



## Summer Shoes You Should Wear With Caution

While not everyone will experience foot pain or heel pain in their life, those who have experienced these issues will always be more careful in choosing shoes which are supportive and designed with foot health in mind.

Unfortunately for many younger people or those without foot problems, the actual design of the shoe is much less important than the style and the look. While it may be a bit more challenging, it is possible to choose summer shoes which are comfortable and supportive while also looking stylish and flashy for those nights on the town.

### Men and Summer Shoe Choices

Typically men have fewer concerns in choosing shoes for any season than women. Men's dress shoes tend to be very supportive and are generally going to be well tolerated by most people.

Guys need to be careful when choosing sandals and flip-flops for summer wear if they have any problems with foot pain or heel pain, particularly when it is a result of plantar fasciitis or flat feet.

Choose men's hiking or walking types of sandals with a strap that holds them to the feet and have a good footbed. Also, avoid rubber or nylon materials that don't breathe if foot odor is a concern.

### Women's Shoes

You can wear strappy, high heels in the summer if you want, but limit the amount of time you wear these shoes.

Try to choose those with a more solid heel rather than a narrow heel which is less stable and more likely to result in ankle problems. In addition, choose summer shoes with a thicker sole to limit the shock on the balls of the feet, especially when walking on hard surfaces.

Like men, women should choose casual summer shoes with a solid footbed and a strap which holds the shoes to the foot. Flip-flops and slip on shoes cause the toes to grip the strap or curl under, adding to the irritation to the bottom of the foot and the back of the heel with each step.

By choosing your shoes for foot health, comfort and style you really can have the look you want while still being good to your feet.



## June 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



#### Afraid of the dark

A little boy was afraid of the dark. One night his mother told him to go out to the back porch and bring her the broom. "But Mama," the little boy said, "I don't want to go out there. It's dark."

The mother smiled reassuringly. "You don't have to be afraid of the dark," she said. "God is out there. He'll look after you and protect you."

The little boy looked at his mother skeptically. "Are you sure He's out there?"

"I promise. He is everywhere, and He is always ready to help you when you need Him," she said.

The little boy thought about that for a minute and then went to the back door and opened it a crack. Peering out into the darkness, he called, "God? If you're out there, would you please hand me the broom?"

# Team Spotlight



## Sara Tradup

### Financial Director Administrative Asst.

Sara is a trained Medical Assistant, who started her career in 1982. In 1989, she joined a large Podiatry group in Sun City as their Office Manager and worked in that capacity until 2002, when she became ill with Leukemia.

In 2003, after a full recovery, Sara joined our office, just as we were opening our Surprise office. She helped get our office off to a great start.

In 2004, Sara opened her own business providing Medical Billing Services to the Podiatry field in 3 states, and did this for the next 8 years.

Sara came back to work in our office in January of 2012, where she wears two hats. One is that of Administrative Assistant, helping the Doctors manage the operations of the practice. The other being that of Financial Director, handling the billing and insurance area of the office.

Sara holds a certificate in Health Services Management and is Certified in Podiatric Coding.

Sara lives with her husband, Lyle and her son, Jacob. She also takes care of her elderly mother who lives with her. She is an avid animal lover and is Mom to 2 dogs and 2 cats. She loves to sew and do crafts in her spare time. Her passion is making aprons – some call her “The Apron Lady”.

## Control Ingredients In Food

Eating out on a regular basis can actually be quite an unhealthy practice, as you are unable to control the ingredients that make up your meal.

Controlling the kind of ingredients that are in the food you eat is an important step in choosing healthier food.

One of the most misunderstood elements of food is fat. The reality is some fats are not good for us, but also some are vital.

These healthy fats can be found in snack foods, such as nuts, and are quite different from the undesirable saturated fats found in other less healthy fast food.

Carbohydrates are also somewhat misunderstood when it comes to their nutritional value, although vegetables are a healthier source than the kind of animal proteins found in meat, such as chicken and beef.

Although it may neither be possible nor even desirable to stop eating meat entirely, ensuring that meat is not eaten on at least a couple of the days in a week can also make a big difference to your overall health.



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## Dealing With Sickness During Travel

Nobody wants to deal with health issues when they go on vacation, but sickness can strike at any time and it is best to be prepared for the eventuality.

