



The Best Styles of Dress Shoes for Women with Plantar Fasciitis

For women with plantar fasciitis, there is no need to go without some very fashionable and stylish shoes.

The key to remember is that arch support is going to be critical to eliminate the pain of the condition.

For women with pain due to heel spurs as well as the arch pain, shoes that limit pressure over the heel will also be important to consider.

There are several different factors to consider when choosing dress shoes.

To decrease the pain while also allowing your foot to heal without causing more damage, consider the following.

- Low to moderate heel – Dress shoes with a low to moderate heel are able to provide the support needed to keep your foot cushioned. High heels will throw the weight forward, which causes additional stress on the arch.
- Fitted and support – Look for dress shoes that fit the bottom of your arch, or that can be used with your plantar fasciitis insole or orthotic. Often pump styles of shoes are very practical and can be classic and dressy looking while hiding all signs you are using an orthotic.
- Heel padding – With padding on the heel, particularly with flatter shoes where the weight is more evenly distributed across the foot, extra heel padding can be invaluable. This can be built into the shoe, or it can also be added through a heel insole or orthotic.
- Sandals – The style and design of sandals make them difficult for orthotics, but there are several brands that are developed specifically for women with foot conditions. Your podiatrist can recommend a brand that will suit your gait and foot pain issues. These are often more expensive than traditional sandals, but they can be very comfortable and offer the support your feet need.
- Don't skimp on size – Regardless of the type of dress shoe selected, avoid trying to go a half size smaller or to stay with a specific size if they feel tight or uncomfortable.

It is also critical to have the foot bed of the shoe support your arch.

Many of the moderate to high heels will not support a high arch, which will lead to more inflammation and pain with even short duration wear.



September 2017

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



Famous Last Words

Because it was a busy day in heaven, St. Peter was interviewing recent arrivals three at a time.

“Now, what would you like the pastor to say at your funeral?”

The first man said, “I want him to say that I was a wonderful father and a loving husband who never, ever cheated on his wife.”

The second man answered, “Have him say that I was the most honest businessman in the world and that I absolutely did not embezzle all that money from my company before I died.”

The third person, a woman, thought for a moment, and then replied, “I want him to say, ‘Call a paramedic! She’s still breathing!’”

Student Tech Tips

Students have a lot of responsibilities, one of which is to decide on the direction they intend to take for the future they want. One way or another however all students are going to need to make use of technology to get to that future, so it is a good idea to be aware of all the helpful tech tips that can make that path a little easier. Technology should only be embraced if it is actually going to make our lives easier, so it is a good idea for students to be familiar with all available gadgets and current advances in technology in order to ensure they can be at ease if they need to use them at some point. Another good piece of advice is to make use of apps that actually help to limit distractions. It is common to be distracted by various things while attempting to study, so if you need to make use of some technological gadget it makes sense to use one that will assist with that study and limit the distractions it puts in front of you. The app Self Control, which is available to Mac users, limits access to internet sites that could cause a distraction, enabling students to stay focused when they most need to be so.

Tech Marketing Tips

Tech marketing in the B2B industry can be a tricky endeavor, which makes it all the more vital to get it right and follow good pieces of advice wherever you can. One good piece of advice is to always remember that people are still the main focus of the B2B industry. Decisions about products or technologies are not made by businesses but by people. It is crucial to never assume the person you are dealing with is even aware of the products or services your company is offering, let alone how they could assist their business. Ensure that educational content is always provided in regards to all of the possible ways you could be of assistance to their company. SEO needs to follow the same guidelines as content creation in regards to using language that is relatable, easy to grasp and actually addresses the issues faced by your prospects. Consider the phrases and terms used by your customers when they search for real solutions to their problems rather than tech terms used by your own industry. It is also important to recognize the power and importance of social media and to assign the responsibility for it to a specific and appropriate employee.

Help Kids Sleep With Nutrition Tips

Nutrition can play a role in ensuring that your children get a good night's sleep.

You will probably already be aware if one of your kids is sensitive to sugar, and if that is the case avoid giving them any sugary food or drinks before bedtime. On special occasions such as birthdays try giving them the cake as soon as they have come home from school rather than waiting until later in the evening.



A better idea would be to give your child a healthy bedtime snack that is rich in protein or complex carbohydrates such as cinnamon, crackers with turkey or ham, oatmeal with vanilla or wholegrain bread and butter.

Anything with caffeine content should also be avoided, which includes dark chocolate. Sleep disturbances can also be the result of some food allergies, particularly if the problem is combined with ADHD, hyperactivity, depression, irritability, anxiety or aggressive behavior. It is also essential for children to get enough magnesium in their diet, which helps children to become calm and get plenty of sleep.

