



Tips to Remove Rough Skin from Your Tender Tootsies

The time to dig out the sandals and get ready for the more casual and comfortable footwear for the summer is also a good time to work on getting rid of the rough skin that may be a problem on your heels, toes, and even the balls of the feet.

Often in the winter months, people pay less attention to their feet. With the cold weather, dampness of winter boots, and the drying effects of heating in the home, the feet can develop a thicker layer of dry skin. This dry skin can easily lead to a buildup of dead skin that is rough and unsightly. In some cases, the skin may even crack, causing pain and posing a risk of secondary infections.



To get your tender tootsies sandal ready, there are a few basic foot care routines you can start immediately. While there are commercially available products on the market, there are some equally effective products you can use that are right from your own kitchen pantry.

- Warm water soak – To soften the dead skin, start with a 15- to 20-minute soak in warm water. Do not use hot water, as this will further pull moisture out of the skin. If desired, add a squeeze of lemon juice, a small amount of white vinegar (1/2 cup), or some Epsom salts to the water to add to the skin softening effects.
- Pumice stone – Using a pumice stone or a soft bristle foot brush, gently rub the areas that have a buildup of dry or dead skin using a circular motion. With the soaking step, the skin should be easy to remove. Do not rub intensely on the area as this can cause surface skin irritation.
- Rinse your feet – Once you have completed the process, rinse your feet with clear, warm water. This will remove and rinse away any dead skin cells that may not have been completely removed already.
- Dry – Use a soft towel and pat the feet dry. Don't rub or scrub with the towel, but keep patting until the feet are dry. Remember to also dry between the toes.

To add moisture to your feet, it is possible to use Vaseline or even coconut oil. Both are good options to apply to the clean, dry feet before bed.

To keep the oil from rubbing off as you move around at night, put on a pair of cotton socks.

May 2018

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



Seeing the Future

A woman had her palm read by a fortuneteller at a street fair.

“Hmm,” the fortuneteller said upon examining the woman’s palm.

“You will be poor and unhappy until you are 50.”

“Well, that sucks,” the woman said.

“Please tell me I win the lottery once I turn 50 and live happily ever after.”

“No, you’ll be poor after the age of 50 as well,” the fortuneteller replied.

“You’ll just be used to it by then.”

Protecting Your Family from Fire

Keeping your family and home safe from the threat of fire is a vital concern, and the good news is there are some easy tips to follow to reduce the chances of danger considerably.

One good tip is to make sure that there are at least two ways to exit every room in your home. You need to make sure that particular windows and doors can be opened properly and that the occupant of every room will not be prevented from getting out by clutter.

It is also vital to ensure that children are kept well away from anything resembling a fire tool. Matches and lighters are for use by adults only so those items should be secured away from curious little hands. You should also check that smoke alarms are in full working order and keep testing it at regular intervals.

If you have a lawnmower powered by gasoline, make sure they are stored in an outbuilding. Gasoline should never be stored in the home under any circumstances.

Finding Inspiration for Song Writing

Creativity and inspiration are required in equal measure in regards to writing a song, which makes it only a matter of time before songwriters find themselves in a rut and unable to come up with something new and fresh. It is important for songwriters to develop a routine for their craft, discover a muse and learn how to increase their creativity and there are some methods by which they can boost their inspiration.

The power of journaling has been recognized by many creative people, as some of the best ideas come when not actively working. Always keep a notepad and pen around and write about the little things that come to your attention as well as the things that happen to you in everyday life. Journaling enables your thoughts to free flow, and the more things you write the more profound your process of exploration is likely to become.

Practice is as essential to songwriting as it is to any other form of writing and doing so every day is a habit it is extremely beneficial to get into.

Nutrition and Health Tips

Even the most qualified of experts are sometimes at odds over certain pieces of advice in regards to nutrition and health; however the good news is research supports many health and nutrition tips without such division.

One thing that everyone agrees on is that people should avoid sugary drinks, which are easily the most fattening substance that most people put in their body.

The brain does not register liquid sugar calories in the same way as it does solid food calories, and consequently sugary drinks have a strong association with type 2 diabetes, heart disease, obesity and many other health issues, and be wary of thinking of fruit juice drinks as being healthier than soda as they contain every bit as much sugar.

Experts also agree that nuts should be included in every diet.

Although they are very high in fat, nuts are also extremely nutritious and filled with magnesium, fiber, Vitamin E and many other nutrients.

Nuts can actually be a great weapon against heart disease and type 2 diabetes and even help with weight loss, studies have shown.



Learning a Musical Instrument as an Adult

Learning a new instrument or even attempting to get back to playing one you used to play decades ago can be a daunting thought, but the good news is there are methods you can employ to make those first steps to learning – or relearning – how to play a musical instrument less intimidating.

One of the best tips is to just a small amount of time to practicing your instrument every single day and to not be disheartened if you have a bad day.

If it is just not happening one day, put down the instrument and try again the following day.

Another good tip, particularly for adult re-learners, is to find some fresh and exciting new music to play.

