on Duty Cash or Card Accepted

January 5 – 7 January 10 – 14 January 13 – 14

What's Happening In & Around Chicago

Chicago RV Show 2024 Chicago Boat Show **Brick Fest Live** Renaissance Schaumburg McCormick Place **Tinley Park Convention Center Convention Center Hotel** Chicago Tinley Park Schaumburg January 16 January 21 January 27 2024 MLK Remembrance The Complete Wedding Expo hosts 2024 Chicago Winter Whiskey Bridal Expo at Moretti's Tasting Festival DePaul University - Loop Campus Moretti's Downtown Chicago Chicago Bartlett Chicago January 30 February 3 February 10 – 19 Northwestern University Jaz <u>Screening – The Sojourner Truth Film</u> Chicago Auto Show Orchestra: The Music of Oliver <u>Festival</u> <u>Nelson</u> McCormick Place Museum of Contemporary Art Ryan Center for the Musical Arts Chicago – Edlis Neeson Theater Chicago

Chicago





618 W. Fulton St. Chicago, IL 60661

CONTACT US →



<u>773-348-7171</u> www.chicagoarthritis.com