



## 4 Foot Problems That Originate With Poor Shoe Choices

It is not a mystery as to why women tend to have the vast majority of issues with specific types of foot problems. The shoes that both men and women often choose have a major impact on overall foot health and well-being.

Understanding that there is a time and a place to wear any type of shoe is important. When people wear the wrong types of shoes for extended periods of time serious and very painful foot conditions can and do occur on a regular basis.

While not everyone that wears specific types of shoes will develop problems, if there is a structural weakness in your foot or ankle or if you have had injuries in the past your shoes definitely can add to your risks for developing any of the conditions listed below.

### Blisters

Blisters can occur with any type of shoe and are a sign the footwear is not fitting correctly. Shoes that are too tight will pinch and cause blisters on the toes and the heel or even across the top under lacing or the upper or the shoe.

Shoes that are too loose and rub when taking a stride or shifting weight can also cause blisters. Blisters can cause serious infections which can have long-term health implications, especially for those with diabetes or poor circulation in the feet.

### Bunions

Bunions can result from a combination of factors, including some that are genetic. However, high heels with a very narrow and constricting toe box shift the weight to the ball off the foot and to the inside, causing the big toe to shift in and the joint to bulge out.

While anyone can develop bunions, they are much more common on women with a history of long-term wear of stiletto heels and high heels.

### Hammer Toe

The same mechanics that cause bunions are also the cause of hammer toe. This is a curling up and under of the second, third and four toes that causes pain and discomfort in virtually all types of shoes. It can be corrected with realignment of the toes through non-invasive means or it may require surgery.

### Plantar Fasciitis

Plantar fasciitis, the burning, stabbing pain in the heel and inner arch of the foot is most commonly associated with wearing extremely flat, loose types of sandals. Flip-flops are a big culprit as they force the toes to curl under during a normal stride to hold the shoes in place.

While shoes aren't the only cause of foot pain and problems, they can be a contributing factor. Talk to your podiatrist and ensure that you are making wise shoe choices.



May 2015

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

#### Imminent Disaster



Late one night at an airport, an air traffic controller shot bolt upright as he heard a voice on his radio:

“Tower, I need immediate clearance to land! I’m in a helicopter holding at 3,000 feet right above your heli-pad.”

Before he could answer, the controller heard a second frightened voice:

“What? No! Tower, I’m in a helicopter at 3,000 over your pad, too! I have to land first!”

The controller sensed imminent disaster—until the first voice snapped:

“Idiot! You’re my co-pilot!”

# Team Spotlight



## John Inglis

### Medical Assistant

John joined Fixing Feet on October 23, 2012. He was hired as one of our Back Office Medical Assistants. His job consists of greeting and rooming patients, setting up rooms for procedures, preparing patients for treatments, stocking rooms and keeping inventory of supplies. He also performs Neurogenx and EPAT treatments for our patients.

John, originally from Michigan, was in the restaurant industry for 12 years and then construction for 18 years. He then decided to go back to school for his Associates Degrees in Medical Assisting because he felt he wanted to make a difference in people's lives. Upon graduation, it wasn't long until he came across Fixing Feet Institute and joined our team.

He is a single father of an 18 year old son. John enjoys playing and watching sports, golfing, mountain biking and most of all, BBQ with friends.

"Everyone that I come in contact with is like family, and I treat them all with respect!"

## Nutrition Advice For Healthy Children

Food for toddlers has been the source of controversy lately, with studies showing that many such foods contain high levels of sugar and sodium, but the good news is that there are some things parents can do to make sure their little ones maintain a healthy diet.



One good suggestion is to encourage your toddler to eat up their vegetables and fruits in the form of snacks by having them cut up into more appealing bite-sized proportions.

It is also a good idea to check the nutritional labels of any snacks you intend to serve to your toddler and not to make any assumptions that just because a snack looks healthy, that automatically means that it is. Children below the age of four should not be having over four teaspoons of sugar or more than fourteen hundred calories in a day.

Another good idea is to add melted cheese or fruit to the likes of homemade pancakes, plain rice cakes, or popcorn for snacks instead of just relying on bread sticks or boxed crackers.

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## Language Learning Tips

There is a common belief that learning a new language is much more difficult for adults than it is for children, yet studies have shown that in fact the opposite is true.



The biggest problem people encounter is having unrealistic expectations as to how quickly they should be able to become fluent in a new language, and then giving up when they fail to meet those expectations.

