



Beautiful Feet For Summer Footwear

The lovely warm weather of summer is a great time to get out and show off your tender tootsies. Many men and women are sensitive about the way that their feet look, especially after a winter of being bundled up.

There are some simple steps that you can take to help your feet look smooth and healthy for summer sandals. You can use these techniques year round to keep your feet looking lovely all year round.



- Foot soak – next time you are sitting out on the deck enjoying a good book or just watching the sunrise with a cup of coffee give your feet a good soak. Use warm but not hot water and add your favorite bath oil, natural oil or even just a bit of baby oil.
- Pumice scrub – a pumice stone is a great tool to use after your foot soak. This is a natural stone that you simply rub across the rough areas of your feet, including on callouses and corns, to remove the build-up of dead skin that is so unsightly.
- Wax your feet – this is so relaxing it will become your go to favorite thing to do for yourself. Simply warm up paraffin wax until just melted. Do not use hot wax as it can burn your skin. Apply the warm wax over your feet and just sit back and relax. When the wax cools peel off and enjoy your smooth, hydrated skin.
- Good quality lotion – there are several different specialized products for dry skin on the heels and feet that are very effective. For minor dry skin a good hand lotion or body lotion is also effective, especially when used in conjunction with the practices above. Apply just before bed to allow the maximum time for the moisture to be absorbed.

If you notice any open areas or any irritated areas immediately stop whatever foot treatments you are using and see your podiatrist. Never use products on your feet, unless prescribed, if you have current or existing wounds, areas of irritation or any types of sores to avoid any possible complications.

July 2016

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



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.

Lack Of Sleep Can Be Caused By Mineral Deficiency

Many aspects of your health can be thrown off balance by a deficiency in certain essential minerals and vitamins. A balanced diet should keep the great majority of things on the right track but some things can just happen, and one of the most common is a magnesium deficiency. If you have suddenly found it difficult to get a good night's sleep, a magnesium deficiency could be the cause. A magnesium deficiency can have a big impact, since magnesium helps to relax tense muscles, calm the nervous system, and reduces pain, in addition to having a big role to play balancing blood pressure and blood sugar levels. Too little magnesium in your system can cause the body to become stressed, resulting in limited sleep quality. The good news is it is not difficult to counteract a magnesium deficiency just by eating the right foods. Increase your intake of foods that are rich in magnesium such as nuts, fish, avocados, dark chocolate, green leafy vegetables, seeds, beans and whole grains. Another good idea is to use topical magnesium, applied to the skin prior to bed.

How To Extend Your Smartphone Battery Life

Most people want batteries with a longer life for their smartphones, but while that technology still seems to be some way away, there are ways of extending the life of the battery you are currently using. One good tip is to enable auto-brightness. The energy consumed by the screen of a smartphone is more than for any other part of the device, so cutting down on the brightness of your screen is the simplest way to reduce the drain on your battery. The great majority of phones today come with an auto-brightness mode that adjusts the brightness of the screen automatically based upon ambient light. Another good tip is to use an ad blocker. Mobile ads from websites that get downloaded by your phone when you go on that site are supreme power suckers, so be sure to enable ad blockers. Streaming music also guzzles power. If you must use your smartphone to listen to music, use songs you have already downloaded rather than streaming them.

How To Survive Working Long Days

Everybody hates extra long working days – and with good reason. New studies suggest that that people who work longer hours are more likely to suffer from depression, so the best medicine is to avoid doing so as much as possible. On those occasions when you have no choice but to put in the extra hours however, there are a number of ways to make the experience less stressful.



One good tip is to get any task you might be really dreading out of the way as soon as possible. A long day can feel even longer with such a task hanging over your head so doing it early will make the rest of the day seem like a breeze by comparison.

Another good tip is to have plenty of breaks. Get some exercise, eat some snacks, have some coffee; exercise is good for getting you out of that chair, and snacks and coffee breaks provide you with something to look forward to as you try to get through the day.

Helping Children To Quickly Learn a Second Language

The world continues to change and advance and there are many advantages to being bilingual in such an age.

If you know another language fluently or at least have some of the basics it would be a wise choice to teach your children this valuable skill as soon as possible, and the good news is there are a number of simple tips that can make it easier to do so.



A really great idea is to sign your kids up for a class online. They can learn from the comfort and safety of their own home and for some languages there are even free resources online that can be very useful.

If your budget is a bit more expansive, you might want to think about hiring a tutor.

If you want to try a method of teaching that is a little less formal, one idea would be to invite over someone you know who speaks another language, perhaps even a classmate of your children.

