



Tips To Control Winter Foot Odor

Most people find that winter is the worst time of the year for foot odor. This can occur because of colder weather outside, causing us to dress in warm socks and boots, and then hotter temperatures inside that cause sweating. The feet, as well as the hands, have about 3000 sweat glands per square inch of foot surface, which is more than any other part of the body.



The Cause

Foot odor is actually caused by bacteria that live in our shoes and incorrectly laundered socks. When our feet sweat we provide the moisture and heat that the bacteria need to thrive and grow. You may also have inherited a foot odor problem, and this is a medical condition known as hyperhidrosis. Typically it is found more commonly in men and is associated with more profuse sweating over the entire body and not just the feet.

There are medications that can also cause an increase in body temperature that leads to more sweating. Specific types of foods, especially hot and spicy foods may also contribute to sweating and ultimately to foot odor.

The Solution

There are several ways to tackle foot odor. They include:

- Avoiding any shoes and socks that don't breathe especially plastic shoes and nylon socks. Instead choose natural fabrics like leather and canvas for shoes and moisture wicking socks.
- Wash your feet daily in warm water, not hot water, and use a non-perfumed, non-drying soap. Dry completely and allow the feet to "air out" overnight.
- Avoid wearing shoes that are moist or wet and try to alternate wearing shoes each day to allow them to completely dry between use.
- Non-medicated foot powder or baby powder can be used to sprinkle on the feet before putting on your socks. Avoid powders that have a scent or that are medicated as they can actually make the situation worse.
- Soak your feet daily in one part vinegar to two parts of warm water. Allow your feet to soak for 20 to 30 minutes each day for one week to minimize any bacteria present.

If the odor persists or you notice any irritation, lesions, itching or rash between the toes on or on the bottom of the feet make an appointment to see your podiatrist as this may be a more serious issue.

March 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

A Long Way Home?



A Texan was hiking in Australia. Feeling thirsty, he stopped at a house along the road and knocked on the door. "Hey, could I maybe get a glass of water?"

"Certainly." The Australian invited him into the house, and they started chatting.

"So what do you do here?" the Texan asked.

"Oh, I raise chickens on the ranch here. And you?"

"Oh, I've got a ranch of my own back in Texas. How much land you got?"

"Well, it stretches about 200 meters in the back—just enough room for my chicken coops."

The Texan laughed. "I've got to tell you, on my ranch I can eat breakfast, get in my car, and start driving, and I don't reach the edge of my land until dinnertime."

The Australian nodded in sympathy. "I used to have a car like that too."

Team Spotlight



Jessica Haley

Patient Care Coordinator

Jessica joined Fixing Feet Institute in November of 2011. Jessica started working in our front office and now wears many hats. Not only is she in charge of surgery scheduling, coordinating shoe orders, and assisting in the front and back office, she is also a Certified PadNet Technician and is currently training to become a Certified Shoe Fitter.

Jessica, originally from New Mexico, has had the opportunity to experience many cities thanks to her husband's job. She has ranged from CNA and then Child Care Tech in Wyoming, Lead Teacher/Teacher Assistant in Texas, and moving here in July 2010 and joining us here at Fixing Feet Institute in Arizona in 2011.

She is married to her high school sweetheart Willy and has two children. Brinly is 11 years old and Austin is 7. Jessica is an avid baker. She also enjoys cross-stitching, fishing, reading and spending time with her family. She also plays on a Softball team here in Surprise.

"One thing I would like is to ensure our patients always feel welcome and leave knowing they have come to the right office. We strive to go above and beyond to help our patients."

Shopping Healthier

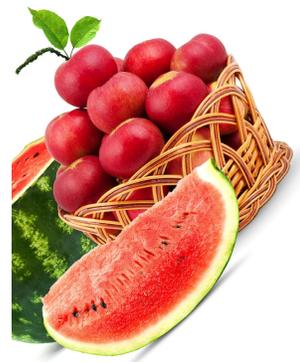
Grocery shopping can be a tricky business, especially for those who are trying to shop healthier. However you can make smarter decisions when shopping by making use of a few tried and tested techniques.

One of the best suggestions is to make out a list of the healthy foods you want to purchase before you enter the store and to know where these kinds of foods are located and head straight to that section.

This will both help you to save time shopping and also cut down on the temptation to purchase less healthy items.

It is also a good idea to avoid going shopping when you are feeling hungry as the amount of impulse buys you pick up can end up being more than you wanted going in.

The produce department also needs to be made more use of. Vegetables should actually take up almost fifty percent of all the food you eat.



Tips For College Student Networking

Networking is about more than just being lucky enough to be in the right place during the right time.

Even going to all the right conferences, connecting with the best individuals at university and getting involved with the right kind of extracurricular activities may not be enough in the modern age.

Technology is the key to successful networking every single day in the 21st century, and can be a major help for when time comes to secure work.

One particularly good strategy to make tech a vital part of networking is to create an attractive and professional looking website.

It is fairly simple to create a website nowadays thanks to simple online tools but doing so will require more than simply uploading a resume to it. Your website should be kept regularly updated with news about internships, accolades you have received, details of extracurricular activities and relevant class work samples.

Another good idea is to make use of LinkedIn. This is a very powerful tool for networking using the internet.