Foods with high magnesium content include pumpkin seeds, sesame seeds, quinoa, broccoli, oats, raspberries, sunflower seeds, spinach, black beans, cashews and tuna.

Effective and Fast Learning Tips

Everyone wants and needs to learn, and being able to do so quickly but still effectively is a big boon in today's fast paced world.

One good tip is to both work and think with the use of paper. Pen and paper are highly underrated learning and productivity tools as making use of them enables you to get things from your mind into a concrete form and enables room for a more creative type of thinking.



Use your own personal shorthand and notational method to highlight crucial actions and facts within the material you are learning.

You might also want to create mind maps to review, memorize and condense the material you are studying. Rather than attempting to commit everything to memory straight away, think and work with the use of paper in order to better learn in a more effective manner.

Another good tip is to work out the best time in which to allow your brain to fully absorb new information. Many people work best at different times of the day, so work out whether your prime learning time is early morning, mid afternoon or late in the evening and work your studying schedule around that time.

How to Lead and Inspire Others

To be an outstanding leader is to get others to focus on their own abilities and to inspire them to be able to manage themselves.

Good leaders tend to be very empathic, able to focus on others and possess very strong communication skills.

Being able to influence and inspire others is a sign of emotional intelligence, which is also vital to being a good leader.

It is crucial to be able to understand how other people think and feel, and the things that are important to them.

That understanding and empathy can then be made use of in order to inspire and persuade people to do things in a way that makes sense to them as individuals.

The first step to being able to understand and inspire others is having the ability to understand your own feelings and values and knowing how to manage and inspire yourself to gain the best results.



Health and Wellness Tips

We all know we need to watch what we put in our mouths, stop unhealthy habits like smoking and exercise more in order to stay healthy, but knowing and doing can unfortunately often be two very different things.

This makes real tips to help us to get and stay healthy all the more important.

One important tip for exercising is to find a form of exercise that you actually enjoy.

This can be anything from going to the park to practice yoga, swimming in a local pool or just playing a game of football with friends.

The key is to set a goal, stick with it consistently and gradually increase your levels of exertion over time until you reach your target.

It is easier to lose weight if you cut out alcohol. Stopping drinking alcohol in fact has a number of benefits, including weight loss (as alcohol is very high in calories) but also reducing the risk of developing serious illnesses such as diabetes, liver disease and even some forms of cancer.

Taking a relaxing stroll in a natural environment is also good for your mental health, allowing you to enjoy the present rather than worrying about the past or future.



Staying Out of Debt

It is easier to avoid getting in debt than it is to get out of it.

Prevention is far better than cure when it comes to the issue of debt and it is actually easy to avoid the debt trap providing you manage your money, are disciplined in relation to your spending and have some savings tucked away in the event of unexpected emergencies.

A review of your lifestyle is one way to ensure you do not get into debt.

Changing spending habits can help with this, such as limiting the access you give yourself to credit facilities and making use of public transport rather than driving your car.

Insurance coverage is also a good idea to complement an emergency fund.

Medical circumstances or family problems can sometimes be the cause of unexpected financial problems, so it is smart to get insurance coverage to ensure such circumstances do not result in you acquiring debt you may find difficult to repay.

If you do have a credit card make sure that all bills are paid on time and in full to avoid incurring late fees and interest.



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

SEPTEMBER 2017

Telic Flip Flops are Now Available at Fixing Feet Institute

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.

September Dates to Remember

September 4th – Labor Day
September 10th – Grandparents Day
September 11th – 9/11 Remembrance Day
September 13th – Positive Thinking Day
September 15th – Nat’l POW/MIA Recognition Day
September 17th – Wife Appreciation Day
September 21st – Rosh Hashana
September 25th – National Comic Book Day
September 28th – Ask A Stupid Question Day
September 30th – Yom Kippur
September is also: Blood Cancer Awareness Month
<http://www.lls.org>
Prostate Cancer Awareness Month
<https://zerocancer.org/>

Help us Help the Homeless Children

The Children First Leadership Academy inspires students to be critical thinkers, problem solvers and active citizens. The school serves the whole child by providing Transportation, Food, Clothing & Medical Care.



100% of the students and their families are at or below the poverty line and a vast majority of students are Homeless. There are approximately 300 students Grade K-8 that need your help.

During the months of August and September we will be collecting items for the students, ranging from Food, Clothing, Healthcare and Hygiene items and of course, School supplies. We will have collection bins located conveniently in our reception area.

To obtain a list of their current needs, please contact our office or go to their website at

<http://cfaphoenix.org/donate/current-needs-list/>

Please consider making a donation – It will make a difference to child in need.