It is a good idea to take a first aid kit with you when you travel that includes such things as an EpiPen, as well as a thermometer, antacid medication, vitamin B-complex, antibacterial ointment, acetaminophen, vitamin C, antihistamine medication, and ibuprofen.

You should also keep all of your regular medications with you when you travel, including a dosage list and extra prescriptions in the event that you lose that medication and/or require more from a doctor in the local area that you are visiting.

Vital medications should be stored in your carry-on luggage and kept with you at all times.

If you do start to feel ill while on vacation, increase your fluid intake (avoiding caffeinated beverages), refrain from eating junk food and sweets, take some vitamins, have a lie down, and see a doctor as soon as possible if symptoms persist.



## Best Weight Loss Foods

Foods that are plant-based, rich in nutrients but low in calories, are the best to eat for people who are trying to lose weight, and still make for a healthier alternative even for those who aren't.

A diet that is low in refined carbohydrates, low in unhealthy fats, and low in animal protein, while based around plants and whole foods, is excellent for staying healthy and helping to reverse disease and ill health.

Foods that are rich in the desirable form of carbohydrates include vegetables, whole grains, natural soy products, fruits, and legumes, while foods that simply have less of the undesirable kind of carbohydrates include high fructose corn syrup, white flour, and sugar.

It is also a good idea to simply eat smaller portions in general and cut out or massively reduce red meat while making sure you eat a sufficient amount of good fats, the likes of which can be found in fish oil and plankton-based oil.



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## Sleep Disorders

Sleep is a vital factor of human life, allowing the body to recover from the rigors of the day.

However, many people suffer from sleep disorders that cause drowsiness while awake, with the most common including the likes of insomnia, sleep apnea, snoring, and twitchy leg disorders.



A sleep disorder can be quite a serious issue that can have dramatic effects on your energy levels, and a lack of sleep can cause a range of symptoms including absentmindedness, bad-temperedness, grogginess, and irritability. An inability to concentrate and a shorter attention span almost always result from any significant lack of sleep.

Precautions can be taken to avoid developing a sleeping disorder including getting regular exercise and making sure you have a proper diet that reduces the pains that can be associated with such disorders.

Green vegetables are a crucial part of any diet due to the protein they provide, and it also advisable to reduce or eliminate addictions such as alcohol and cigarettes.

## RECIPE CORNER



### Crock-Pot Chicken Teriyaki

#### Ingredients:

- 1 Pound, Diced Chicken
- ½ Cup Teriyaki Sauce
- 1 Cup Chicken Broth
- 1/3 Cup Brown Sugar
- 2 Cloves of Garlic, minced

#### Directions:

1. Combine chicken broth, teriyaki sauce, brown sugar and garlic cloves in a large bowl.
2. Add chicken to sauce and toss to combine.
3. Pour chicken mixture into Crock-Pot.
4. Cook on low for 4-6 hours, or until chicken is cooked through.
5. Serve over hot cooked rice and spoon on extra sauce if desired.

Courtesy of [www.myrecipes.com](http://www.myrecipes.com)



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JUNE 2015

Tea Facts

Tea is one of the most popular drinks in the world, but there is an array of trivia facts about the beverage that most people will probably be completely unaware of. Although teabags only became available commercially in 1904, there are muslin teabags that are hand sewn that date back to 1903, beating the commercial kind by a year. Ninety eight percent of tea in the United Kingdom is drunk with milk, and ninety six percent is made using teabags.

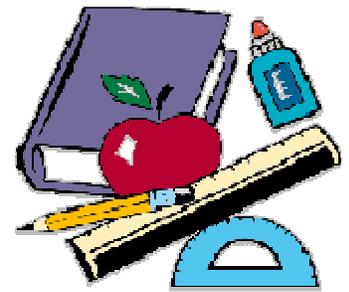
The second most commonly performed song of the 20th century, trumped only by the iconic Happy Birthday to You song, was Tea For Two. The biggest tea producer in the entire world is China, which makes 1.7 million tons every year, with India in second place producing a million tons.

June Dates to Remember

- June 5th - National Donut Day - Free Donuts at Krispy Kreme
June 6th - National Yo-Yo Day
June 8th - Best Friends Day
June 10th - Iced Tea Day
June 12th - Red Rose Day
June 14th - Flag Day
June 18th - International Picnic Day
June 21st - Father's Day
June 26th - Beautician's Day
June is also: Vision Research Month
Myasthenia Gravis Awareness Month
National Scleroderma Awareness Month

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