



## Get Healthier Feet With Proper Toenail Cutting Techniques

Unless you have been to a podiatrist about problems with ingrown nails or other issues with your feet, you may not be aware there is a right and wrong way to cut your toenails.



### The Wrong Way

Many people have been cutting their toenails wrong perhaps all their life, leading to a greater risk of ingrown toenails, infections around the nail bed and, for some people, creating the right conditions for foot fungus to become a significant problem.

The mistake most people make is to try to shape toenails as they do their fingernails. The fingernails are curved, longer at the center point of the nail and then tapering towards the finger at the two outside corners. While this may look stylish with your sandals, it is also very hard on your toes and your nails.

### The Correct Way

The right way to clip or cut your toenails is:

- Plan your clipping right after you get out of the shower. This is when your nails are most pliable and are less likely to splinter or break.
- Use a top quality pair of nail clippers that are sharp for a clean cut. They should also be comfortable for your hand and small enough to be easy to adjust on your nails.
- Cut straight across the top; do not angle the cut down the sides.
- Leave about 1 millimeter of white visible in a straight line.
- Never try to push the cuticle down on the nails on your toes. This provides a natural barrier to fungus and bacteria and helps prevent infections.
- Don't leave nails too long or go too long between trimmings. Repeated rubbing against shoes is not only uncomfortable but it can cause ingrown toenails and discoloration of the nail.

Always give your toes a quick check when you complete your home pedicure. Look for signs of dry skin, rash or irritation between the toes as well as any areas of redness, swelling or discoloration on the soles and heels of the feet.

## July 2015

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

#### Once Word Gets Out...



A florist went to the barber for a haircut. When the barber was finished, he turned down any payment. "I'm dedicating this week to community service, so I'm not charging for haircuts."

Grateful, the florist went back to his shop and sent a basket of flowers to the barbershop.

The next day a baker walked in. He got a haircut, and again the barber refused payment, explaining his community service commitment. The baker responded by sending the shop a box of one dozen fresh doughnuts.

A day after that, a Congressman came in for a haircut. He tried to pay from his expense account, but the barber repeated his promise.

The next day 10 Congressmen lined up outside the door for free haircuts.

# Team Spotlight



## Angela Hansen Patient Care Coordinator

Angela joined Fixing Feet Institute in November of 2014. She is responsible for greeting patients, checking patients in and out, scheduling appointments, and answering phones among other front office duties.

Angela graduated in 1997 with a degree in Early Childhood Education. Over the years she has performed bookkeeping, and accounting services, and just prior to joining our practice she worked for 11 years as the Assistant Director at a Pre-School.

Angela married her high school sweetheart, Chris in 2000. They have two beautiful children and are originally from California. She loves to spend time with her family camping, cooking and traveling. She also spends a lot of time at the baseball fields, where her son plays Club Baseball and Little League.

“I feel it is important that all patients are greeted with a warm smile and have a pleasant experience.”

## How Nutrition Can Mean a Better Night's Sleep

The importance of getting a good night's sleep has never been more understood than it is today, and a recent French study has suggested that there is a link between healthy sleeping and eating habits.

It is vital for anyone who wants a good night's sleep to not skip dinner. Sleep can end up being fragmented if the body has not been provided with enough energy, so it is crucial to have consumed enough food to keep the body happy until morning.

An evening meal should ideally be easy to digest, hearty but balanced.

If you are going to eat meat, it is better to do so at lunchtime and leave slow carbohydrates to be consumed at dinner.

Meat is very rich in protein, which results in a heightening of vigilance, which can make it difficult for those who eat dinner later in the evening to get to sleep.

Slow carbohydrate foods such as brown rice, whole wheat pasta, and potatoes are better for promoting sleep.



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## How To Memorize Facts

There are sure-fire methods of ensuring that you can memorize facts, something that students in particular very much rely on, according to cognitive psychologists.

Many teachers already recommend studying up to three nights before an exam or major test, and science agrees with them.

Experts say that most people tend to underestimate the number of times they will need to revise something before it actually sticks, with five to seven times being the number recommended by those in the know.

However, it is a bad idea to constantly go over the same bits of the textbook during the one study session.

It is also a good idea to break up study sessions into smaller sections and different topics; variety is important to avoid overkill and burnout on any one subject, but some downtime is also essential to make sure the same does not happen with study in general.

Teachers are also advised to stage regular quizzes, which are another excellent method for helping students to retain information.



## Creative Social Media Ideas

Social networks are here to stay, but many people become frustrated by the formulaic nature of posts and content on Facebook, Twitter, et al.

If your B2B content is falling into a rut, you need to get inspired and come up with some more creative ideas for engaging with your audience, and there are a few tips that can help you to get started.

Polls are a good idea to engage the audience. Everyone loves the chance to express their personal opinion and online polls almost always get a good response.

