

## Insider-Only HT Newsletter

# Healing Touch PT & Rehabilitation P.C.

1605 Hillside Ave New Hyde Park NY 11040 516-616-0942 [www.healingtouchpt.com](http://www.healingtouchpt.com)  
World's Best Physical Therapy!

## Testimonials

"I really appreciate the knowledge and skill of the entire staff. They are extremely helpful and are putting me on a great path to healing properly. I feel great since I have been coming here. Thank you."

~Thomas W.

"Very comfortable here and best part is my favorite ride availability. Thanks to all the staff at Healing Touch."

~Veena S

"The staff is very knowledgeable and friendly. I enjoy my time here and I am grateful to the entire staff."

~Robert C.



Happy Birthday America!

This is the best place that allows you to be the best you can or worst you can be. It is totally up to you, you decide your fate.

If you are honest and straight forward we can serve you, otherwise there is nothing common between us, therefore have a good day.

Dr. J. Peruvungal P.T, D.P.T

Request a **FREE REPORT** from pre-record message at  
347-601-HTPT

**How Can We Guarantee Pain Free Body?**

Fluent in Malayalam, Hindi, Gujarati, Punjabi, Tamil & Spanish besides English

We appreciate all our past and present patients, so sign up for the Patient Appreciation Day and invite all your friends.

Your medical bill at Healing Touch is ZERO

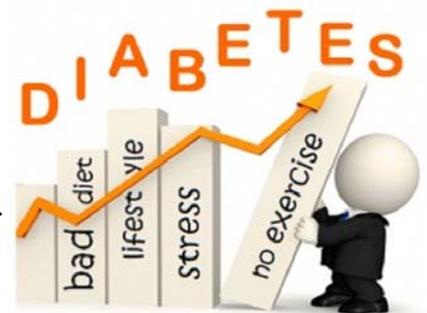
## Treatment and Control of Diabetes

Diabetes mellitus is a worldwide health problem characterized by the body's inability to break down sugar due to an inefficiency of the hormone insulin.

According to the American Diabetes Association, the toll of diabetes is significant if left unchecked.

1. Two out of three people with diabetes die from heart disease or stroke.
2. Diabetes is the leading cause of kidney failure.
3. Diabetes is the leading cause of new cases of blindness among adults.

4. The rate of amputation for people with diabetes is 10 times higher than for people without diabetes. About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.



Due to increased demand we are now open Monday & Thursday 7am to 11pm, Tues, Wed & Friday 7am to 9pm, every Saturday 8:30am to 5pm & Alternate Sunday 12pm to 8pm.

## Insider-Only HT Newsletter

### Role of the Physical Therapist in Diabetes

Physical activity, healthy nutrition and stress management are important factors in the prevention and treatment of diabetes. Your physician may prescribe medication to assist with the treatment of diabetes.

Your physical therapist can create a safe, progressive exercise program that enables your body to become more sensitive to insulin and effectively remove extra glucose from your bloodstream. The goal is to normalize your blood glucose levels and improve your hemoglobin A1C readings.

Here are just some of the benefits of regular physical activity:

1. Decrease in blood pressure and cholesterol levels
2. Reduces the risk for heart disease and stroke
3. Increase in calorie expenditure to enable weight loss
4. Strengthening of the heart and better blood circulation
5. Strengthening of muscles and bones.

You can experience all these benefits after you consult with your physical therapist.



### Five Tips for Safe Exercise

Here are five exercise tips for individuals with diabetes.

1. It is essential to avoid injuries and remain hydrated. It is also important to have some fast acting sugary food available in the event of hypoglycemia or low blood sugar levels. This is critical for individuals who are on insulin and have type 1 diabetes. As your physical therapists, we can advise you about the best, and safest type of exercise.
2. As a general rule, we will encourage you to warm up for 5 minutes before starting to exercise and cool down for 5 minutes at the end. You will be advised to drink plenty of water before, during, and after activity to stay hydrated.
3. If you feel uncomfortable, you should rest for a few minutes and see if you feel. We'll train you to understand your energy levels and listen to your body.
4. Use the “talk test” to make sure you are not pushing yourself too hard. If you become short of breath and you can't talk, then slow down. As your fitness level improves over time, you'll be able to exercise at a higher intensity and chat with others while you do it.
5. Make sure to wear shoes and clean socks that fit you well. Look inside your shoes before wearing them to make sure there is nothing in them that might hurt you or make you feel uncomfortable. Always examine your feet before and after activity for blisters, redness, or other signs of irritation. Talk to your doctor immediately if you experience pain or notice a blister, cut, or sore.

