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Liquids that Improve Health

DO you suffer from acid reflux or have a hard time totally digesting your food? Try a couple of teaspoons of apple cider vinegar into a glass of water and drink it daily. Or you can drink hot lemon-water. Hot water soothes the vocal cords and lemons are good for your digestive tract.

“It’s very alkalizing for the system,” says Dr. Johnny Bowden, nutritionist and author. Bowden also says that half a lemon usually does the trick, and says that he boosts his anti-oxidant remedy with small pieces of fresh ginger that sits in the refrigerator overnight.

It’s also a good idea to rinse with regular water after drinking the concoction because acidic drinks can be hard on the enamel of your teeth.

Cherry juice may be an alternative to drugs to lower high blood pressure, according to a medical report from British Northumbria University. In its study, men who drank Montmorency cherry juice dropped their blood pressure a significant 7 percent.

Coronary artery disease is the No. 1 killer in the U. S., and high blood pressure is a common contributor to heart attacks and strokes.

“This is the first study to investigate the acute effects of Montmorency tart cherry consumption on blood pressure, arterial stiffness and microvascular vasodilation in males with early hypertension,” said lead author Karen Keane.

Previously, a study at Northumbria revealed that adults who drank cherry juice averaged 39 minutes more sleep, reduced the painful symptoms of gout and helped in the recovery of muscle stiffness after intense exercise. ■

Medical Errors Lead to Many U.S. Deaths

Quickly now, most of us know that heart diseases kills more Americans each year than any other disease. And we all know someone who has died from cancer, which ranks no. 2. Any guess on the cause for the third-most deaths in this country?

Would you believe medical errors? According to research done by Johns Hopkins University, their analysis identifies more than 250,000 people who died from medical errors. If recognized by the U. S. Centers for Disease Control, that would be a greater number than the 150,000 deaths due to respiratory disease.

Dr. Martin Makary, a professor of surgery at Hopkins, admits that “incidence rates for deaths directly attributable to medical care gone awry haven’t been recognized in any standardized method for collecting national statistics.”

And because of it, Makary believes that physician services are being billed inaccurately and health services are not addressing real issues. “Right now, cancer and heart disease get a ton of attention,” he says, “but since medical errors don’t appear on the list, the problem doesn’t get the funding and attention it deserves.” ■

How to Wear Socks

To many, socks are a parenthetical statement to someone’s wardrobe. Whatever is in the sock drawer that’s folded and clean are fine for me. But the Sock Club of London begs to differ. That is why it has recently published a very interesting book entitled: “Socks: The Rule Book.”

In it, there are 10 essential rules for the wearing of men’s hosiery. In its 100+ plus pages, there are fascinating color photographs and illustrations depicting the anatomy, manufacturing, styling, make up and storing of this most underrated of clothing essentials.

The No. 1 Rule as stated is that: “Socks must be worn for all occasions where clothing is appropriate, and in some instances when it is not.”

It’s been determined that socks first came to appearance when they were needle-bound animal skins. The word sock comes from the old English “socc,” meaning light slipper.

The ancient Greeks figured out that matted animal hair would provide a layer of warmth when placed next to the skin, and by the year 1000, socks were so admired that they were a means of showing off nobility wealth.

William Lee, of Nottingham, England, invented the stocking frame knitting machine in 1589, and the first socks that were mass manufactured were actually long stockings made of wool.

Other important rules as they relate to socks are:

- You should fold, not roll your socks for storage;
- Hand-washing is the best way to preserve socks;
- With a suit, conservative socks are the way to go in a formal event; if it’s not a formal event, you can use a pattern or a brighter color but not both;
- When wearing trousers, no flesh should ever be seen when standing, seated or even lying down;
- Plain, patterned and printed socks are all acceptable, but never mix the patterns;
- White socks should be avoided in almost all situations except on the playing field and sometimes with shorts;
- Socks and sandals are a no-no;
- The harsher the season, the heavier the sock;
- Socks acknowledge the event you are attending, your interests and your personality. Be aware that this self-expression should be made confidently. ■



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ANYONE FOR A CYCLING ADVENTURE?

The Canary Islands are said to be the Florida for Europeans. More known for its beaches and tourism, there are seven small islands under the domain of Spain. In earlier days, it was the re-fueling and stopping points for ships headed to the Americas.

The second most populous island in the Canaries is Gran Canaria and it is a hidden gem among ambitious cyclists. Former Spanish Tour de France winner Alberto Contador and other professionals use this habitat as a winter training ground.

Most people associate Gran Canaria with the southern town of Masplomas, which is a tourist attraction for its dunes and its built-up tourist resort that more resembles Palm Springs, California. However, Trek Travel has begun scheduling December through February six-day cycling trips to Gran Canaria, for some of the most arduous and exhilarating mountain climbs imaginable.

It’s a three-hour flight from Madrid to Gran Canaria, and rarely does an American rent a mountain bike. Says one cycling aficionado, Harold Mulherin, University of Georgia finance professor: “Ninety-five percent of the people who come here stay at the beach; they never make it to the mountains.”

Instead, cyclists will see steep climbs to Pico de las Nieves, at 6,394 feet, that sits atop a pine forest, and temperatures that will make you think twice about bikinis and flip-flops.

The descents are steep and winding, a white-knuckle roller coaster of a ride. And Trek Travel of Madison, Wisconsin, offers guides, lodging, most meals and Trek bikes.

Support vans are always present.

To go, check it out at trektravel.com or call 1-866-464-8735. ■

