



Are you suffering from Pain? We Can Help

Fixing Feet is proud to offer MLS Pain Laser Therapy now available in our office. You don't have to suffer any longer.

What is MLS Pain Laser Therapy?

Pain Laser Therapy is the use of specific wavelengths of light to treat painful and debilitating conditions.

How Does it Work?

Light energy enters the damaged cells and stimulates inter-cellular activity. This reduces pain in the area and speeds recovery of the damaged cells. Once the cells recover, the healing process is complete.

What Can I Expect During a Treatment?

MLS Laser Therapy is a painless treatment that lasts an average of 8 minutes, 2-3 times a week. You may experience a comfortable sensation at the point of application.

What Can I Expect After the Treatment?

Most people experience positive results in 1 to 3 treatments, with the average course of treatment being 6 to 12 sessions. Swelling is greatly reduced and there is a rapid relief of pain. Acute conditions usually subside quickly, typically within one phase of treatments, while chronic conditions can be controlled with regular treatments. The effects of MLS Laser Therapy are cumulative; therefore, expect to see improvement as you proceed through your treatment plan. It is critical that once you start, you complete the course of treatments recommended by your doctor or symptoms are likely to reoccur.

What are the Benefits of MLS Pain Laser Therapy?

- Rapid relief of pain without the use of addictive prescription painkillers
- Strong anti-inflammatory effect
- Non-surgical treatment
- No negative side effects
- Timely healing of sprains & strains
- Rapid recovery of the structural integrity of injured region
- Rapid resolution of swollen areas
- Immediate improvement of local blood circulation
- Rapid repair of superficial injuries, such as wounds and ulcers

MLS Laser therapy has been cleared by the FDA and proven successful as evidenced by extensive studies.

If you are suffering from Chronic or Acute Pain, don't suffer any longer. We can help! Contact our office for more information. Laser Pain Therapy is not covered by Insurance, but we offer several different payment options, including Care Credit.



JANUARY 2018

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



What Friends Are For

Two women were discussing their weight loss goals and dieting strategies.

“We should team up. We could work out together, exchange recipes, and support each other,” said one woman.

“Sounds like a plan,” replied the other.

“And when I’m craving a deep-dish pizza with a side of cheese fries, like I am right now—“

“Don’t worry, sister, I’ve got your back,” said the friend.

“I could go for a slice myself and know just the place. Come on, I’m driving.”

Emergency Tech

Severe weather can result in serious emergencies, making it crucial to have some kind of power supply during these events, such as a generator or handheld device that is capable of handling several different devices at the same time and is powered by renewable energy.

Another vital element of an emergency kit is prepaid cell phones. These usually hold some kind of basic charge, meaning that they can be used straight away and provide an excellent safety net in the event that your main phone is damaged or lost.

Google Maps is an excellent app for use in emergencies, allowing users to be able to download maps and access them without the need for an internet connection. A Google Voice account is also a good idea, offering users a consistent phone number accessible from their account or their own phone via an app, although this does still require an internet connection.

Paint Like a Professional

The idea of painting a wall may sound like no big deal, but achieving a professional and beautiful finish can be hard work and the endeavor also requires no small amount of inspiration in order to give your home the look you really want. If you are stuck for ideas as to what color you should paint your wall or room then inspiration can be found in the pages of home decor magazines or online on such sites as Pinterest. If you see something you like, or a color or style you would like to replicate in your home, the best idea is to purchase a sample pot first in order to try it out and see what it looks like. You should make it a point to find out how it comes across both in the daytime and at night before making any firm commitment and painting an entire wall or room with it.

Not all rooms have to be bright and light, and indeed the use of darker colors to create a bit of mood, especially in places such as bedrooms, can create a very atmospheric look and feel to a room.

Nutrition Tips for Infants

Parenthood can be scary, particularly in the first few months of a baby's life, which makes it crucial to be certain that you are doing the right thing to ensure your child will grow up healthy and strong.



Breast milk is by far the best option for infant nutrition during their first few months and can benefit both child and mother alike.

Breast milk offers protection from viruses and numerous studies have shown that babies that are breastfed also tend to have fewer infections of the respiratory tract and ears and are much less likely to develop a number of childhood illnesses and problems, such as obesity.

Parents can help to lower the risk that their child will develop specific food allergies by introducing them to such foods early.

Between four to six months is not too soon to introduce babies to peanut products, perhaps by mixing baby oatmeal with a teaspoon of peanut butter, which incorporates good fats and protein while cutting down the chances that allergies will develop later on.

However you should check with a pediatrician beforehand if your child is already showing symptoms of possible allergies such as skin rashes or eczema.

Middle School Studying Tips

Middle school can be challenging for students but the good news is there are ways in which the challenge can be made not just manageable but even enjoyable for young students.



One good tip is to acknowledge that being a good student takes a lot of effort and time, and academics therefore need to become one of your main focuses in life.

