



Protecting Your Feet from the Sun

As the first hot and sunny days of the year roll around again and people are spending days in the park, at the beach, or even around the backyard pool, there is a greater risk of sunburn to all areas of the body.

Most people are fairly well educated about the importance of sunscreen, and they liberally apply it to their faces, necks, arms, backs, and legs.



However, one area of the body that is often overlooked and can easily burn is your tender tootsies.

The feet are not typically exposed to the sun throughout the colder months or even in the spring. This prevents the levels of natural protection in the skin, the melanin, from building up to provide even slight protection, often resulting in burns to the skin on the top of the feet and the toes with the first few summer outings.

In some cases, the bottom of the feet may also burn. This is often caused by the reflection of the UV rays off the surface of water if sunbathing or relaxing around a pool or other body of water.

To help protect your feet and to treat any signs of burns, use the following tips:

- Apply sunscreen – It is important when wearing sandals, open-toed shoes, flip flops, or even mesh or strappy types of footwear to apply sunscreen throughout the day. Keep in mind: Shoes or footwear rub against the surface of the skin and can easily remove this protective coating. Apply the sunscreen again after swimming or wading in the water.
- Avoid barefoot walking – Sand, concrete, asphalt, tile, and even natural stone can easily heat up in the summer, resulting in a different type of burn to the bottom of your feet. By wearing shoes at all times, this painful experience can be completely avoided.
- Pay attention to your feet – If you notice any signs of a burn, immediately cover your feet and get them out of the sun completely. A cold cloth wrapped over the feet can help reduce the discomfort and the tissue swelling associated with burns.
- Use a soothing burn cream – Aloe vera is a great natural product to use to cool, soothe, and heal the surface of the skin. This is available from most drug stores, or simply cut a leaf from the plant, split it open, and rub the gel from the inside of the plant onto the skin's surface.

Be very careful if the skin is burned to avoid blisters and lesions when wearing shoes. Damaged skin is more sensitive and can easily turn from a burn into a lesion that has a greater risk of bacterial infection.

June 2019

Hello! We are pleased to send you this monthly issue of *Foot Notes*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Customer Service

A sales manager overheard a clerk tell a customer, “Hmm. We haven’t had any for quite some time. We probably won’t get any until the end of the month.”

The customer thanked the clerk and was headed to the exit when the manager rushed to him and said: “Come back next week. We should be restocked by then. If not, we might be able to make a special order for you.”

The customer made a puzzled face and left. The clerk dropped his head in embarrassment.

The manager approached the clerk. “How many times have I told you not to let anyone walk out of this door without having a reason to come back? Even if it is something we no longer sell, give them a reason to come back. Now what was this customer asking about?”

The clerk looked at his boss. “Rain.”

A Treat for your Diabetic Feet

By Shannon and Marie

Strawberry Peach Green Tea Smoothie



Ingredients:

- 1 cup brewed green tea, cooled
- 1 cup frozen strawberries
- 1 cup frozen sliced peaches
- 1 ½ teaspoons honey

Serving Size:

- 1 serving – about 2 cups

Per Serving:

- 146 calories
- 1g fat (0 g sat)
- 5g fiber
- 37g carbohydrates
- 2g protein
- 32mcg folate
- 0mg cholesterol
- 28g sugars
- 9g added sugars
- 569iu vitamin A
- 72mg vitamin C
- 34mg calcium
- 2mg iron
- 6mg sodium
- 535mg potassium

Jet Lag and Nutrition

Jet lag is one of the biggest problems faced by frequent flyers, and while many people are aware of the need to make adjustments to their sleep schedule prior to travel, few realize that some minor alterations to eating habits and diet can also be of assistance.



Fruits such as blueberries and strawberries are filled with fiber and are also very easy to keep as snacks either before or after the flight, and will ensure you are able to remain hydrated. Berries are also an excellent source of antioxidants that are good for staving off the kind of inflammation which has been linked to long distance travel. To improve sleep quality, goji berries are particularly highly recommended.

While fast food can be convenient while travelling, it should be avoided for long distance travelers because they contain a lot of cheese and salt that can result in dehydration and bloating.

Anything containing plenty of protein and complex carbohydrates is a healthy option, and quinoa, which contains all essential acids. This is a plant-based super food that is also packed with fiber and will enable travelers to maintain their energy levels while also being easy to digest.

Study Tips

Students wanting to get the most from their study time and achieve better grades would do well to take heed of a few simple tips that can help them to achieve those goals.

One of the simplest yet most important study tips is to create a study routine.