It could be a good idea to share a typical day in the life of a worker at your firm in order to get customers to feel closer to your company, or reveal how your firm has moved on from the way it used to do things in previous years.

Another good idea might to be show off profiles of your employees, including photographs, interviews, and biographies, or to post statistics and research that your clients and prospects may be able to cite.



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## Putting An End To Snoring

Snoring can be a tiresome problem, particularly for your partner, but the good news is there are ways to deal with the problem.

One handy method is to maintain a healthy diet and weight. Being just a couple of pounds overweight can cause snoring because the fatty tissue in your neck can squeeze the airway and stop the free flow of air.

Try avoiding sleeping on your back. Instead, sleep on your side, as sleeping on your back means your airway can be squashed by your chin, your tongue, and any excess fat.

Stop drinking alcohol close to bedtime, as alcohol results in greater muscle relaxation than the norm, collapsing the back of the throat more easily, resulting in snoring.

Cutting down on or completely quitting smoking would also be a good idea; apart from the other obvious health benefits, the lining of the throat and nasal cavity is irritated by cigarette smoke, resulting in catarrh and swelling, congesting the nasal passages, and making it hard to breathe via the nose.



## Recipe Corner



### Three Cheese Breakfast Puffs

#### Ingredients:

4 Eggs  
¼ Cup Cottage Cheese  
¼ Parmesan Cheese  
2 oz Shredded Sharp Cheddar  
Cheese

#### Directions:

In a medium bowl, lightly beat eggs. Stir in the cheeses. Spray mini muffin tins or silicon cups with oil. Fill each cup a little higher than you would with cake batter. Place into a preheated 350 degrees oven and bake for 15-20 minutes. They will puff up and turn golden on top. Let the puffs cool for 5 minutes before removing from cups. They will fall just a bit with cooling.

Yields: 16 mini puffs

Courtesy of [www.247lowcarb diner.com](http://www.247lowcarb diner.com)



# 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

JULY 2015

## Apple Facts

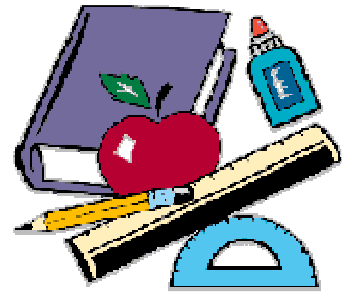
Apple is one of the most successful companies in the world today, nearly four decades after its creation, but there are many quirky little facts about the firm that even its biggest cheerleaders may be unaware of. Most people think that Steve Jobs and Steve Wozniak were the founders of Apple and are unaware that there was actually a third founder in the form of Ron Wayne. Wayne was Jobs' co-worker at Atari and was asked to help because of his greater experience and his familiarity with corporate documentation, but he sold his initial ten percent stake in Apple after just two weeks. The original Apple computer sold for the strange – and rather diabolical – price of \$666.66. Apple stores are situated all over the world, yet there are actually six states in the U.S. where there is not one to be found, those states being West Virginia, North and South Dakota, Montana, Wyoming, and Vermont. California, on the other hand, has over fifty Apple stores all to itself.

## July Dates to Remember

- July 4<sup>th</sup> – Independence Day
  - July 6<sup>th</sup> – National Fried Chicken Day
  - July 7<sup>th</sup> – Chocolate Day
  - July 11<sup>th</sup> – Cheer up the Lonely Day
  - July 13<sup>th</sup> – Embrace your Geekness Day
  - July 15<sup>th</sup> – Cow Appreciation Day
  - July 19<sup>th</sup> – National Ice Cream Day
  - July 26<sup>th</sup> – Aunt and Uncle Day
  - July 31<sup>st</sup> – Mutt's Day
- June is also: Nat'l Therapeutic Recreation Week  
<http://www.nrpa.org/>  
Eye Injury Prevention Month  
<http://www.aao.org/>

## We Need your School Supplies

During June and July we will be focusing our community efforts on a Fundraiser for the Turn a New Leaf Foundation. During these months we will be collecting school supplies to help kid in need, get the necessary supplies to thrive in school. This is our second year supporting this worthy organization.



A New Leaf Foundation provides a broad spectrum of support services to help individuals and families succeed. From basic needs to career development to budgeting, A New Leaf focuses on providing the critical skills to achieve lifelong independence. Our clients' successes include employment, healthier lifestyles, enhanced life skills, high school diplomas / GEDs, college degrees, and savings accounts and self-sufficiency.

A New Leaf was founded in 1971. The agency promotes the concepts of "growth, hope, change and new beginnings." Throughout its existence, A New Leaf has remained committed to the mission of "Helping Families . . . Changing Lives,"

Help us support this wonderful organization by dropping your donations in the bins in our reception area. If you would like to learn more, go to <http://www.turnanewleaf.org>