It is recommended to attempt to connect to other professionals in your local area as well as with those to whom you have relevant connections at your university.



How To Avoid Investment Mistakes

Investors can let fear cloud their judgment at times of high volatility and it is at times that most investment mistakes tend to be made.

Here are a few tips in how to survive market fluctuations and avoid making critical errors.

While the ups and downs of the markets cannot be controlled by you, you are able to take tolerance for the risks involved when it comes to your current financial situation.

If you are having trouble sleeping due to financial anxieties, it may be time to change your investments to a portfolio that has a lower, more comfortable level of risk.

Another good tip is to stop looking at the financial news. Use professionals for personalized advice if necessary and avoid the media, which loves to specialise in doom and gloom.

It is also important to make sure that you have some real cash set aside that you can access whenever necessary, but be careful not to keep too much at the cost of growing your investments.



Teen Communication Tips

It can be hard to communicate with teenagers sometimes, but parents still need to do just that and there are some ways that can make the task easier on all concerned.

One important thing to remember is to listen as well as speak. It is particularly important to spend more time listening than speaking when it comes to teenagers, who may have more to say than some parents might think if they would only give them the time and the chance to do so.

Privacy is important. All teenagers need to be able to have their own space, and it is a good idea to knock before entering their bedroom.

At the same time parents should also still spend some time with their teenage children and set aside time to do things together. Offering lifts also extends further opportunities for communication, as do family mealtimes.

Take an interest in their interests. Be it the sport they play, or the TV shows or music they are interested in, taking a continued active interest in the things that matter to them will help to bridge the generation gap.



RECIPE CORNER

Blackberry Red Wine Gelatin



Ingredients

- 1/2 cup apple juice
- 1 tablespoon plus 1 teaspoon unflavored gelatin
- 1 cup full-bodied red wine, such as zinfandel
- 1/4 cup plus 1 tablespoon granulated sugar
- 1 pint blackberries (12 ounces)
- Fresh mint leaves, for garnish

Directions

1. Prepare an ice-water bath; set aside. Add 1/2 cup water and the apple juice to a medium bowl; sprinkle with gelatin. Let soften about 5 minutes. Combine wine and sugar in a small saucepan; bring to a boil over high heat, stirring occasionally to dissolve sugar. Reserve 8 blackberries for garnish; add remaining blackberries to the saucepan. Reduce heat, and simmer 5 minutes. Slowly stir hot wine mixture into gelatin mixture. Transfer bowl to ice-water bath, and stir gently until cool, about 5 minutes.
2. Pour mixture into a 9-by-5-by-2 1/2-inch nonreactive metal loaf pan. Refrigerate, covered, until set, about 45 minutes, or up to overnight. To unmold, set pan in warm water until gelatin loosens, about 2 seconds; invert onto a cutting board. Use a knife to break seal along edges if necessary. Cut gelatin into 1 1/2-inch cubes. Divide among 4 small bowls. Garnish each with 2 blackberries and mint leaves.



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

MARCH 2015

Spider Facts

Black widows are infamous for eating their mates, but this does not actually take place every time. The red widow is the exception, where the male actually force-feeds himself to his female mate, and will do so repeatedly if initially rejected until she actually consumes him. A number of tarantulas can actually eject irritating small hairs called urticating hairs in order to ward off predators in a manner similar to that of a porcupine defending itself with its quills. Spiders can actually fish for prey. They have a number of ingenious methods of capturing prey. Bolas spiders are known for using a line made of silk that ends with sticky glue to catch moths in the style of a fishing line. The ogre-faced spider meanwhile can create a web from its front legs and will then use it to trap prey underneath them like a net. More than a hundred different kinds of spiders have evolved to look like ants and even give off similar pheromones. The great majority have done this in order to fool predators, but some have been known to use this advantage to target real ants as prey.

March Dates to Remember

March 4th - Hug a GI Day
March 8th - Daylight Savings Time Begins
March 12th - Plant a Flower Day
March 14th - National Potato Chip Day
March 17th - St. Patrick's Day
March 20th - International Earth Day
March 22nd - National "Goof Off" Day
March 30th - National Doctor's Day
March is also: American Red Cross Month
<http://www.redcross.org/>
National Nutrition Month
<http://www.eatright.org/>
National Kidney Month
<https://www.kidney.org/>

Four Legged Friends Need Your Help

During March and April we will be Focusing our community efforts on a Fundraiser for the Arizona Humane Society.



The Arizona Humane Society has a huge responsibility to help, heal and shelter the animals in need in our community. They do it all with no federal or state funding, and rely solely on corporate and individual donations to fund all of the services and programs that keep the animals healthy and happy. Show your compassion for animals and your support for their cause by donating items to aid in the care of the animals. Every little bit helps, allowing them to keep their doors open and continue to provide necessary services to Valley pets. We appreciate it and so do they.

Our office will be providing drop off boxes in our reception area. You can obtain the complete shelter wish list at <http://www.azhumane.org/how-you-can-help-the-arizona-humane-society/donate/shelter-wish-list/> - or by contacting our office.

Every day we are inspired by animals who provide unconditional love regardless of the hardships they face. The least we can do is offer them all of the comforts of home by providing them with a few of their favorite things that will help keep them healthy, happy and having fun!