



## Managing Fallen Arches with

Fallen arches or flat feet can occur for a number of different reasons. In some families, there is a higher rate of flat feet. Often, the condition is present from the time the child is born.

Injuries to the feet and ankles can also increase the risk of fallen arches. Stretched tendons, tendon injuries of the posterior tibial tendon, arthritis, or broken bones in the feet that heal incorrectly can also be a cause of this condition.



### Symptoms

The most common symptoms of fallen arches include pain in the heels and arch area of the foot, swelling and discomfort on the sole of the foot, difficulty in standing on your toes as well as leg pain that may also include lower back pain.

A simple test for flat feet is to step, barefooted, into a shallow pan of water. Step onto a piece of paper or concrete and look at the print left behind. People with flat feet will see their complete foot on the surface, indicating the arches are not up and off the floor. Normal footprints will show only the heel, and the ball of the foot with the outside of the sole, the inside of the arch will not show in the print.

### Summer Shoe Choices

For those with fallen arches, finding the best type of summer shoes can be a problem. Flat shoes such as standard sandals and flip flops are not good for your feet and will cause increased pain and discomfort.

The best options for your feet are those that provide support for the arch area of the foot. This doesn't mean giving up sandals and summer walking shoes; there are some companies that manufacture shoes specifically for people with fallen arches and other types of foot and heel problems.

Regardless of the style of summer shoes you select, look for those that:

- Accommodate any orthotic devices your podiatrist recommends
- Have a solid, stiff sole that provides support for the entire foot
- Offers support through the arches and heel
- Are secured to the foot to eliminate scrunching of the toes when walking

Your podiatrist can help you choose the best shoes for your specific comfort and support requirements; just schedule an appointment to get started.

## June 2017

Hello! We are pleased to send you this monthly issue of *Foot Prints*. 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



#### A Painter's Scam

A house painter wanted to save some money by spending less on paint.

So when landed a job painting a large church he added paint thinner to his paint to make it go farther.

He set up his ladders and scaffolds, climbed to the top of the church steeple, and began painting. He was almost finished a storm suddenly came up. Before he knew it, the scaffold began to sway and shake.

Finally it collapsed, dumping him into the bushes at the base of the wall.

He was unhurt but his doctored paint ran down the walls of the church, exposing the scam.

Realizing he had pushed his luck too far in trying to cheat while painting a church, he shouted into the storm, "Forgive me! How should I make up for my sins?"

A voice from the clouds proclaimed, "Repaint! Repaint! And thin no more!"

## Tips To Learn Thai

If you are trying to learn Thai the first thing you need to do is to learn the alphabet, something that can be a rather overwhelming proposition to begin with given that there are as many as thirty vowels and forty four consonants. However a lot of the vowels are actually very similar, just with a longer or shorter sound during pronunciation, so it often becomes easier than first imagined. Learning the alphabet also makes it much easier to then understand the spoken language. Another good is to begin to practice writing out letters and short words in Thai. Practicing helps you to start the process of association between sounds and symbols and words that you are familiar with. If you are visiting Thailand it is a good idea to become friendly with the locals, including hotel staff and local bar and shop owners, as practicing with locals is one of the best ways of successfully learning the language. Making note cards containing simple Thai words is another good method to help you practice while on the go.

## Tips For Authentic Interaction With Buyers

B2B customers are empowered with lots and lots of information in today's world, making it important for marketers to be able to provide B2B tech buyers with superior self-discovery options in addition to customized interactive experiences that tailor to their own personal requirements. One good tip to help to create that experience and have authentic interaction with B2B customers is to ensure that your website is completely transparent. B2B buyers usually visit your website before taking any other action so it is crucial to make sure that you are offering content that explains the purpose and target group for your product, the reason it was made and the price it can be purchased for, and what buyers can expect upon purchase. Avoid pop-up email forms, login requests and requests for email and even physical addresses from customers, which are practically guaranteed to scare them off. Another good tip is to respond to all potential prospects. Answer every question posed to you, no matter how trivial it may appear to you, and offer the likes of review copies and free trials. A willingness to engage with customers without the guarantee of financial recompense is a form of excellent customer service which is very reassuring to prospective buyers.

## Proper Nutrition For Vegetable Haters

Most people are aware that vegetables are vital for a healthy diet, and for those who genuinely dislike all veggies it can be a major challenge to have a truly nutritious and healthy diet. The good news is there are methods by which even the most ardent vegetable hater can improve their eating habits.



One good tip is to make a change by switching to olive oil when cooking. Studies have demonstrated that oleocanthal, the phytonutrient contained in olive oil, has a similar effect in regards to reducing inflammation as does ibuprofen.

It is also capable of lowering blood pressure and cholesterol, assisting the body to absorb calcium more easily, and helps to cut down the chances obesity, and is also very rich in antioxidants.

