



Treating Sunburn on the Feet

The long, hot, lazy days of summer are in full swing, and people are more eager than ever this year to get out of the house. Whether you are at the lake, at the beach, or just hanging around in your backyard, forgetting to care for your feet can result in painful burns.



Individuals with diabetes or other circulatory issues need to be very careful about suffering a sunburn on the feet and lower legs.

Scratching or rubbing of the skin can open up wounds that are easily infected. In addition, wearing socks or shoes can rub the surface of the burned areas, increasing the risk of infection.

While sunburn most often occurs on the tops of the feet, it can also occur on the soles of the feet. This is usually seen if someone is sunning beside a pool or body of water, and the sun reflects off the surface and onto the exposed bottom of the feet.

If you have sunburn on your feet, immediately take action. This helps to prevent increased burning, irritation, and damage to the skin. If the burn is pronounced or there are blisters and significant swelling of the skin of the feet and ankles, seeing a podiatrist is the best option to manage the pain and the damage.

When the burn is mild to moderate but does not include blistering or significant swelling, the following steps can provide relief.

- Cool water soaks – Place your feet in cool but not ice cold water and allow the feet to soak. This is not only relaxing, but it also helps to reduce swelling that leads to skin cell damage and peeling.
- Dry the skin – Gently pat but do not rub the skin of the feet. Keep the feet out of the sun now as well as in the future as much as possible. Using a soft cloth or a t-shirt rather than a towel helps to prevent further irritation of the skin.
- Choose a product – Aloe vera gel is a soothing and healing option for all types of burns and minor skin conditions. It is available at drugstores and even many local grocery stores, or you can use the gel from an aloe vera plant you may have in your home.

Remember to apply sunscreen on the feet and avoid sunbathing beside water where the soles of your feet may be exposed to the sun's harmful rays. Out in the hot Arizona summer, always wear shoes on your feet to avoid burning of the soles from hot surfaces.

AUGUST 2020



August Days

The last of summer and
the first of fall -
Together they stand
in August Days.
The garden is bright
with summer bloom,
And yet there creeps up
that autumn haze.
You can look forward
or look backwards
To a lovely summer
you would recall,
But the changing of
the season has come
The last of summer
and the first of fall.

By Lenore Hetrick



Telling Stories

Communication is one of the most important ways in which a family can become and stay happy, and telling each other stories about your day is one of the simplest ways to establish this.

Parents should always make the time to not only ask their children to share any stories they have from their day when they come home from school but to also have a story to share with them.

Children have to be the first priority when you come home from work, and it is important to have something to share to connect with them, even if it is just a small vignette rather than an epic tale.

Having a fun story to tell on a regular basis gives children something to look forward to when they come home, and staving off boredom in family life is a crucial step to ensuring that a family is able to remain functional and happy.

Gardening Inspiration

With people spending more time at home than ever before in 2020, gardening is one of the many activities experiencing resurgence.

There are a number of inspirational gardening tips that can transform your home in a genuinely surprising way.

People who are lucky enough to have a patio in their garden should think about planting geraniums in pots in order to get some real lasting color.

Thinking of a patio as a living room for the summer season is a good tip to get people to make better use of it, and investing in good lighting to ensure attractive night views is also good advice.

The natural approach is the best way to create a space for better relaxation, so having a semi-wild garden that does not require too much maintenance is a good idea.

Plant herbs together with roses and different kinds of flowers all mixed together to create a striking effect.

Tips for Kids and School

There are a number of tips that parents can follow to ensure that children who are going back to school maintain healthy eating habits.

Parents need to be prepared for the fact that their children will talk about what other children are eating, both for lunch and as snacks.



Teach them that you are trying to give them healthier options and that certain foods may not be appropriate for them even if their friends are eating them.

It is also a good idea to teach a child going to school the difference between healthy meals and snacks and unhealthy ones.

Fruits and vegetables should be part of every meal, with at least one included as a snack. Sugar needs to be limited to eliminated. Sugar lowers our immunity, decrease our energy and causes brain fog.

Children love going shopping, and you can use that by getting them to become involved with the selection of fruits and vegetables in addition to getting them to help to prepare meals.

A child's interest in healthy foods is likely to increase if they are involved in each step of the process and they understand they will feel better.

Active Learning Strategies

Achieving the best results in exams often relies on choosing the best active strategies for learning and implementing them in such a way as to ensure an efficient arrival at your overall goal.



One good tip is to write down the dates on which specific exams are scheduled on your calendar and then work backwards, writing down specific tasks that needed to be achieved prior to those dates in order to achieve academic success.

