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COMPRESSION SLEEVES
Demon Thompson, CPED

Compression sleeves where developed to provide the optimal amount of compression for athletes, triathletes, and cyclists. Compression sleeves increase the amount of oxygenated blood delivered to the muscles, helping to force out lactic acid build up that causes muscle soreness post-workout. This increase in oxygenated blood helps to energize your legs pre-workout, enhance athletic performance during workouts, and aid in recovery post-workout.

Runners can be very skeptical when it comes to changing their gear. They have a certain type of sock that they love to run in and a specific type of shoe as well. Changing any one of these two items equals bad news in the eyes of a runner. The sleeve allows them to experience compression while still wearing their favorite running socks and shoes.

As I'm sure most of you triathletes know, trying to put a dry sock over a wet limb turns into complete fiasco. Wearing compression sleeves can be the difference between placing in your age group or spending most of your time on your transition mat. Wearing compression sleeves during your triathlon not only helps aid in performance and post race recovery, but they also help with a faster transition from the swim to the bike portion. As I explain you will have that "ah-ha" moment. By wearing them under your swim suit, they're a big help when it comes to taking off the swim suit at the end of the swim, plus you do not have to put them on in T1. Faster is the ultimate goal, right?

Compression therapy helps decrease venous pressure, prevents venous stasis and impairs of venous walls, while relieving heavy and aching legs. Graduated compression is the ultimate way to increase muscle recovery as you increase the intensity of your workouts. For more information on graduated compression please visit AtlanticFeet.com

Watch Out For Gout

Gout, a painful form of arthritis, has long been associated with diet, particularly overindulgence in meat, seafood and alcohol. A gout diet helps to control the production and elimination of uric acid, which may help prevent gout attacks or reduce their severity. The diet isn't a treatment for gout, but may help you control your attacks.

Gout Foods to Avoid

- hearts • herring • mussels • yeast • smelt • sardines • sweetbreads
- anchovies • grouse • mutton • partridge • trout • veal • bacon • liver
- goose • haddock • salmon • turkey • kidneys • pheasant • scallops

Diabetic Recipe of the Month

Sugar-Free New York Style Cheesecake

Directions

1. Preheat oven to 475 degrees F.
2. Make Crust: Mix crust ingredients together and press into a 10-inch springform pan.
3. Make filling: Beat cream cheese, Splenda Granulated Sweetener and flour in a medium bowl until well mixed and smooth. Add eggs and egg yolks, beat until smooth. Add vanilla. Scrape sides of bowl. Mix briefly and add heavy cream. Mix until well blended. Pour filling over crust.
4. Bake 10 minutes at 475 degrees F. Turn oven temperature down to 200 degrees F and bake for 1 hour. Turn oven off and leave cheesecake in the oven for one more hour. Cheesecake will be slightly firm to the touch. Let cool 15-20 minutes before placing in the refrigerator. Refrigerate a minimum of 4- 6 hours or preferably overnight before serving.

Serves 16

Recipe from DiabeticGourmet.com

Ingredients

Crust:
1-1/4 cups graham cracker crumbs
1/4 cup Splenda ® No Calorie Sweetener, Granulated
1/4 cup butter, melted

Filling:
2-1/2 pounds regular cream cheese
1-2/3 cups Splenda ® No Calorie Sweetener, Granulated
3 tablespoons flour
5 large eggs
2 egg yolks
1-1/2 teaspoons vanilla
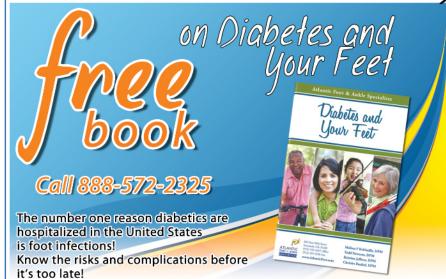1/4 cup heavy cream

Nutritional Information (Per Serving)
Calories: 360 **Sodium:** 300 mg
Fat: 32 g **Carbs:** 11g
Chol: 185 mg **Protein:** 8 g

Our Services

- Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Laser Nail / Wart Treatments
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis ... and more!

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