



Keeping Your Feet Healthy in 2020

There are a lot of different ways to develop New Year's resolutions and a lot of different ideas. One of the best options is to make changes in your daily routines to ensure you are paying attention to the health of your feet in the upcoming year.

Here are some helpful and healthy ways to reward your feet throughout the upcoming year:



- Wash your feet – This may seem surprising, but most people do not actually wash their feet when they shower. Be sure to use soap, water, and a gentle rubbing action on the feet and between the toes to remove any dead skin and dirt from the surface of the feet.
- Use a foot moisturizer – The skin on the bottom of your feet and, in particular, on the heels can become dry and cracked. This leads to an increased risk of infections or sore feet, which can be very serious for people with diabetes or circulation problems. By using a good quality foot skin moisturizer before bed, you can help to prevent this type of damage to the feet and keep the skin soft and smooth. We recommend Foot Miracle cream, which is available in our office
- Invest in quality toenail care products – If you are using old, dull toenail clippers and older nail files, invest in a quality toenail and foot care set. Take the time to talk to your podiatrist if you have issues with ingrown toenails as your clipping practices may be contributing to the problem.
- Take stock of your shoes – Any shoes that cause pain or discomfort should be removed from your wardrobe. In addition, any of your favorite shoes that are worn at the heels or no longer providing support for your feet should be replaced. We will be happy to evaluate your shoe gear at your next appointment
- Check your feet weekly – Make a plan to check your feet once a week for any signs of blisters, dry skin, scratches or sores, or other potential problems. For those with diabetes, talk to your doctor about a foot care plan that is customized to your needs. We suggest using a hand mirror if you can't see them.
- Buy quality socks – Invest in socks that wick away moisture and help to keep your feet dry. There are a lot of options on the market, so try out different fabrics and styles until you find the ideal combination of dryness, softness, and support in your socks. We have compression socks with copper, and a variety of other socks, available in our office.

Taking care of your feet should be part of your regular routine.

Seeing your podiatrist if foot pain or discomfort is present should also be part of your health goals for the upcoming year.

JANUARY 2020



“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.”

Edith Lovejoy Pierce



This Year

BELIEVE THAT ANYTHING IS
POSSIBLE

START EACH DAY WITH
GOALS

EAT MORE REAL FOOD

BUY GOOD BOOKS AND
MAKE TIME TO READ THEM

DRINK WATER

EXERCISE DAILY EVEN
WHEN IT SOUNDS LIKE A
TERRIBLE IDEA

SHOP FOR QUALITY NOT
QUANTITY

PURGE THE UNNECESSARY
AND DECREASE CLUTTER

HUG THE ONES I LOVE

FIND THE BEST IN OTHERS

SHOW OTHERS THE BEST IN
ME

Gain Healthy Hair Through Nutrition

Poor nutrition can have consequences felt throughout the human body, including on hair.

A variety of different factors contribute to hair that is attractive and healthy, including eating habits, genetics, personal care and physical health.

However, diet alone is often to blame for hair breakage, lost luster and even hair loss.

Some simple dietary changes can have a big impact on the health and appearance of hair and may even stop or reverse hair loss.

Essential fatty acids are crucial for healthy hair as well as healthy nails and skin. Omega-3 fatty acids add silky shine while protecting and nourishing hair and even assisting with hair growth. Fatty fish such as salmon comes with lots of omega-3, and this nutrient can also be found in walnuts, flax seeds, soybeans and chia seeds.

B vitamins are also crucial to provide healthy hair support, while also maintaining integrity and being vital to hair growth. B vitamins help with the creation of red blood cells that carry nutrients and oxygen to hair follicles and the scalp. B6 can be found in potatoes and bananas, B12 in dairy and meat products, while tomatoes and citrus fruits are good sources of folic acid. Protein, such as the kind found in eggs, meat and fish, are also good for hair health.



Home Security Tips

Home security involves more than just taking out a comprehensive home insurance policy.

No one wants to think that their home could be violated by intruders, but the unexpected can happen and there are ways to protect you and your family members by ensuring you have the best possible home security.

The more difficult you make it gaining access to your property, the less a thief will even be inclined to try. Burglars will always prefer to attempt to gain entry to a home that looks vulnerable rather than one that carries a heightened risk of being caught.

There are a number of things you can do to ensure your home is secure.

One good tip is to keep track of everyone who has a key to your property. You should check that all of your locks actually work, install an alarm system and ensure there is good lighting outside your property.