The next thing that needs to be done is simply to get started and make a commitment to not stop until the exams are over and done with.

Keeping a daily routine can be a big help to making studying a consistent exercise and also prevents time from being wasted while resulting in greater productivity and improved outcomes.

Self-care habits including getting enough sleep, taking adequate exercise and eating healthy meals also need to be incorporated into a study plan.

Consistency and a Healthy Diet

The most difficult aspect of starting a healthier diet is being able to remain consistent when following that diet.

Consistency can be difficult due to a number of factors such as cravings, hormonal imbalance, fatigue, mood swings and stress but the good news is there are ways to stay consistent in regards to healthy eating.

One good tip is to get a better understanding of how your own body works.

Try to stave off cravings as these actually slow down the body's metabolic processes and can actually have an adverse reaction on the reactions that happen within its system. Leaving gaps between meals that are too long can be damaging and psychologically harmful, as can fasting.

It is also important to respect what your body tells you.

Everyone has aversions to certain foods as well as likes and dislikes, and with so many available food options in the world today there is no reason to force yourself to eat foods you do not like and in fact doing so would confuse the body and compress its internal system.

Just choose healthy options and eat the healthy foods you actually like.



How to Make a Healthy Smoothie

There are easy ways to make sure you are eating a healthy smoothie and limiting sugar content.

For the base you can use water, ice, half and half, coconut milk or plant-based milk

Adding frozen fruit for sweetness, but sticking with berries is best. They provide high anti-oxidants and usually are lowest in sugar,



Throwing in an avocado provides nutrients, flavor and fiber. The oleic and linoleic acids in avocados are effective in lowering cholesterol and keeping cravings and hunger under control.

If you still need a little more sweetness, a drop or two of stevia will help. To keep it healthy, watch sugar content – natural or not.

A smoothie can be a good vehicle to get prebiotics, probiotics, MCT oil and/or protein powder down with little effort.

Keep it health and ENJOY!!



Making Money Matter

Financial instability has become a common problem in recent times, but there are some important tips that can help people to rise above it.

One such tip is to remember the importance of cash over credit.

Anyone thinking of making a larger purchase should have the financial resources to either be able to buy it twice over with cash or to use credit but be able to immediately pay that bill off.

Big purchases such as cars, pets, new student loans and mortgages should be put off until the economy has gotten back on track after recent setbacks, as spending big amounts could result in a shortfall in the event of any unplanned financial emergencies later on.

Gaining new skills can also provide a financial advantage.

Although taking out student loans is inadvisable, there are a number of free online classes that can be used to improve your skills and thus your chances of finding new employment.



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

AUGUST 2020

Are Custom Foot Orthotics (inserts) right for you??

At Fixing Feet Institute, we frequently prescribe and dispense custom orthotics to patients of all ages, who may be struggling with a wide variety of foot and ankle problems. The reason for this is simple. Biomechanical deficiencies (such as flat arches, overpronation of the feet, or gait abnormalities) are among the most frequent contributing causes for many common pain conditions. Custom orthotics, fashioned just for you using precision measurements of your feet, are well suited to restoring healthy biomechanics to your feet and lower body, as well as providing extra cushioning and support for your feet. If you think custom foot orthotics might be right for you, please contact our office for an appointment.



August Dates to Remember

- August 4th – Coast Guard Day
- August 6th – Wiggle Your Toes Day
- August 7th – Purple Heart Day
- August 15th – Relaxation Day
- August 17th – I Love My Feet Day
- August 19th – National Soft Ice Cream Day
- August 21st – Senior Citizen’s Day
- August 26th – National Dog Day
- August 28th – National Bow Tie Day
- August is also:

National Golf Month

<https://nationaldaycalendar.com/national-golf-month/>

Romance Awareness Month

<https://nationaldaycalendar.com/romance-awareness-month-august/>

Help us Help Homeless Children

The Children First Leadership Academy inspires students to be critical thinkers, problem solvers and active citizens. The school serves the whole child by providing transportation, Food, Clothing & Medical Care.



100% of the students and their families are at or below the poverty line and a vast majority of students are Homeless. There are approximately 300 students Grade K-8 that need your help.

During the months of August and September we will be collecting items for the students, ranging from Food, Clothing, Healthcare and Hygiene items and of course, school supplies. We will have collection bins located conveniently in our reception area.

To obtain a list of their current needs, please contact our office. To learn more about this school you can go to their website at <https://cfaphoenix.org/> Please consider making a donation – It will make a difference to child in need.