

LIBERTY NEWS
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FOR REAL LIFE**

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INSIDE THIS ISSUE

1. WHY PT MAY BE AN ANSWER FOR COVID-19 PATIENTS
2. THE SCIENCE OF CRYING
3. LET SAUCES BRING NEW LIFE TO TIRED MEALS
ONE-PAN APPLE CIDER CHICKEN
4. DO COUPLES SLEEP BETTER APART?

COUPLES SLEEPING APART

A NEW TREND IN SLEEP ARRANGEMENTS

From bank accounts to emotions, couples share a lot of things in their lives. But one thing couples have long shared is being called into question: a bedroom. You may have heard about this trend of sleeping apart from a friend or from celebrities like David and Victoria Beckham, who took it to an extreme by building “his and hers” wings in their home. You may not have an extra wing in your home, but if you have a spare bedroom, you might consider joining the estimated 25% of American couples who are sleeping separately in an effort to sleep better.

Why sleep separately?

While the stereotype holds that couples who don't share a bed are in a fight or unhealthy relationship, more and more evidence shows that sleeping alone may simply be the best way to get a good night's rest. And as more research comes out about the importance of sleep for physical and mental health, some couples can't figure out how to improve their sleep while sharing a bed with a snoring spouse or one who has a completely different schedule.

If you need a reminder about the myriad benefits of sleep, here are just a few:



- Cognitive: You focus more easily, remember better, and learn quicker when you're well rested.
- Mood: Insomniacs are five times more likely to develop depression. Though that's an extreme, if you've ever had a poor night's sleep, you've probably experienced the grumpiness or short temper that can go with it.
- Heart health: Blood pressure decreases during rest, which helps keep your heart healthy. Chronically poor sleepers are more at risk of heart disease.

Aren't there negative consequences for couples?

One of the most common concerns couples have about sleeping in separate rooms is that it will lead to less intimacy in their partnership. However, sleeping apart often means sleeping more and better, and studies show that well-rested couples are more likely to share intimacy. Plus, sleeping arrangements are highly cultural and change over time. There's nothing that says that sleeping together is a must for a happy relationship! As more couples are learning, sometimes it's just the opposite.

**HOW PHYSICAL THERAPY IS HELPING COVID-19 PATIENTS
AND HOW WE HELPED ONE OF OUR OWN**

At Liberty Rehab, we help patients from many diverse backgrounds. Sometimes they are grandparents, excited about playing with their grandchildren again, and other days, we are assisting athletes who want to prevent getting injuries that could sideline their seasons. Regardless of their backgrounds, our goal is always the same: to help patients' bodies heal naturally.

This year, that mission has taken on a whole new meaning within our clinic and in the world of physical therapy. This World Physical Therapy Day, I am amazed at the ways in which this profession can help so many unique patients find pain relief and get back to their daily lives. As the practice continues to grow and evolve, the colleagues I work with continually amaze me with their ingenuity and spirit.

Nowhere has this been more apparent than in the work currently being done to help long-term COVID-19 patients recover from their symptoms.

Today, therapists across the globe are using their expertise to help patients who are struggling with the lingering effects of COVID-19. These specialists help patients grow stronger with specialized treatment programs designed to target each patient's specific needs. With this particular virus, many patients are facing slow recoveries to allow their heart and other critical organs enough time for rest. Physical therapists



are being tasked with modifying traditional plans to better target the specific needs and limitations of these patients based on the realities and unknowns of this disease.

The plans are working, too. As patients continue to recover, physical therapy has been identified as a way to help them gain back endurance, strength, balance, and even something as simple as the ability to walk again. I'm honored to work in a profession that's committed to offering this level of recovery to patients who are undergoing scary and life-changing symptoms. It's beautiful to witness someone as they gain their life back again. It's an entirely different emotion to be part of that process.

Like many of you, this pandemic hit very close to home for our team. Our very own marketing representative, Viola Mendoza, was diagnosed with and fought COVID-19. Viola struggled with major fatigue and regular brain fog, which often contributed to a loss of critical motor function. As a result, Viola's muscles were severely weakened, and her recovery remained slow and strained compared to other illnesses she has faced.

Viola is healthy today, and she considers herself lucky for not only her recovery, but also because she works with rehabilitation specialists who helped her get there. For Viola, one of the biggest challenges was overcoming the mental obstacles and breathing problems associated with the disease. Our team provided Viola with the guidance she needed to strengthen her muscles, focus on her fine motor skills, and recover her breathing ability.

We were honored to help Viola, and we will continue to provide care to COVID-19 patients — or any patients in need of physical therapy support. It doesn't matter how your injury occurred or what your goals are; we will guide every patient to recovery in a safe, supportive environment.

Stay healthy,

Dr. Mary Lou Lugo

WHY YOU SHOULD CRY

THE SCIENCE BEHIND SAD AND MAD TEARS

Ronda Rousey is tough. She was the first American woman to earn a medal in the Olympics for judo, and she was inducted into the UFC Hall of Fame to commemorate her six titles. Rousey is noted for her physical *and* mental toughness, so it might surprise you to learn that she loves a good cry.

"I really cry all the time ... Everything [makes me cry]. Especially during fight week," she told the Huffington Post.

