



## Pamper Your Family with Foot Products This Christmas

It can be difficult to find gifts for all members of the family. For those people that you want to pamper, gifts for the feet can be a great option. Most people don't buy these products for themselves, which makes it easy to find the ideal gift.



- **Nail Polish** – Regular nail polish can be destructive to your nails (toes and fingers), with ingredients like formaldehyde and toluene. “Dr’s Remedy” nail polish is an organic nail polish with only natural ingredients and will not harm your nails. In fact it may improve the structure of your nails, and is available in a variety of colors.
- **Creams and Lotions** – We have a variety of lotions available to fight dry skin, and generally improve the texture of your feet. Amerigel Care Lotion and Miracle Foot Cream are our two best sellers.
- **Foot Rollers** – hard rubber balls with small protrusions are a great gift and make a portable foot massage option that is perfect for work, traveling or for people on the go. This is ideal for people with plantar fasciitis as it stretches and helps to relax the tight bands of muscles in the feet.
- **Socks** – while socks may be a bit of a traditional Christmas gift, for runners, athletes or even those who enjoy walking the new types of moisture-wicking, supportive socks are always appreciated. There are socks especially for Diabetics as well, that can help prevent ulcerations.
- **Cozy Slippers** – Who doesn’t love a warm pair of cozy slippers waiting for them when you get out of bed in the morning. We have lots of styles for Men and Women that will also support your feet, not just cover them up.
- **Supportive shoes** –Talk to your podiatrist if you aren't sure of a good brand. A few to consider include Dr. Comfort, Vionic, Anodyne, NewBalance, with both casual and dressier shoe options.
- **Telic Sandals** - Telic’s award winning comfort makes for the perfect shoe during long days on your feet, or the perfect recovery shoe after a hard day’s work. See the article on the last page of this newsletter for more information on this revolutionary sandal.

All of the items mentioned above, and more, are available for sale at Fixing Feet Institute. You do not have to be a patient to purchase these items. Shoes and slippers may require special order, so do not wait – stop by Fixing Feet Institute and see how we can help you with your holiday shopping.

## DECEMBER 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

#### Misunderstanding

There once were two brothers. One was named Trouble, and the other was named Mind Your Own Business. One day, the boys decided to play a game of hide and seek. As Mind Your Own Business counted to 100, Trouble ran off and found a place to hide.

Mind Your Own Business began looking under porches, behind bushes, and inside garbage cans for his brother. He soon encountered a police officer who’d been standing on the sidewalk watching him. “What are you doing?” the cop asked.

“Looking for Trouble,” the boy replied.

“Is that so?” replied the officer, “What is your name?”

“Mind Your Own Business.”

“I’m taking you in,” the officer snapped as he put the boy in the back of the squad car and drove away.

## Rediscovering Work Inspiration

Inspiration provides a sense of purpose at work; giving us the feeling we are making good use of our talents. Yet inspiration can disappear quickly, either due to a lack of interest in a particular job or a negative remark from the boss and rediscovering it can be easier said than done. Even those fortunate enough to actually love their job most of the time can still go through periods when being excited to be there seems just too much to ask. The good news is there are ways to rediscover that inspiration. One good tip is to not sit around waiting for inspiration to strike again. Inspiration often comes from fresh information and experiences, and there are ways to get these such as attending professional gatherings, taking a class, travelling or even just reading a book. Just a couple of hours per week undertaking activities to expand your perspective can work wonders. Our mood and energy is affected by those around us, and getting some new friends can help to inspire us, giving us different things to talk around and new perspectives to think on. Meeting new people is a great way to stimulate the creation of new ideas.

## Choosing The Right B2B Writer

The content that your firm puts out will likely be the very first thing potential clients stumble upon while they are surfing the net or looking up info about your services or products. It is therefore vital that that content be both accurate and highly appealing, making it important that the writer you choose for the gig of being your online content writer is up to the task. One way to ensure you end up with the right writer is to make sure you are aware of the kind of content that your firm requires, as writing social media articles or blogs is a very different kind of writing talent than writing user manuals and product descriptions and so forth. If you want a blogger, then a writer who is witty and creative is the way to go, but someone with a technical background and the ability to make complex concepts understandable to the layman will be what you need to create manuals and descriptions for your service and products, which is more likely to appeal to a B2B audience.

## Outdated Nutrition Tips

Received wisdom about nutrition can change over time, yet many people continue to follow outdated advice that may be doing them more harm than good.

One example of an outdated nutrition tip is the notion that all fat is bad for you. The truth of course is that many fats, particularly those contained in nuts, olive oil, avocados, seeds and fish are not only not harmful but can actually be highly beneficial to your health, including weight control, heart and health and reducing the chances of developing Type 2 diabetes.

These fats should all be consumed as part of your everyday diet.

Another outdated piece of nutrition advice is the idea that fruit sugar, also known as fructose, is somehow healthier for diabetics.

Fructose is perfectly acceptable in the small doses found naturally in fruit, but excessive consumption in the form of high fructose corn syrup that was commonly used as a sugar substitute in the 1990s has now been linked with cardiovascular disease, obesity and metabolic syndrome. Diabetics and everyone else should avoid fructose when used as a sweetener.