Another good tip is to ensure that your valuables are also locked away so that, even if someone gains access to your house, they still may not have the time to steal your most precious items.



Preventing Burnout

Inspiration can often seem hard to come by, but creative types dread burnout more than anything else. The feeling of being exhausted and overwhelmed can turn a former source of joy into something that causes anxiety and stress. However, the good news is there are ways to continue to be inspired and avoid burnout.



One of the simplest pieces of advice is simply to take a break. It may seem irresponsible to take time away from whatever creative obligation you are involved in, but giving yourself some breathing space can assist with avoiding burnout and help make you much more productive in the long run.

It is also important for creative types, particularly introverts, to not go into hiding and come out into the world when this feeling begins to dawn.

Several days without any form of socialization can make even the staunchest of introverts begin to feel anxious, which can result in burnout.

Another good idea is to do something that is creative yet unrelated to your current project or usual work. This can not only help stave off burnout but can even help to find inspiration for your current project while your creative energies are focused on doing something else.

Drink Red Wine

Drinking red wine may sound like an odd health tip but the beverage actually comes with a number of health benefits such as helping to boost gut bacteria.

Wine helps to increase your microbiome's good bacteria diversity level and can also help with losing weight and cutting down bad cholesterol.

It is not the alcohol in wine that affects the gut so much as the polyphenols that exist in red wine and can also be found in vegetables and fruit.

A microbiome that is unhealthy can cause the immune system to function poorly in addition to high cholesterol and weight gain.

A healthy microbiome is one that contains a number of different bacteria.

Although this news is good for wine drinkers, it should not be used as an excuse to drink excessively.

An overconsumption of alcoholic beverages affects the body in a number of unhealthy ways, and can result in certain cancers, liver diseases and pancreatitis.



Financial Advice for Generation Z

Many people in Generation Z feel unprepared for coping with the realities of finance when they leave high school and have a number of unanswered questions.

The good news however is there are a few simple tips that Generation Z can follow in order to ensure a successful financial future.

The most important thing a high school leaver can do is learn the basics about credit cards. Credit cards can be beneficial but the terms and conditions associated with them should be fully understood and all paperwork thoroughly scrutinized. If there is anything not understood, ask friends or family members to help explain it.

Student loan requirements should also be rigorously studied. Members of Generation Z should study all available student loans to work out what the actual payments would be and determine if borrowing is something you can really afford to do without comprising other necessities. It is essential for everyone to learn how to budget. Learning to budget assists people to live within their means, responsibly manage money and set goals. Draw up a spreadsheet of your income and expenses and review it in the event that either of those things changes.



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

JANUARY 2020

It's the Season for Miracles and We have one for your Feet

“Foot Miracle” therapeutic cream is available in our office. This unique, deep penetrating formula softens callused and rough areas with a soft-as-velvet feeling. It will rejuvenate your heels and feet for a renewed feeling of comfort and vitality, and is never sticky or greasy. It has a pleasant scent and no mineral oil or petroleum. And it's not just for feet, it works wonders on elbows, knees and any area with rough dry skin.

“Foot Miracle” restores and protects the natural moisture balance of your skin. If you suffer from dry, callused skin. You owe it to yourself to try “Foot Miracle”.



January Dates to Remember

- January 1st – New Year's Day
- January 6th – National Technology Day
- January 9th – Nat'l Law Enforcement Appreciation Day
- January 12th – National Pharmacist Day
- January 19th – National Popcorn Day
- January 20th – Civil Rights Day / MLK Day
- January 24th – National Compliment Day
- January 26th – National Spouse's Day
- January 28th – National Have Fun at work Day
- January is also: National Mentoring Month
<https://www.mentoring.org/our-work/campaigns/national-mentoring-month/>
- Volunteer Blood Donor Month
<http://www.americasblood.org/>

Help Us Support our Troops !!

Fixing Feet Institute is once again partnering with Packages from Home to salute our heroes overseas, and at home. Packages from Home is now supporting not only those deployed, but those at home and the canines that aid them.



Packages From Home sends care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate morale of all veterans."

Packages For Hope program seeks to aid veterans who are in transition, homeless or at risk of becoming homeless.

Bones From Home was created to serve the 2,700+ Military Working Dogs active worldwide by providing military-approved food, grooming, toy and training products to service canines and their handlers.

You can obtain their Wish List at our office or online at <https://www.packagesfromhome.org/donate-items>
We will have collection boxes in our office for your donations.