If you know someone who has diabetes, or is at risk for diabetes, the best thing you can do for them is to ask them do is to call us and schedule an appointment. We are here to help. If you know someone who has diabetes, or is at risk for diabetes, the best thing you can do for them is to ask them do is to call us and schedule an appointment. We are here to help.



We have the Repex II Table for lower back pain. What's great about this machine is that it does all the exercises for you; all you have to do is lie on it. Only 3 other clinics in New York State have these machines (that is NEW YORK STATE NOT NYC). Inventor's of J Traction and Extension table for disc problems. (U.S. Patent 7,648,473). In addition, we have received certification of excellence from American Red Cross.

**Our wellness program is only \$10 per month with no initiation, termination fees, or contract. Massage by a licensed massage therapist is only \$1 per minute. (No fault covers medical massage.)**

**1605 Hillside Avenue. New Hyde Park. NY. 11040. 516-616-0942. [www.healingtouchpt.com](http://www.healingtouchpt.com)**

Thanks for **JUNE 2019** referrals from common people like you (this does not include any doctors).

1. Kalavathi R.
2. George O.
3. Nancy R.
4. Gabriela R.
5. Jesudasan V.
6. Neeru B.
7. Zahid C.
8. Sunny T.
9. Victor A.
10. Annamma M.
11. Irfana S.
12. Gurpreet K.
13. Jollykutty A.
14. Rachel M.
15. Pravash C.
16. Millicent H.
17. Stacey F.
18. Jacob P.
19. Annamma P.
20. Bebe A.
21. Rita V.
22. Firoz D.
23. Dhian B.
24. Molly M.
25. Phillip J.
26. Phoola H.
27. Yasomati R.
28. Kantaben P.
29. Rosamma M.
30. Aleyamma M.
31. Ammini V.
32. Konganathu V.
33. Mariamma V.
34. Surjit K.
35. Abraham C.
36. Manju M.
37. Balchand R.
38. Rassol B.
39. Ali M.
40. Thankamma G.
41. Lawrence K.

## Insider-Only HT Newsletter

### What is happening at Healing Touch?

**Get involved in YEP ask us to email you or fax you the details.**

*It's a shame that you are living in pain while Healing Touch can easily take care of it!*

We cannot get a sound sleep knowing that someone is living in pain so here is our **OFFER** We know how our Physical Therapy can have such a huge impact on your life but you don't therefore we will buy you, your first visit. After the first visit see if we made a difference, if not we don't deserve your business therefore walk way. We know that it is only a matter of time before you try us but we don't want you to endure the unnecessary pain. Call at **516-616-0942** and mention "**FREE EVAL**" code and the receptionist will schedule you but hurry there are only handful of people we can see for **FREE!!** **Have you purchased any gift for JULY 4TH? Why not give your loved one a Pain Free Body\*? Get 3 Visits gift certificate for only \$97 regularly it's \$300. Use code 'INDEPENDENCEDAY' at checkout.**

**GREAT VALUE!** On pain free body guaranteed\* package prices. Take advantage of it now-get the **pain free body guaranteed\*** package so you don't have to deal with insurance authorizations and can be seen immediately. Put an end to the pesky pain that's been bothering you for some time!

**\$100 per visit** but here is our **unbelievable pain free body guaranteed\* package prices: \$350 for 5 visits, \$650 for 10 visits, and \$1200 for 20 visits.**

## Low Back Pain Prevention Package.

Why should we wait until you get hurt to make you better? Go to [healingtouchpt.com/webinar](http://healingtouchpt.com/webinar) to watch the FREE videos we put together (no opt in required) to get good understanding of Neck and Back pain as well as proper lifting techniques. We recommend anyone 40 of age or more to buy our Low Back Pain Prevention Package for only \$497. This service is ideal for people that had a back pain episode, as you know how excruciating the pain can be. People that want to prevent back pain altogether should take up on this offer.