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## How Students Can Get Organized

Students can learn to better manage their time, set goals, avoid clutter and ensure they remain organized and on the right track for success by following a few simple tips.

Realistic goals should be set at the start of the school year, with larger goals broken down into smaller components.

These goals should be written down and kept visible so they are reminded what they are striving for each day, which makes such goals appear more concrete and helps them to stay motivated.

Rushing is never a good thing, so students need to make sure they wake up at an early enough time to be able to get to school in good time.

Students should place their alarm clock out of reach so that they cannot simply turn it off and go back to sleep without actually having to get out of bed.

Students should make sure that their school clothes for the next day are prepared at the end of the previous day and ready to go. Using a calendar to write down personal and school activities and appointments also helps to stay organized and avoid missing important events.



## Diet and Injury

Even those who do their best to eat healthily will need to adjust their diet after an injury.

Whether you herniated a disc or tear your calf while exercising, food is no longer just about fuel, it is about helping your body to recover and fight inflammation.



After an injury your diet should be more focused on foods that are anti-inflammatory, cutting out foods that can result in inflammation, boosting your protein and keeping high intake levels of essential nutrients, minerals and vitamins.

Reducing inflammation is particularly important for soft tissue injuries such as sprains or tears, and vegetables, fruits and healthy fats like flax seed and chia can help to cut down the amount of inflammation within the body in much the same way that ice is used to reduce inflammation on the body's exterior.

It is equally important to cut down on foods that can actually cause inflammation such as candy, margarine, hot dogs, doughnuts, lunch meats and sausage, and any other foods high in refined sugars, oils and trans and saturated fats.

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## Reading With Children

Getting kids excited about learning and reading is important, and there are a number of ways in which parents can help to spark a love of books in their children.

One good tip is to read aloud together.

This is a great method of having fun with reading.



The idea that kids should read on their own as soon as they can is something of a myth, as even children who already possess strong reading skills can still benefit from listening to books that are being read out loud.

To make read-aloud sessions with your child fun you should be enthusiastic and use lots of expressions, voices and dramatic gestures.

The pace at which you are reading should also vary, such as reading more exciting chapters at a faster rate.

Kids love pretending, so encourage them to act out some parts of the book.

If your child does not seem interested in a book, do not feel obligated to finish it; instead just ask them to select a different book that they find more interesting.



## Making Saving Easier

Saving can be hard, especially for people with pressing needs or wants, which is why developing restraint is so very important along with making plans as to why they are saving in the first place.

Trying to control spending and cut down on the purchase of non-essential items can be easier said than done, but one way to achieve this is to ensure that your money is less convenient to get to.

One method to do this is to set up another bank account into which a stipulated amount of income is automatically delivered that needs more effort to access.

You are less likely to submit to impulse spending if you do not have the necessary cash readily on hand.

It is also important to have goals for your saving. Motivation is important for any kind of long-term plan, and saving is no exception.

Goals should be reasonable and realistic in a way that enables you to stay focused on saving.

The most important factors are to learn to control your cash flow and come up with the best way to stick to a savings plan until you have realized your goal, whatever it may be.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
14823 W. Bell Rd #100  
Surprise, AZ 85374  
623-584-5556  
www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

DECEMBER 2017

## Telic Flip Flops are a perfect gift for the Holidays!

Telic is a revolutionary new product with unparalleled comfort. It is being called “America’s recovery shoe” and winner of the ‘Readers Choice Award’ for Best Comfort Shoe. 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.



Telic’s award winning comfort makes for the perfect shoe during long days on your feet, or the perfect recovery shoe after a hard day’s work. Fixing Feet Institute is now stocking Telic Flip Flops.

## December Dates to Remember

December 5<sup>th</sup> – Int’l Volunteer Day

December 7<sup>th</sup> – Pearl Harbor Day

December 9<sup>th</sup> – International Children’s Day

December 13<sup>th</sup> – Hanukkah Begins

December 18<sup>th</sup> – Bake Cookies Day

December 20<sup>th</sup> – Hanukkah Ends

December 25<sup>th</sup> – Christmas Day

December 26<sup>th</sup> – Kwanzaa

December 27<sup>th</sup> – National FruitCake Day

December is also: Identity Theft Prevention Month  
<https://www.consumer.ftc.gov/topics/identity-theft>  
Seasonal Depression Awareness  
[http://www.sada.org.uk/index\\_2.php](http://www.sada.org.uk/index_2.php) Month  
Int’l Safe Toys Month  
<https://www.safekids.org/>

## We Need New Toys!!

This year marks the 5<sup>th</sup> year that we have supported the Phoenix Children’s Hospital Toy Drive. We are asking the patients and friends of Fixing Feet Institute to help us in our goal of collecting 200 toys this year.



Although we will gladly accept toys for any age group, the hospital has asked us to target toys for babies and teens, as these ages are often forgotten in toy drives. If you need some ideas you can see their “Child Life Wish List” at <http://www.phoenixchildrens.org/patients-visitors/child-life-wish-list/toy-drive-child-life>

We have placed boxes in our waiting room to collect donations during our regular office hours.

The staff, patients and friends of Fixing Feet Institute have always proven to be generous in the past. Won’t you please help us in making the holidays better for someone less fortunate than ourselves. Please drop your donations at our office no later than Friday December 22<sup>nd</sup>.