While crying is more often associated with weakness than strength, the science of the tears we shed when we're emotional — including feelings of anger, sadness, and stress — shows that crying actually makes us healthier.

More Than Just Water

Before you cry, you may feel a welling up of tears in your eyes that makes them appear watery. While tears of all types are mainly made up of water, scientists say that they are distinguished by their chemical makeup. Biochemist Dr. William H. Frey produced foundational scientific research on the science of crying. He collected tears from research



participants who cried while watching a sad movie and compared their tears to participants who cried because of a cut onion.

Frey said the emotional tears were not only unique to humans but that they're also a "unique kind of tear." Their unique chemical makeup has both a detoxifying and stress-reducing effect. Emotional tears have higher levels of ACTH, a stress hormone released by crying. They also have higher levels of endorphins and oxytocin, which are known to reduce both stress and pain.

Crying and Your Health

The benefits of crying have been explored by everyone from ancient philosophers to modern-day scientists. While philosophers noted the cathartic effects of crying, scientists have filled in the knowledge gaps about why crying feels good and how it's actually good for us.

The stress-reducing benefits of crying don't just feel good in the moment. There are several secondary benefits such as:

- Lower blood pressure, which keeps your heart healthy and helps you avoid stroke, heart failure, and dementia
- Lower manganese levels, which helps decrease anxiety, irritability, and aggression
- Decreased risk of ulcers and other digestive issues
- Decreased risk of tension headaches and migraines

Finally, crying serves an important social role. Tears elicit sympathy, signal that something is wrong, and facilitate connection during hard times. If you find yourself having chronic or uncontrollable bouts of tears, something else may be going on and you should seek professional help. But if you find yourself crying when stressed, angry, or sad, embrace your tears, knowing they're helping make you healthier both mentally and physically.

THE SECRET SAUCE

COOK WITH THE SAME INGREDIENTS WITHOUT GETTING BORED

One upside to spending more than a year at home was that many people donned their aprons, learned new recipes and techniques, and began cooking meals regularly in their own kitchens. Even as restaurants reopen, over 70% of Americans say they'll keep their new habit of cooking at home because it's healthier and cheaper. That said, the average American can only whip up about five meals without a recipe at hand, and many people cook and eat the same types of protein and vegetables over and over.

One easy way to avoid boredom is to keep your main staples but diversify your sauce routine! When in doubt, learn one creamy sauce and one herb- or citrus-based sauce. Here are a few examples that work particularly well for chicken, America's favorite animal protein. These can be used with your other favorite meats and your favorite vegetable preparations, as well!

5-Minute Honey Mustard Sauce

To avoid hearing "chicken again?!" add this honey mustard sauce from PinchOFYum.com to your repertoire. Simply whisk together 1/4 cup honey, 1/4 cup mayo, 1/4 cup Dijon mustard, 1 tbsp white vinegar, and 1/4 tsp cayenne pepper for a delicious topper for all meats.



Simple Lemon Herb Sauce

Want a lighter, healthier option? Go for an oil-and-herb sauce like FoodNetwork.com's "Chicken With a Lemon Herb Sauce." In a blender or food processor, add 1 peeled clove of garlic, 1/4 tsp salt, 1 cup freshly chopped herbs of your choice (they recommend a mix of parsley and mint), 1 1/2 tsp ground pepper, the zest and juice of 1 lemon, and 1/3 cup extra-virgin olive oil. Pulse all ingredients together until well mixed and the herbs and garlic are coarsely chopped.

Quick Miso Maple Sauce

This umami-filled sauce from Kitchn.com brings a lot of flavor with just three simple ingredients: 1/2 cup tamari or soy sauce, 1/2 cup maple syrup, and 1/4 cup miso paste. That's it! Whisk the ingredients together and pour over oven-roasted, pan-seared, or grilled chicken and serve.

These three sauces are a great place to start, but if you find yourself uninspired in the kitchen, just look up "simple sauces" online and the protein or vegetable you're preparing. The internet will come to the rescue every time!

TAKE A BREAK!

DONT GO BACON MY HEART



ONE-PAN APPLE CIDER CHICKEN

Inspired by WellPlated.com

INGREDIENTS

- 1 1/2 lbs boneless, skinless chicken thighs
- 1 tsp salt, divided
- 1/2 tsp black pepper, divided
- 1/2 cup apple cider
- 2 tsp Dijon mustard
- 4 tsp olive oil, divided
- 3 sweet apples, cut into 1/2-inch slices
- 2 tsp fresh rosemary, chopped, plus more for garnish

DIRECTIONS

1. Sprinkle chicken with 1/2 tsp salt and 1/4 tsp pepper. Set aside.
2. In a small bowl, combine apple cider and mustard. Set aside.
3. In a large skillet over medium heat, warm 2 tsp olive oil. When shimmering, add chicken thighs top-side down. Cook for 4 minutes, then flip and cook for 4 more minutes. Transfer to a plate and cover with foil. Wipe the skillet clean.
4. Heat the remaining oil in the skillet, then add sliced apples, remaining salt and pepper, and rosemary. Cook for 5 minutes.
5. Return the chicken to the skillet and add apple cider-mustard mixture. Cook for 5 minutes, then serve sprinkled with rosemary!