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"Reddy-Care Physical Therapy"



Volume 2, Issue 8

Physical Connections
Monthly Newsletter to medical office staff

April 2009

Quick Notes:

- Reddy-Care is participating in the March of Dimes walk on April 26th @ Eisenhower Park. Join our team or sponsor us! Call us to find out how.
- Look at our facebook page for upcoming lectures at our office...THEY ARE FREE

Signup for our
online newsletter
at
www.reddycare.net



Hours of Operation

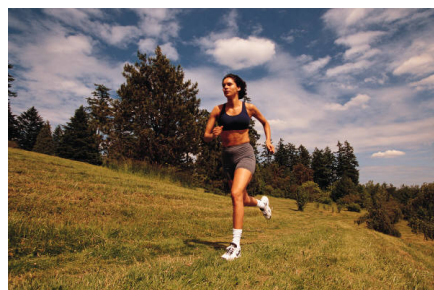
Mon & Weds	7am - 9pm
Tues & Thurs	7:30am - 9pm
Friday	7am - 6pm
Saturday	7am - 4pm



Coffee Run

To the average Joe, a "coffee run" means to grab a quick cup of coffee. Runners have added a new meaning to those words. Coffee is known for its quick pick-me-up effects, and that is exactly why runners drink coffee before a big race.

The World Anti-Doping Agency banned many performance-enhancing drugs from



competitions so athletes cannot have an unfair advantage over other athletes. Runners turn to coffee because of the caffeine. Coffee contains 2-3 times the amount of caffeine than that in tea. Caffeine is a psychoactive substance that stimulates the central nervous system, making the person more alert. Caffeine improves an athlete's performance by an average of 5%; performance improvements may even increase by 20-25%. Continual intake of caffeine will eventually lower its effect.

Energy drinks have added sugar and other substances that may cause harm to the body; such as taurine.

Jogging may improve eyesight

Jogging is a great form of cardiovascular exercise. Mainly it is used for weight loss and fitness. Recent studies by The National Runners' Health Study (NRHS) showed that jogging can protect one's eyesight.

Jogging decreases the risk of age-related macular degeneration. According to the NRHS's observations, compared to participants who ran less than 1.25 miles per day, those who ran an average of 1.25 to 2.5 miles per day had a 19% de-

crease in their risk of age-related macular degeneration. Participants who ran more than 2.5 miles per day had a 42% to 54% decrease in risk.



Participants who ran 40 or more miles per week had a 35% lower cataract risk than those who ran less than 10 miles per week.

Decreasing the risk of age-related muscular degeneration is not limited to jogging; any cardiovascular exercise with similar intensity will be effective.



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Miracle Fruit

In our February newsletter, we talked about the benefits of cranberries. This month, we will be talking about a similar looking berry called *Synsepalum dulcificum*. This almond-shaped cranberry is grown in West Africa and is known as the “miracle fruit”.

Synsepalum dulcificum is not a single item snack, it is meant to be eaten with other foods. When a person eats this berry, it tastes like a flavorless gummy. The berry manipulates a person’s taste bud to make everything sour taste sweet for 15 to 30 minutes.

According to CNN, the berries make lemons taste like candy, oranges taste extra sweet, and hot sauce taste like honey barbecue sauce. The effects of the berries are only limited to the mouth, so even though the hot sauce will taste like honey barbecue



sauce; it will burn as it runs down the esophagus.

Medical researchers are currently observing the effects of this miracle berry on cancer patients. As cancer patients undergo chemotherapy, they lose their ability to taste properly, making everything taste either bitter or bland. This causes weight loss for many cancer patients, which eventually leads to malnutrition, loss of bodily function, and electrolyte imbalance. For many patients this berry did improve taste, but for a few patients, there was not much change.

Recent Patient Success

“I’ve just completed a successful course of physical therapy at Reddy-Care. I came in 6 weeks ago with pain radiating down my leg that came from my back.

After six weeks working with caring therapists, I am “graduating” from the program. I’m back to doing all my regular activities. I’m feeling stronger in my core. And, I have a renewed commitment to myself to continue working to get myself back in shape.”

-S.T.

“My experience at Reddy-Care was terrific. I was not able to walk, squat or straighten my knee. I wanted to ski and run and was able to do both in a short amount of time. I think the therapy really helped to make my recovery faster.”

-I.V.