



Are you looking for Drug Free Pain Relief?? We Have it!!!

Quell, is a 100% drug free technology to fight Chronic Pain and is now available in our office!!



Introducing Quell, a 100% drug free technology proven to fight chronic pain. New wearable intensive nerve stimulation (WINS) technology that blocks pain in the body. Quell offers the only wearable pain relief device cleared by the FDA for use during sleep and can help with conditions such as: painful diabetic neuropathy and other neuropathic pain, lower back pain (sciatica) and leg pain, fibromyalgia, osteoarthritis, among other conditions. Quell's patented OptiTherapy automatically adjusts intensity and energy level to provide stochastic (random) stimulation that ensures optimal therapeutic response for widespread pain relief throughout the entire body. Ask Fixing Feet about Quell during your next visit!

Reclaim your life with doctor recommended pain relief.

Quell is a revolutionary new technology, wearable intensive nerve stimulation (WINS), that is clinically proven to help you manage chronic pain. Quell is FDA cleared for use during the day while active and at night while sleeping - so you can regain control and get on with your life.

Experience relief in as little as 15 minutes.

Worn just below the knee and activated by simply clicking a button, Quell taps into your body's natural pain control system to block pain signals and provides widespread pain relief. It's that powerful. 67% of Quell users reported a reduction in their use of pain medication.

Stay active.

Stay active and don't let pain rob you of the things you love to do. Quell's lightweight, slim design is comfortable and discreet enough to wear under clothes and on-the-go delivering relief whenever and wherever you need it.

Sleep better.

Quell fights pain 24 hours a day, including while you sleep. Designed for overnight use, you can customize sleep settings and track your sleep quality with the Bluetooth(r) connected smartphone app*. The better you sleep, the less pain you will have and the better you'll feel - both day and night.

*Smartphone app is optional and not required to operate Quell.

February 2016

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



None So Blind?

A priest, a doctor, and an engineer were playing golf one morning and found themselves behind a very slow foursome.

By the time they finished their round they were irritated enough to complain to the groundskeeper.

"Give them a break," the groundskeeper said. "Those guys are four retired firefighters, and they're blind. They saved the clubhouse from burning down years ago, so we always let them play for free."

The priest said, "That's very sad. I'll say a prayer for them at mass."

The doctor said, "I've got a friend who's an ophthalmologist. Maybe he could help them."

The engineer said, "Why don't they play at night?"

Study Smarter

Studying smart rather than hard is the way to go in the 21st century, and there are a number of ways to go about doing this in a successful manner. One good tip is to do a little bit of studying every day rather than save it all up for one mammoth – and stress-inducing – cramming session. If, for instance, you want to study for a test for three hours, it would be better to study for fifteen to thirty minutes over the course of a few days instead of doing the whole three hours in one sitting.

Another good tip is to make sure you understand the context and the reasons behind the facts you are trying to take in. The reality is you are more likely to remember factual information if you are aware of the background, such as why a historical event is of significance, and exactly what it is that makes a fact actually true.

Creating a Winning Mindset

People need to feel passion, purpose, and a sense of being productive, and such feelings are particularly crucial for entrepreneurs. Creating and keeping a winning mindset can be more difficult than it sounds, however, which is why the following pieces of advice may come in handy.

It is crucial to absorb inspiration from the world around you. Listen and watch the people and environment in your everyday life and read a lot, the latter of which can offer a broader, more complex and richer of model of experience, enabling you to look at your own life with a new sense of understanding and a fresh perspective. Staying fit is also a good idea, as it keeps you sharp both physically and mentally, making you feel better, stronger, and more confident. At least half an hour of exercise every day is a must. It is also important to give yourself the time to celebrate what you have achieved and gotten right during the day, and treat yourself to a little reward of some kind such as a bottle of wine or going to a movie. Enjoy your successes, learn from your failures, and move on to the next day.

Improving Your Long-Term Health With Nutrition Tips

The food that we eat affects our blood and our gut, and the wrong kind of food can lead to long-term health problems. Therefore, it is important that we keep a check on the food we consumer and follow a few simple pieces of advice in regards to nutrition.



One good tip is to avoid processed foods. Processed foods have been shown to allow endotoxins to enter your bloodstream.

They can cause the separation of your gastrointestinal lining and enable toxic material to enter your blood and your heart arteries.

It is also a good idea to avoid grilled food, which can cause a chemical reaction, creating extremely harmful advanced glycation end products and provoke aging and inflammation when entering the bloodstream, and are linked to a variety of different diseases.

It is advisable to eat lots more fruits and vegetables, as new research indicates they can actually help to fight cancer and will also heal your arteries.

Safe Travelling With Your Digital Identity

With security breaches becoming a common occurrence, more and more people are interested in finding ways of protecting their security and privacy online. Travelling is something that presents a wide array of physical and digital security concerns, as it is more than just a wallet that can be stolen these days – it is your entire online identity.



The good news is there are ways of staying safe and secure even during travel.