With the Low back Pain Prevention package, you will be seen by a P.T- instructed on ways to prevent back pain and taught proper lifting techniques. There after you will be seen monthly once to make sure everything is going right and to address any musculo-skeletal questions or concerns you might have for next 11 months. You will get to use the repex II table with every visit. You don't have to do any work, the machine does all the work for you. All you have to do is lie on it! Only 3 other clinics in N. Y has it, that is New York state not New York City. Low Back Pain Prevention package is not the appropriate choice for people in pain as the frequency of us seeing you is not enough.

We want you to be pain free and now we are guaranteeing it! We are offering pain free body guaranteed\*<sup>®</sup> and no more medical bills\*<sup>®</sup>. Complimentary transportation is available to all our ambulatory patients so what are you waiting for? Call and Schedule your appointment now and be pain free.

**We take all insurance including Healthfirst Medicaid and Wellcare.**

**Pain free body guaranteed\*<sup>®</sup>**

**We are open Monday & Thursday 7am to 11pm, Tues, Wed & Friday 7am to 9pm, every Saturday 8:30am to 5pm & Alternate Sunday 12pm to 8pm.**  
**Complementary transportation available to all our patients.**



## Testimonials

Healing Touch has a knowledgeable staff, that helped improve my range of motion after a Back & Hip injury.

~ Enosh M.

“Everyone in Healing Touch are very good. I recommend others to come here for treatment. The office staff was very friendly knowledgeable and helpful. I achieved my treatment goals.”

~Elizabeth P.

“I saw your sign and you were in my plan. I had a numb hand with no feeling, shoulder pain and back pain. The best thing about Healing Touch is the staff. It is such a great place that I even referred my aunt to come



**You can go anywhere for therapy but will they guarantee a pain free body\* and no more medical bills\*?**

### **Employee of the Month:**

Congratulations to We salute you for showing exemplary **Akriti Y, Nisha P. & Tushar B.** patience, understanding, kindness, and above all humbleness.

### **Patient of the Month:**

Congratulations **Kalavathi R.** for your dedication towards being pain free.

### **Winner of the Year for referring patients (2018):**

Congratulations **Rama S & Dinesh S** winner of the year for referring patients.

**We welcome the new patients in the month of April. Join us to be pain free!**

**Following services are available: login to [healingtouchpt.com](http://healingtouchpt.com) for more details \*explained in website.**

<b>Want to increase the chances of getting job? Pre-employment testing available.</b>	<b>1 on 1 Care: We are flying in a World class therapist from New Mexico .</b>
<b>Website only offer : Free treatment for Neck &amp; Back pain.</b>	<b>Wellness program is available to anyone for just \$10 month.</b>
<b>Secrets of Neck &amp; Back Pain report.</b>	<b>Screening for Athletes.</b>
<b>Home Modification Services</b>	<b>Sports Enhancement.</b>

- “You will get lots of feedbacks when you fail!” ~ [healingtouchservices.com](http://healingtouchservices.com)
- “Try lots of things, its okay to fail-it is not end of the world, and you will eventually win big if you keep trying” ~ [healingtouchservices.com](http://healingtouchservices.com)
- “Make sure you have something positive to say about the other person otherwise keep your mouth shut” ~ [healingtouchservices.com](http://healingtouchservices.com)
- “Never compete and compare yourself with anyone else, always compete with yourself”

You can find more quotes and writings of Dr. J. Peruvinal P.T, D.P.T. on the Healing Touch Facebook Page. (<https://www.facebook.com/htphysicaltherapy>)

**If we take you in as a patient, you won't see a bill from us unless your insurance gets terminated or if the insurance sends you the check directly.**

**Stop Dreaming about a pain free body\*. Achieve it! Call now.**

We have care packages for \$1200, which includes 20 PT visits per year and no other out of pocket expenses. Just \$1200 for 20 visits! That is \$60 per visit! If you want us to send this newsletter for free to someone, please let us know by email or call us!