One trick may be simply to try to hide vegetables in food, such as including kale with guacamole or smuggling some shredded zucchini into hamburger meat.

It can also be a good idea simply to try different vegetables.

Many veggie haters have had bad experiences with certain vegetables and then just extrapolate to an assumption that they will hate all vegetables, which is not necessarily.

Keep an open mind and try experimenting with different vegetables and you may yet find one you genuinely love to eat.

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## Senior Tech Tips

Many people believe that the older you are, the more likely you are to be baffled by hi-tech issues but in reality a great many senior citizens are making use of high tech devices and the internet and can always make use of new technology tips in order to get the most from their usage.



One good tip for seniors is to make use of public Wi-Fi.

You can stay up to date with information by going on the internet at a variety of public places, though it is unwise to such services for personal shopping, online banking or even email due to security reasons.

Health technology can be a big help for seniors, with computers and mobile devices allowing seniors to stay up to date with their medication schedules and staying in touch with friends and family in the event of an emergency.

Aids such as voice activation and sensors from smart technology are also available.

## Single Parent Tips

Parents who are raising children on their own have it tough, attempting to juggle family and work responsibilities with little chance for time off. The good news is there are some tips to make life a little bit easier for struggling single parents.



It is important to spend at least some time taking care of yourself as well as your kids.

Self care is vital and many single parents end up suffering from exhaustion because of their lack of breaks and seemingly endless amount of hard work and an exhausted and overworked parent is never going to be at their best.

You also need to be able to forgive yourself when you make a mistake as a parent. All parents have bad days and it is important to shrug off feelings of guilt when everything does not go perfectly.

Having gratitude for the things you have in your life, including your children, will make your life and your individual days easier so rather than focusing on everything you don't have, think about the ways in which your life is going well.

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## How To Get Ahead

Your career is often dependant on the speed at which you are able to learn and adapt.

One key to achieving the kind of career you really desire is to look to others for guidance and inspiration. It is a good idea to try to connect with someone who is a few years older than you and ask them some questions.



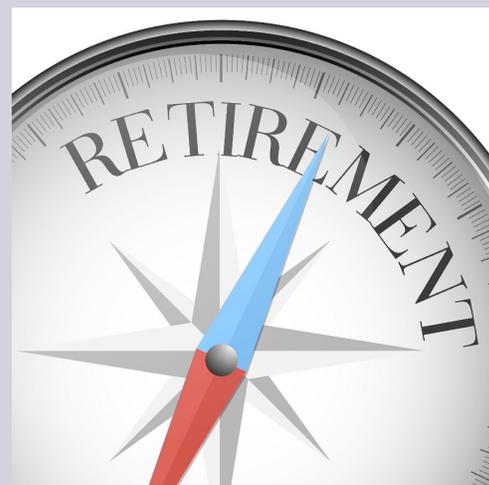
This can help you to crystallize nagging problems and help you find the right direction to go in.

People of this ilk can be found at conferences and the like, while students may want to be proactive and try to reach out to those they admire.

If connecting in person is out of the question, you can use the internet to connect online.

Another good way to gain inspiration to get ahead in your career is to make sure you are surrounded by those who are smarter than you are.

This may not always be comfortable, but listening, absorbing and reflecting on your experiences with these people is a great way to stretch yourself and grow on a professional and maybe even personal level.



## Retirement Tips

Many want to enjoy their retirement overseas and the low cost of living in places such as Thailand and Portugal makes them perfect for that goal.

Canny financial planning and smart investment can make it easy to maximize your savings and achieve that goal.

It is important that you can get help to plan your finances. Financial advisory services such as Forth Capital are actually specialists in the complicated area of expat finances, and when you have the appropriate qualified financial advisors on hand they can assist you through every stage of the retirement expat process.

Expatriate retirees might also want to look into QROPS, pension schemes outside the United Kingdom that were set up specifically for them and which may help to avoid UK savings caps and taxes, though it is crucial to check that they are officially recognized schemes.

There are strict rules from the HMRC that need to be obeyed and they update their list of approved QROPS every month.



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JUNE 2017

## Summer Sandals and Flip Flops now in stock

**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.



## June Dates to Remember

- June 6<sup>th</sup> – National Yo-Yo Day
- June 12<sup>th</sup> – Red Rose Day
- June 14<sup>th</sup> – Flag Day
- June 15<sup>th</sup> – Smile Power Day ☺
- June 18<sup>th</sup> – Father’s Day
- June 19<sup>th</sup> – National Kissing Day
- June 20<sup>th</sup> – First Day of Summer
- June 23<sup>rd</sup> – Take Your Dog to Work Day
- June 26<sup>th</sup> – Forgiveness Day
- June 29<sup>th</sup> – Hug Holiday

June is also: Myasthenia Gravis Awareness Month  
<http://www.myasthenia.org/>  
National Scleroderma Awareness Month  
<http://www.scleroderma.org/>

## 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.