One good piece of advice is to avoid making use of Bluetooth. Bluetooth can make you vulnerable to hackers while you are on the move, as when you rent a vehicle they can see your previous network connections, copy them, and trick your device into connecting with their own such devices.

If you do use Bluetooth, avoid having it on all of the time and make sure you have wiped your history prior to taking the rental vehicle back.

It is also a good idea to purchase a local SIM card or make use of a disposable phone when travelling to make it more difficult for would-be thieves who may be monitoring your data.

Family Hiking Vacation Tips

It is always important to enjoy what nature has to offer, and going on a hiking vacation with your children is a great way to get away from the couch and social media for a while, as well as making it easy and fun to teach your kids how to work off calories and be more resourceful and self-reliant.

One good tip is to make navigation the responsibility of your children, albeit with a little bit of supervision.

The preparation for a great hike is as important as the actual hike itself, and allowing your kids to choose the route you will take is a great way to get them enthused about the adventure. When the hike begins, you can then also allow them to make use of the GPS or hold the map so as to point the way.

Limit the hike to less than five miles if your children are under the age of ten, especially if this is the first hike they have been on. The last thing you want is to be stuck out in the middle of nowhere, a long way from the car, with tired, irritable, and upset kids!



How To Save Time With Social Media

There is no denying that social media has changed the way in which small businesses in particular interact with their clients and try to market to their intended demographic.

The problem with social media, however, is the amount of time that often needs to be invested in order to use it correctly, but the good news is that working smart and planning well with a few simple techniques can save time.

Time is wasted on social media most often when you have no real focus or plan from which to operate.

One simple technique is to make sure that you use a social media strategy that ties in very closely with your actual goals for your business. Look at your business marketing plan and pick a handful of ways in which social media would correspond to that plan.

It is also a good idea to limit your social media time to just two or three primary platforms. Social media has become ever more complicated, and each individual site comes with its own unique features and learning curve.

Use the platforms that are likely to be most used by your customer base or which best suits your specific industry, and you will be making a more efficient use of your time.



Coping With Financial Stress

The issue of personal finances is one that is causing a great deal of stress to many millennials, with a recent report from USA Today and Bank of America finding that forty-one percent of millennial responders to the survey are chronically stressed when it comes to financial matters, particularly in their overspending and their general lack of ability to save for a rainy day or emergency situations.

The good news is that anyone can get on the right path just by adopting a couple of solid financial habits.

One good piece of advice is to consult with a certified financial planner who will be able to assist you with setting financial goals for yourself, give an assessment of your overall situation, and pick out financial blind spots that you can try to improve.

Saving for emergencies is vital, so you need to start saving now.

If necessary, start small – even as little as just five to ten dollars per week can make paying for an unexpected emergency less difficult when the time comes, as even a little can add up to a lot eventually.



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

FEBRUARY 2016

Raccoon Facts

Raccoons are fluffy, round creatures that have fuzzy tails and black fur that covers the area around their eyes. Raccoons have an appearance that looks rather cute and cuddly to humans, but if approached, they can actually be quite dangerous. Raccoons can also carry rabies, leptospirosis, and roundworms, which is another reason to be cautious of them. However, raccoons themselves are very clean animals and have been spotted digging latrines in places that they visit on a regular basis and even washing their food in rivers. Raccoons are around the same size as small dogs, growing to somewhere between twenty-two to thirty-eight inches and weighing between four to twenty-three pounds. Raccoons can be found in Japan, Europe, and Central and North America. They are extremely adaptable and have been known to make homes in a very diverse array of habitats and climates, typically making homes – which are referred to as dens – in caves or trees, although examples have also been found of them making dens in the likes of abandoned vehicles and barns. Raccoons are nocturnal animals that sleep throughout the day, and they are not social creatures.

February Dates to Remember

February 2nd – Groundhog Day
February 4th – World Cancer Day
February 7th – Superbowl Sunday
February 11th – Make A Friend Day
February 14th – Valentine's Day
February 15th – President's Day
February 20th – Love Your Pet Day
February 24th – National Tortilla Chip Day
February 26th – National Pistachio Day
February 29th – Leap Day
February is also: American Heart Month
<http://www.heart.org/HEARTORG/>
Nat'l Childrens Dental Health Month
<http://www.adafoundation.org/en/give-kids-a-smile>

Help us Support our Troops

During January and February we will again be collecting food, hygiene and recreational items to send to our Military Troops overseas. Just as last year, we are again working with "Packages from Home," a local organization that collects items and ships them to our Troops overseas. This organization was begun by a mother whose son was deployed back in 2004, and has grown by leaps and bounds since then.

The mission of Packages from Home is to send care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate the morale of all veterans. You can learn more about this generous organization from their website at www.packagesfromhome.org.

For a complete list of their needs, you can go to their webpage at <http://www.packagesfromhome.org/index.php/donations/things-to-donate/the-list> or contact our office. They will also accept cash donations to help cover postage costs to ship these items to the Troops.