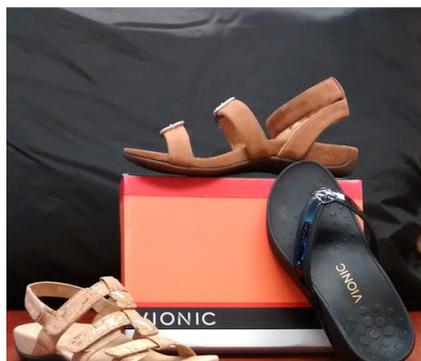
Rather than attempting to get stuck into the classics, trying something new can make the whole hobby feel new again, rather than like you are just going over old ground.

It is also important for those who have older instruments to ensure that they have been serviced before you try to learn to play them again and ensure that technical difficulties will not dampen your enthusiasm or ability.



Summer Sandals and Flip Flops now in stock

Vionic Sandals and Flip Flops combine unparalleled support with a fresh modern design for any occasion. The innovative “Orthoheel” technology helps align the foot from the ground up. At the core of this trusted footwear is the orthotic technology built into every pair. Vionic delivers the support your feet need.



Telic is a revolutionary new product with unparalleled comfort. Telic uses a new material called Novalon; a body heat activated, waterproof, feather-light material that is durable, elastic and pillow-soft. Contoured to support the arches of your feet, all styles feature a deep heel cup and great medial arch and metatarsal support.

Beating Food and Sugar Cravings

It can be tough to stick to weight loss plans, and one of the biggest challenges of dieting is fighting off food cravings. However there are a few tips you can follow to prevent those desires for sugar and unhealthy foods.

Drinking water can be a surprising help, as in many cases the body is misinterpreting thirst for hunger and drinking a big glass of water may reduce or remove those cravings entirely.

It has long been known that drinking water prior to meal time can help weight loss by reducing the appetite.

Getting plenty of sleep can also cut down on cravings.

Hormones largely affect the appetite, and they fluctuate over the course of a day, but those fluctuations can be disrupted by lack of sleep, potentially resulting in strong cravings and weak appetite regulation.

You may also be able to prevent hunger by increasing the amount of protein in your diet.

A recent study of men who were overweight indicated that a 25 percent increase in the intake of protein cut their cravings by as much as 60 percent and halved the amount of desire to eat snacks in the evening.



Financial Habits to Avoid

Your financial success will be determined by your financial habits, which means that it is of vital importance to let go of bad financial habits that may be holding you back from achieving your financial goals as quickly as possible.

This leads neatly onto the first tip, which is simply to actually have some financial goals in the first place.

Someone with no financial goals is unlikely to see any improvement in their overall financial health for a very long time.

Think about how much savings you would like to have and where you would like to be financially in the future, write down those goals and then try to follow through in real life to achieve them.

It is also a bad idea to never seek financial advice from experts.

A financial advisor is there to help you make the right choices in regards to finances and if you cannot afford to hire someone right now, at least try to seek out the wisdom of someone you personally know who is au fait the world of finance.

Spending more money than you have and getting into debt is the most basic of all financial pitfalls to avoid at all costs.



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

MAY 2018

Treatment for Dry Callused Feet Available in our Office

If you are looking for a superb treatment for your Dry, Cracked Callused Feet, look no further than Fixing Feet Institute. We have available in our office 2 products to soften your feet and make them sandal ready for the summer.

Foot Miracle

This unique and penetrating formula Softens the skin and rejuvenates for a renewed feeling of comfort and vitality. Never sticky or greasy. Works on elbows knees. feet and any rough skin area.



Pedigenix - An exfoliating cream that improves the appearance of cracked and Callused feet in as little as 3 days. Unique Triple action formula to exfoliate and Burst of Vitamin E to nourish the skin.



May Dates to Remember

- May 5th – Cinco De Mayo
 - May 6th – National Nurses Day
 - May 9th – National Teachers Day
 - May 13th – Mother's Day
 - May 14th – Dance like a Chicken Day
 - May 16th – Wear Purple for Peace Day
 - May 19th – National Armed Forces Day
 - May 25th – National Wine Day
 - May 28th – Memorial Day
 - May 31st – World No Tobacco Day
- May is also: Muscular Dystrophy Awareness Month
<https://www.mda.org/>
Lupus Awareness Month
<http://www.lupus.org/>

Help Us Help the Homeless

Ending homelessness in Maricopa County has been at the heart of Central Arizona Shelter Services' (CASS) work since the agency opened its doors in 1984.



As the needs of this population changed, CASS expanded its continuum of care to better address the needs of those who transition out of shelter and into permanent housing. Today, CASS continues to be the largest provider of shelter and supportive services. Through their enhanced continuum, CASS is able to provide a diverse array of services to meet the needs of individuals and families in Arizona and empower them to rebuild their lives and permanently end their homelessness.

During the month of May Fixing Feet Institute will be holding a donation drive to benefit this deserving organization. We will be collecting New Socks, Gently used or New Shoes and Bottled Water in our office. We have conveniently placed a collection bin in the reception area of our office. Please stop by with your donations and help us to provide those that are homeless, with good footwear and plenty of drinking water for the hot summer months coming up.