



THE TRILLIUM THREAD



The Monthly Newsletter of Trillium Chiropractic

April Updates

- Welcoming Dr. Kyle
- Easter Egg Count & Prizes
- National Pet Day: April 11
- Elderberry Energy Balls Recipe

Trillium Brings On New Partner



There have been some exciting changes at Trillium. We are thrilled to announce that the clinic has been growing. In order to continue providing the quality care our patients deserve and keep up with the growing community, Dr. Katelyn decided to bring a partner in to the practice. Lets all give a warm welcome to Dr. Kyle!

Dr. Kyle was born in Mason City, IA, where he developed his passion for athletics and the sciences at a young age with his dad being both a coach and science teacher in school. His family moved to Decorah, IA where Kyle was involved in sports year-round including football, wrestling, track and field, and baseball. In addition to his athletics, he was also involved in band where he played the saxophone and was an active member of his church.

Learn More About Dr. Kyle

Dr. Kyle attended Luther College where he majored in biology with a minor in health. He was a captain on the track and field team where he was a sprinter, long jumper and threw javelin. Kyle graduated from Luther in 2016 and started his chiropractic journey at Northwestern Health Sciences University where he earned his Doctorate in Chiropractic with a sports emphasis.

Dr. Kyle's first experience with Chiropractic was following a neck injury in wrestling. Chiropractic helped him get back to competition and perform at a higher level. Helping others achieve their goals and reach new heights in health is one of the many reasons Dr. Kyle loves his job. While attending Northwestern, Dr. Kyle worked with multiple elite level teams and athletes and studied a variety of Chiropractic techniques including Diversified, Neuromuscular Release, Activator Protocol, Thompson Drop, Sports Taping, and Advanced Extremity Mobilization.

Dr. Kyle currently lives in Chanhassen, MN and loves spending time outdoors with his wife, Lindsey, hanging out with friends and family, going for bike rides, skiing (downhill and water), and taking advantage of activities in and around the Cities, whether it be attending a Twins game, cheering on the Vikings at U.S. Bank or checking out a new brewery.

Dr. Kyle is currently taking new patients and is excited to help you meet your goals in health!

Easter Egg Counting Competition



Easter is approaching quickly and we thought how fun it would be to have a friendly competition. We will have an Easter basket in office filled with plastic eggs. We are asking patients to guess how many eggs you think are in the basket. The person who guesses the correct number will receive a prize.

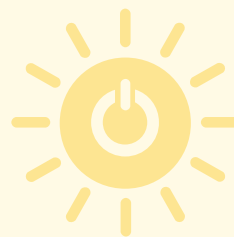
National Pet Day April 11th



Looking to get your pet out of the house? Bring your fur baby to Trillium for a treat on Monday, April 11th. We are asking animals be leashed and no pets over 70 lbs. We want to love on your animals too!



Featured Product; Elderberry Syrup



Great news! We will be sampling Elderberry Queen's elderberry syrup in the office the 3rd week of the month. If you haven't yet heard of the benefits of elderberry, ask the front desk for a pamphlet and you will quickly learn why this syrup is such a great immune boosting ingredient to add into your diet.

Ever considered adding elderberry as an immune boost into your food?

Here is a tasty recipe that gives you that boost of energy needed to get through the day!

No Bake Energy Balls



- 1 $\frac{1}{4}$ cup nut butter — peanut, cashew, almond
- $\frac{1}{2}$ cup honey — try to use raw if you can
- **2 tsp organic elderberry syrup**
- 2 cups old fashioned oats
- $\frac{1}{2}$ cup unsweetened shredded coconut
- 2 tsp chia seeds
- 2 tsp flax seeds

Optional add-ins:

- Chocolate chips
- Chopped nuts
- Seeds
- Dried fruit



All you need is a spatula and a mixing bowl!

Alright... let's get started!

Instructions

1. In a large bowl, mix together your nut butter of choice, honey, and organic elderberry syrup until smooth.
2. Stir in oats, shredded coconut, flax seeds, chia seeds (and other optional add-ins) until well combined.
3. Chill in the fridge for about 30 minutes.
4. Then roll into balls and indulge in your little bites of heaven.