



## Tips for Reducing Foot Odor and Sweat

The heat of summer is a welcome change from the cooler spring weather across most of the country. However, for those with chronic problems with foot odor and sweat, the heat can increase these conditions and create challenges.

The bottom of the foot has the highest concentration of sweat glands in the body. The average person has approximately 250,000 sweat glands in the feet, and these produce a half to a cup of perspiration over the course of a day.



People with plantar hyperhidrosis, or excessive sweating of the feet, may produce up to double the normal amount of perspiration.

This is a relatively rare condition, impacting 3 to 5% of the total population, and it is a chronic health issue.

People without plantar hyperhidrosis can also experience periods of excessive foot sweating. The excessive sweating can also lead to increased foot odor. There are some routines and remedies for both foot odor and sweating that include:

- Choose your footwear carefully – avoid plastic or non-breathable types of shoes. Many summer shoes are plastic or rubber, leading to increased moisture retention between the toes and on the soles of the shoes. Choose natural materials that allow airflow through and around the shoe.
- Wearing socks – while it may seem counterintuitive, moisture-wicking socks can help to cool and dry the feet, even in the hotter times of the year. Cotton socks allow the feet to breathe, but they can also hold the moisture. Cotton blends are often more effective at both allowing ventilation and wicking the moisture away from the skin.
- Wash your feet – if possible, consider a routine of washing your feet twice a day. Use lukewarm and not hot water with an antifungal soap or a few drops of an antifungal essential oil (eucalyptus, peppermint, tea tree, or lemongrass are good options). Be sure to dry the feet completely after washing, paying attention to between the toes.
- Use foot powders – there are various foot powders that are available to help to control foot odor and keep the feet dry throughout the day. Cornstarch is also an option to help to keep the feet dry. These products should be used sparingly.

Make an appointment to see your podiatrist if you are concerned about foot odor or excessive sweat. There are medications and options to consider if home remedies are not controlling the problem.

## JULY 2020



### Our American Flag

By Ellen Bailey

Our flag is one with colors every so bright  
A symbol of goodwill and all that's right  
It is a beacon for those who are oppressed  
Who pine to live in the land of the blessed

It represents a dream to those from afar  
That things can be much better than they are  
They look upon our flag as an emblem of hope  
When from their oppression they wish to elope

Our flag stands for freedom and basic human rights  
It serve as a rally when against tyranny we must fight  
It was conceived in battle when our country was young  
And many have defended it since our liberty was won

It represents a place where dreams can come true  
Where men and women can live the life they chose  
Without fear from some maniacal regime  
Standing ready to crush their dreams

Our flag stands for liberty and justice for all  
It stands for a country ruled by law  
And when in a parade I see it passing by  
I cannot hide my patriotic pride

## Clothing Inspiration

Clothes shopping can be a difficult endeavor when on a tight budget, but there are some tips that can help people to make the most of what they have.

One good tip is to take a look at pieces that you already own to see what can might be reused or repurposed. Organizing clothing into similar pieces and outfits can also be a great way of getting an outfit together in mere seconds.

The best way to get inspired with budget clothes shopping is by taking a look at what other people are wearing regularly, as it is much easier to be inspired by others than to come up with something completely unique. Another good source of inspiration for outfits is websites such as Etsy and Pinterest, and it is not difficult to style new outfits with existing pieces of basic clothing.

If shopping for new clothes is a necessity, it is a good idea to try and make use of reasonably priced retailers and purchase items with an eye on quality over quantity.

## Amazing Science Facts

Science is an amazing field, and contains a seemingly limitless number of incredible facts that most people simply have no idea about.

One fascinating fact is that saliva is crucial to people able to taste food. Saliva is responsible for dissolving the chemicals that are present in food, and it is only after they have been dissolved within a liquid that taste bud receptors are able to detect them.

Another, far more bizarre, fact is that grasshoppers have ears located not on the side of their head like human beings, but within their bellies. Grasshoppers have a form of eardrum that serves the same purpose as in humans, which the wings cover and protect when they reach adulthood and enable grasshoppers to hear their fellows.

Stomach acid is so corrosive that it is capable of dissolving stainless steel. It is only an alkali bicarbonate solution secreted by the stomach lining that protects it from the acid's corrosive effects.

## Nutrition and Boosting Health

There are a number of ways in which health can be boosted, both to help infections to be fought off by the immune system, and just to increase overall health and wellbeing, including making lifestyle and dietary changes.



One good tip is to consume more whole plant foods such as fruits, nuts, legumes, vegetables and seeds, which are rich in antioxidants and nutrients that help to build up the body's immune system.

One of the most nutritious foods that a person can eat is eggs. Many people avoid eggs because they believe their cholesterol content is bad for health, but this has long been proven to be a myth and the consumption of eggs is not in any way associated with the risk of developing heart disease.

Furthermore, almost every healthy compound imaginable is found in the yolk of an egg, making them actually very beneficial to overall health.

Almost all vegetable oils are healthy, but one of the best is extra virgin olive oil, which comes with a multitude of monounsaturated fats that are very good for the heart as well as a number of powerful antioxidants.

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## Remote Learning Tips

Remote learning has been on the rise for some time now and has only escalated in 2020 due to recent worldwide events. However, students who prefer face to face learning can sometimes find remote learning difficult, but there are some tips that can make the process easier.