This can be a good way to help your kids pick up the nuances of another language spoken informally, as can watching foreign language movies and television shows.

Avoiding Back Pain

Back pain is almost as much of an inevitability as the common cold, and the experience of it can range from occasionally getting a sore back to having to put up with persistent chronic pain that has a serious adverse impact on the quality of your life.

The good news is there are things you can do to cut down the chances of experiencing back pain.

One good tip is to simply get plenty of exercise.

Physical inactivity increases the chances of developing back pain so go walking or biking and try to perform aerobic exercises on a regular basis throughout your week.

Having too many extra pounds can also cause back pain by putting additional strain onto the back, so try to lose weight or at least watch your weight to make sure you do not put any more on. It is also a good idea to learn the right way to lift things. One of the most common causes of back pain is lifting heavy items with the use of the wrong muscles. Lift with your legs rather than your back and keep the item close to your body while keeping your back straight. Never twist your back while holding or lifting a heavy object.



Advisors You Can Trust

In a world where there is no shortage of would-be professionals who are only too keen to set themselves up as your own personal financial advisor, yet many of whom will give you entirely contradictory advice, who should you actually listen to when your financial future is at stake?

The first thing you need to do is make a decision as to the kind of advice you really need.

Are you trying to accumulate wealth, get ready for retirement or just get out of debt?

Do you want ongoing help or just one-time assistance?

It is absolutely vital to do a credentials check on anyone purporting to be a professional financial advisor.

Investigate regulatory authorities and make sure the advisor in question does not have black marks against their name or questions marks as to their integrity.

You also need to enquire about fees straight away.

Do they charge by the hour, by commission or via a percentage of the assets they are helping to manage?

If it is the latter the fee should be less than one percent of those assets per annum, in addition to the mutual funds fee.

Disconnecting From Social Media

Social media can sometimes be a double-edged sword that offers as many drawbacks as it does benefits.

Many people wanting to stay connected end up being a little too captivated by it, and social media can even become something close to an addiction when people spend too much time on it, often aimlessly and repeatedly.

Addictions are no joke, and can end up having serious consequences including isolation and poor social relationships, stress, anxiety and even depression.

If you are beginning to feel that you are spending too much time on social media then it is time to take action to disconnect. One good idea is to choose at least one day of the week to disappear from social media entirely.

This might be difficult at first but will give you the chance to perform other tasks. Once you have gotten used to having a regular day away from it, you might want to expand it to two days or even more.

Self-regulation is another good idea. Give yourself some rules so that you are only allowed to use social media at particular times during the day. You might also want to disable notifications and alerts.





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 2016

We are now stocking Vionic Shoes and Sandals in our office for sale.

At Fixing Feet Institute, we are your one stop shop for all your foot care needs – even shoes. We have sold shoes by special order in our office for many years. However, we are now able to offer Vionic Brand Shoes and Sandals in our office, in stock and ready for immediate purchase.

We also carry a wide variety of foot care products, like creams, lotions, anti-fungal products, foot pads and even pain creams. For those wanting to show off those toes in summer sandals we even offer a Doctor Formulated Nail polish that is actually good for your nails and looks and wears great too. Stop by and check out our collection of foot products.

July Dates to Remember

- July 4th – Independence Day
- July 15th – Cow Appreciation Day
- July 17th – National Ice Cream Day
- July 20th – Lollipop Day
- July 22nd – Hammock Day
- July 23rd – Hot Dog Day
- July 24th – Parent’s/Cousin’s Day
- July 26th – Aunt & Uncle’s Day
- July 30th – World Friendship Day
- July 31st – Mutt’s Day

June is also: Nat’l Therapeutic Recreation Week
<http://www.nrpa.org/>
 Eye Injury Prevention Month
<http://www.aao.org/>

We are collecting School Supplies

A New Leaf began as a result of community efforts to address the escalating drug concerns in public schools. A New Leaf helps bring hope and new beginnings to victims of domestic violence and their children. Through shelters, victim outreach, advocacy and shelter over-flow program, they work tirelessly to help victims break the cycle of abuse. A New Leaf supports the Autumn House Domestic Violence Shelter in the East Valley and Faith House Domestic Violence Shelter in the West Valley among others.



For the months of June and July, Fixing Feet Institute has chosen to help this wonderful organization. We will be collecting school supplies for the families in need. We have provided the most requested items below for your reference. We have collection boxes located in our reception area.

Crayons – Pens – Pencils – Markers – Highlighters – Paper – Notebooks – Glue Sticks – Rulers – Folders – Pencil Sharpeners and BackPacks.