This routine is not just about planning when to learn and what to learn about, but also involves ensuring that you have somewhere to study that is quiet and low on distractions. You may also wish to try studying in different areas of school libraries on different days just to change things up.

It can also be a good idea to talk to teachers if you have questions regarding an upcoming exam. Showing initiative and interest will get the teacher on your side and they are also of course easily the best person to talk to about any issues you may have.

Everyone is different, so deciding how long study periods should last and when you should engage with them is very much a matter of individual preference.



Rebooting Your Metabolism

If you feel sluggish, your clothes seem uncomfortably tight and you're constantly craving a sugar hit, chances are your metabolism is operating in slow motion and may be in need of a reboot. The good news is that although genetics play a part, adjusting the kind of foods you eat can also help to get your metabolism to go faster again.



Resetting your metabolism means making a short-term move to a restricted diet, usually around two weeks, to enable your body to begin metabolizing stored fat, as full fat cells that are forced to enlarge further can cause inflammation and higher insulin levels, resulting in a slow metabolism.

General guidelines to achieve a metabolism reset include carefully choosing carbs, with those found in salads, fruits and non-starchy vegetables needing to make up 80 percent of every meal's volume. This will help to naturally cut down the calorie-dense carbs and help to reduce blood sugar levels, insulin levels and increase weight loss.

Eating probiotics and prebiotics will also help you to maintain healthy gut microbiome and support your healthy new weight.

Getting Rid of Financial Stress

Many people are stressed by their finances, but the good news is that having a budget and using it correctly can make the great majority of financial worries disappear.



One of the simplest pieces of advice for people with financial stress is to start making use of basic money products.

A surprising number of people today do not have even have basic banking products such as savings or checking accounts, and without using such services and products no one is going to be able to achieve any kind of real financial success but opening such an account in a local reputable bank can be done easily on the internet.

Another good tip is to put at least \$5 from every pay cheque into a different account until you have a nice cushion/buffer in the event of any spending or income anomalies.

This money should only ever be used to cover account shortages and not as a way to increase your spending budget.

Increasing your number of income streams, either by working overtime or taking on freelancing work such as blogging, is also a good way to relieve financial stress.



Flip Flops that are good for your feet...

Flip Flops have long been considered a bad shoe choice for your foot health. However new technology has created a Flip Flop that is actually good for your feet and they come in many styles and colors.

Our Doctor's recommend two (2) brands of Flip Flops, Vionic and Telic. We have both brands in stock for immediate delivery, in an array of styles and colors.

Vionic Sandals and Flip Flops combine unparalleled support with a fresh modern design for any occasion. The innovative "Orthoheel" technology helps align the foot from the ground up. At the core of this trusted footwear is the orthotic technology built into every pair. Vionic delivers the support your feet need.

Telic is a revolutionary new product with unparalleled comfort. Telic uses a new material called Novalon; a body heat activated, waterproof, feather light material that is durable, elastic and pillow soft. Contoured to support the arches of your feet, all styles feature a deep heel cup and great medial arch and metatarsal support.

Stop by our office and check out our selection. We can help you prepare for National Flip Flop day on June 14th.



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JUNE 2019

National Flip Flop Day

Each year on the second Friday of June, it is National Flip Flop Day! Find your flip flops and wear them. In 2007 Tropical Smoothie Café created National Flip Flop day in honor of their 10th Anniversary. Every year on this date customers wearing flip flops can get a free 16oz Sunshine Smoothie from 2pm to 7pm. <https://www.tropicalsmoothiecafe.com/nationalflipflopday/> They will also be collecting donations to send ill children and their families to Camp Sunshine.

Camp Sunshine is in Casco, Maine where they address the effects of life threatening illnesses on every member of the family. The program is free to the families thanks to fundraisers like this one. In the first 10 years over 6 million dollars has been donated to Camp Sunshine as a result of this one fundraiser. Stop by your local Tropical Smoothie locations on Flip Flop day, make a donation and get a free smoothie.

June Dates to Remember

- June 5th – National Runner's Day
- June 8th – National Best Friends Day
- June 14th – National Flag Day
- June 14th – National Flip Flop Day
- June 15th – National Smile Power Day ☺
- June 16th – Father's Day
- June 21st – National Take your Dog to Work Day
- June 27th – National PTSD Awareness Day

June is also:

National Adopt-a-Cat Month

<https://nationaldaycalendar.com/national-adopt-a-cat-month-june/>

National PTSD Awareness Month

<https://nationaldaycalendar.com/national-ptsd-awareness-month-june/>

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.