One thing that remote learning students need to keep in mind is that large blocks of time are not necessary to achieve good productivity.

The important thing is to focus attention in shorter amounts of time in periods where work can be carried out without interruption.

Remote learning students should also work how much work is actually required in order to divide bigger projects up into smaller ones.

This is a big help to learning, as there is only so much information that can be simultaneously recalled and processed.

One of the best tips that remote learners should follow is to stick to routines. Sticking to the same routine for remote learning as for face to face learning will make the transition easier to adjust to and ensure that all of the necessary work will be done.

# Having a Happy Family

Everyone wants a happy family, but many families struggle to achieve harmony. The good news is there are some techniques that can be implemented to help families to bond and become happier as a unit.



According to research one of the best ways to ensure family unity is to have regular family dinners together.

Kids who have family dinners tend to eat better, have higher self-esteem, better manners and bigger vocabularies, and are also less likely to smoke, drink, do drugs, develop and eating disorder, fall pregnant or commit suicide.

Sharing the family history is another good way of bonding. Children who are aware of the story of their family tend to have more of a feeling of control over their own lives in addition to higher self-esteem and a greater trust in the way their family functions.

A family narrative is important, as the power of story allows children to understand they are part of something that is larger than just them alone.

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# Dogs and Health Care

Dogs need to be well taken care of to ensure they stay healthy, and there are a number of routine things that owners need to keep on top of to make sure they remain in optimum health.



It is a good idea to check your pet regularly to see if you can spot any indications of sickness.

Dogs can obviously not outright tell you if they do not feel right, but their actions can communicate it in other ways, such as suddenly biting their own paws because of irritation or allergy, or shedding skin because of an infection.

If your dog is exhibiting abnormal behavior without any apparent explanation, a trip to the vet is in order to make sure they can get help early if necessary.

It is a good idea to take your dog to the vet on a regular basis anyway, even if everything seems fine.

You may not be able to see any abnormalities at all, but just a routine vet check-up will, and dogs also need to receive vaccines at various points in their life to protect them from diseases such as distemper and rabies.



## Sudden Unemployment and Finances

People can suddenly find themselves out of a job for a multitude of different reasons, and are often financially unprepared for it, having limited resources other than unemployment benefits, though some may be lucky enough to have investment vehicles or emergency savings as a backup.

There are a number of things that can people can do in order to avoid finding themselves in this predicament.

One good tip is to avoid relying on group life insurance, which tends to be lost along with the job.

This means that a new life insurance policy will have to be purchased to replace it when older, which will result in a higher premium.

Having a smart personal life insurance plan that is not intrinsically tied to your source of employment is crucial.

Finding an independent financial advisor is another good idea.

Independent advisors are unbiased when giving investment advice to clients, meaning they are focused solely on what is in your best interests.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JULY 2020

## Tolcylen™ Antifungal/Nail Renewal Solution

Tolcylen™ Solution is a first product of any kind that can deliver an anti-fungal formulation to infection sites while also introducing cosmetic agents clinically proven to rapidly improve the appearance of thickened, dehydrated and discolored nails.

By combining antifungal, cosmetic and low molecular weight agents, Tolcylen™ Solution is the only product of any kind to simultaneously treat fungal infections and nail appearance in one formulation. Feedback from patients using Tolcylen™ Solution since it was introduced in 2017 have been overwhelmingly positive with many reporting 90%+ satisfaction at 1 to 3 months. Available in our office.



## July Dates to Remember

- July 1<sup>st</sup> – National Postal Workers Day
- July 4<sup>th</sup> – Independence Day
- July 9<sup>th</sup> – Cow Appreciation Day
- July 19<sup>th</sup> – National Ice Cream Day
- July 22<sup>nd</sup> – National Hot Dog Day
- July 23<sup>rd</sup> – Gorgeous Grandma Day
- July 24<sup>th</sup> = National Cousin's Day
- July 26<sup>th</sup> – National Aunt & Uncle's Day
- July 30<sup>th</sup> – National Father-In-Law Day

## July is also:

- National Grilling Month -  
<https://nationaldaycalendar.com/national-grilling-month-july/>
- National Picnic Month –  
<https://nationaldaycalendar.com/national-picnic-month-july/>

## We are collecting School Supplies

A New Leaf began as a result of community efforts to address the escalating drug concerns in public schools. A New Leaf helps bring hope and new beginnings to victims of domestic violence and their children. Through shelters, victim outreach, advocacy and shelter over-flow program, they work tirelessly to help victims break the cycle of abuse. A New Leaf supports the Autumn House Domestic Violence Shelter in the East Valley and Faith House Domestic Violence Shelter in the West Valley among others.



For the months of June and July, Fixing Feet Institute has chosen to help this wonderful organization. We will be collecting school supplies for the families in need. We have provided the most requested items below for your reference. We have collection boxes located in our reception area.  
Crayons – Pens – Pencils – Markers – Highlighters – Paper Notebooks – Glue Sticks – Rulers – Folders – Pencil Sharpeners – Mini- Staplers – Scotch Tape – Calculators  
Mini Scissors – 2 pocket folders – 3 Ring Binders – Soft Pencil Cases - Backpacks.