Middle school lessons are the basis for high school and university, making it important to begin good study habits as soon as possible.

Students who are struggling should always ask for help from teachers and they may even be able to acquire the services of a free tutor.

Talking about class assignments with friends and peers can also be a big help, particularly for novel tests, as understanding can be deepened via friendly talks about books.

Organization is crucial to successful study, so students should ensure their items are always placed in the right folders and ensure everything is always in its place within.

How to Establish a Family Routine

School days provide a good opportunity for parents to take a look at their current family routines in order to see if they could be changed to increase their children's chances of success.



Kids like routine, structure and knowing what is expected of them.

Being able to know what to expect from each day and what will come next helps children to feel comfortable and safe and allows them to thrive and there are many ways to establish such a routine in your home.

One good piece of advice is to make the morning routine always be the same every day. Children should be woken up and gotten out of bed at precisely the same time every morning, with enough time allowed for dressing and eating breakfast without them feeling rushed.

Good nutrition is also crucial to a child's success in school. Make sure you leave the house at the same time every day and ensure everyone gets to school at the correct time, establishing an expectation that will assist with the establishment of good habits in older children and teenagers.

Fun is important for kids, so ensure they have some time after school to engage in some kind of fun activity that they enjoy. Family dinners should also be a priority.

Unusual But Effective Health Tips

There are many health tips available today, some of which are obvious and some of which are just plain inaccurate. More interesting however are those health tips that seem slightly unusual but have a nonetheless genuine and unexpectedly positive effect on our health.



Adding cinnamon to a drink of coffee is a great example of such a tip. Scientific consensus has it that coffee is basically good for just about everybody, but that it's the cream and especially the sugar that most people add to their coffee drinks that can cause problems. However adding cinnamon to coffee instead can work wonders.

Not only is cinnamon itself incredibly healthy, but it also cuts down on the sharp taste of caffeine that makes most people want to fill a coffee drink with sugar, and can result in a massive reduction in the amount of sugar and calories people are consuming with their coffee.

Although most people are aware of the importance of washing their hands, there are probably fewer who realize how vital it is to dry their hands properly. Drying the hands is so important in fact that some studies indicate that leaving hands wet may be worse for your health than not having washed them to start with!



Financial Stability

The development of good financial habits is of vital importance when it comes to stabilizing your finances and achieving final success.

One excellent financial habit you should get started on as soon as you can is to make sure that the first thing that happens whenever you receive your pay check is that a set amount is transferred automatically into a savings account.

Impulse spending is a major problem for a lot of people, making gaining control of this kind of spending vital.

A lot of money is wasted on online purchases and eating out, and it can be a big budget breaker and the cause of serious financial issues.

Young people tend to not to think about retirement very much, if at all, but the earlier you plan for it the better it will be, and someone who begins planning for their retirement in their 20s will see an amazing amount of growth in their investments over the long term.



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

JANUARY 2018

The Eyes Have It

People often say that the eyes are the gateway to the soul, and while the accuracy of that statement has never been scientifically verified there are a wealth of other true facts about one of the human body's most important organs that are often completely unknown. The most common color for eyes in the entire world is brown, except for in the United Kingdom where the most common color has now become blue. However the bad news is that research from 2015 suggests that people with blue eyes have a greater chance of turning into alcoholics! People blink around twelve times every minute during waking hours, making an average of more than four million blinks per year. The condition of people having two eyes that are both different colors is known as heterochromia, while ommatophobia is the name for a fear of eyes. The colossal squid is the animal that has the biggest eyes in the world, with one squid's eyes measured at being no less than eleven inches across in 2008.

January Dates to Remember

January 1st – New Year's Day
January 10th – Take the Stairs Day
January 12th – National Pharmacist Day
January 15th – Civil Rights Day / MLK Day
January 19th – Nat'l Popcorn Day
January 21st – National Hugging Day
January 23rd – Measure your Feet Day
January 27th – Holocaust Victim Remembrance Day
January 28th – Fun at Work Day
January is also: Birth Defects Prevention Month
<http://www.nbdps.org/index.html>
Cataract Awareness Month
<http://www.aao.org/>
Volunteer Blood Donor Month
<http://www.americasblood.org/>

Help Us Support our Troops !!

Fixing Feet Institute is once again partnering with Packages from Home to salute our heroes overseas. Packages from Home has extended their services to now support not only those deployed, but those at home and the canines that aid them.



Packages From Home sends 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 morale of all veterans."

Packages For Hope program seeks to aid veterans who are in transition, homeless or at risk of becoming homeless.

Bones From Home was created to serve the 2,700+ Military Working Dogs active worldwide by providing military-approved food, grooming, toy and training products to service canines and their handlers.

You can obtain their Wish List at our office or online at <http://www.packagesfromhome.org/wp-content/uploads/2017/05/PFH-Wish-List-2017.pdf>
We will have collection boxes in our office for your donations