In truth, it takes at least a full year for most adults to be able to learn a new language. Learning fifty new words in a week – say, by labeling items in your home with their name in the other language and leaving them there until you are au fait with them – is more than enough to get you well on the way to having learned a new language in the space of twelve months.

Another good tip is to play with the order of words. Unlike English, many languages swap around words, numbers, and phrases in a manner that will likely drive you crazy if you try to equate it with the logic of English grammar.

Instead, play with the words in different orders in order to get familiar with this new style of language.

## Tips To Avoid a Fire

Fires in the home can start unexpectedly, and often end in terrible tragedy. To prevent such a disaster occurring in your family home, there are a number of things you can do and precautions you can take.



Every home should be equipped with several working smoke detectors, as well as carbon monoxide detectors that are placed in various spots such as the living room, kitchen, the living room, hallways, and bedrooms.

Before you leave a room, you should make sure that you have turned off any and all open flames, such as candles.

You should also conduct a regular check of electrical outlets, appliances, and lamps to make sure there are no overloaded circuits or frayed or broken wires.

If you have a fireplace in your home, it should have an annual check from a certified expert as fires can be caused by broken bricks, bird, and other animal nests, or by a build-up of creosote.

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## Healthy Eating Ideas

Daily routine is the key to overall health, including diet. In order to maintain a healthy lifestyle, people should pick whole grains, vegetables, and fruits to eat, as well as choosing dairy options that are fat free, or at least low in fat more often.



Time should also be taken to exercise as much as possible, while also staying aware of the size of the portions of the meals you are consuming.

With portions that are larger than necessary, even low calorie food options can end up becoming a problem.

There are numerous benefits to eating right, including a lower risk of Type 2 diabetes and heart disease, lower cholesterol and blood pressure, and even the possibility of preventing some forms of cancer.

One good piece of advice is to look for recipes that have some fresh ingredients.

You do not necessarily have to place certain types of food off-limits altogether, but simply limit the amount and size of the portions of them that you eat.

## RECIPE CORNER



### “Fried” Honey Bananas

#### Ingredients:

1 Banana, sliced  
1 Tablespoon Honey  
Cinnamon  
Olive Oil or Coconut Oil

#### Directions:

1. Lightly drizzle oil in a skillet over medium heat.
2. Arrange banana slices in a pan and cook for 1-2 minutes on each side.
3. Meanwhile, whisk together honey and 1 tablespoon of water.
4. Remove pan from heat and pour honey mixture over banana.
5. Allow to cool and sprinkle with Cinnamon.

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



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

MAY 2015

## Boost Your Inspiration

Many of us can become a little bored, sluggish, and drained at times and in need of a push to help us lift our mood and raise our spirits. The good news is there are some easy ways to go about doing this.

One good tip is to begin writing a gratitude diary. Every day, write down a list of at least five different things that you are grateful for. You can avoid getting caught up obsessing about the things you do not have by focusing on your appreciation for what you do. You might want to change your appearance, either by getting a new haircut or some new clothes. A new look can go a long way to lifting your spirits and getting you out of a funk. Another helpful piece of advice is to listen to some upbeat music. Music can have a surprising impact on our emotions and general mood, and if you are already feeling down, avoid depressing songs and try some more up-tempo tunes to put you in a better frame of mind.

## May Dates to Remember

May 5<sup>th</sup> – National Teacher's Day

May 6<sup>th</sup> – National Nurses Day

May 9<sup>th</sup> – Lost Sock Memorial Day

May 10<sup>th</sup> – Mother's Day

May 10<sup>th</sup> – Nat'l Clean your Room Day

Same day as Mother's Day – Do you think that was planned???

May 13<sup>th</sup> – National Receptionist Day

May 23<sup>rd</sup> – Lucky Penny Day

May 25<sup>th</sup> – Memorial Day

May is also: MDA Awareness Month

<http://www.mda.org/>

Nat'l Lupus Awareness Month

<http://www.lupus.org/>

Clean Air Month

<http://www.lung.org/>

## Clearing a Family Home

The loss of a loved one is a very stressful experience, and that stress is only compounded if you are left with a house that needs to be cleared out.

In order for a house to be cleared, each and every room has to be sorted and gone through, with all trash disposed of in the appropriate manner, with family members allowed to take any items they desire. Unwanted leftover items that are not trash can be donated or sold.

Get the help of friends and family to assist with clearing out the home. Bins or boxes can be used for sorting, and make sure you quickly box up old letters and photos.

You can get nostalgic over them later on.

You can get the job done very quickly by paying a junk company to clean the house out, but this runs the risk of losing family treasures so be very sure this is the route you wish to go down.

