



## New Advances in Medicine – Now Available at Fixing Feet Institute to help you heal faster and with less pain.

AmnioFix is used to treat tendonitis, heel pain and Arthritic conditions. The use of amniotic tissue has been documented in published literature since the early 1900's. Amniotic membrane has been the subject of many scientific publications evaluating its tissue formation and enhancing healing.

All of the amniotic membrane tissue for AmnioFix is donated by healthy, consenting mothers undergoing scheduled Caesarean-sections. The Amniotic membrane is the cover surrounding the baby, and is typically discarded after the baby is born.

All tissue donors are tested for infectious diseases, similar to the testing done for blood donations. The amniotic membrane then undergoes a validated proprietary process to thoroughly cleanse and preserve the tissue, called the PURION process.

AmnioFix allografts are procured and processed in the United States according to the standards and/or regulations established by the American Association of Tissue Banks (AATB) and the United States Food and Drug Administration (FDA).

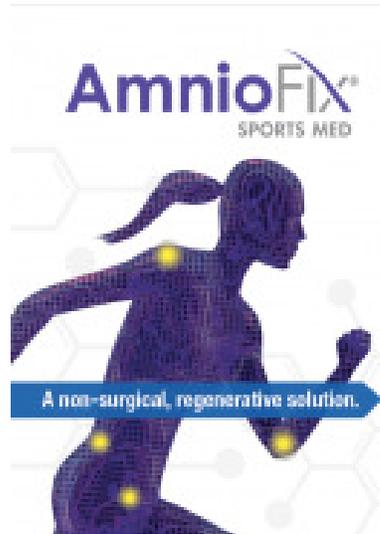
AmnioFix is a human amniotic membrane allograft. It contains natural factors, called growth factors, to Reduce inflammation, scar tissue formation and Enhance healing.

Growth Factors are powerful agents that our bodies produce to signal cells to come to the target site, help the site to heal, and help your own cells regenerate the damaged tissue. AmnioFix contains some of the most important growth factors needed for healing.

You and your doctor may consider AmnioFix a treatment option if:

- You have been diagnosed with an injury resulting in inflammation
- Conservative treatments such as anti-inflammatories, physical therapy, and bracing have not provided symptomatic relief of inflammation
- You want a non-steroidal option or have reached your recommended limit of steroid injections.

If you are interested in AmnioFix, please talk to Dr. Elison to get more information and to determine if you are a candidate for treatment with AmnioFix.



## July 2019

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



#### An Educated Guess

The students in a zoology class were shown a series of slides. Each picture framed only the legs of a rare and exotic bird.

Correctly identifying each species was how the students would earn their final exam grade.

“This is ridiculous!” one student shouted as he marched up to the front of the room, slammed his incomplete final on the professor’s desk, and headed toward the door.

The professor looked at the paper and noticed the student’s name was not on it. “Wait, what is your name?” he asked.

The student turned around, rolled up the legs of his jeans, and shouted, “You tell me!”

## A Treat for your Diabetic Feet

By Shannon and Marie

### Grilled Chicken with Rosemary-Mustard Cream Sauce



#### Ingredients:

4 tsp whole-grain Dijon Mustard, divided  
1Tbsp olive oil  
1 tsp chopped fresh rosemary  
¼ tsp salt  
¼ tsp black pepper  
4 skinless, boneless chicken breast halves  
Cooking spray  
3 Tbsp light mayonnaise  
1 Tbsp water  
Rosemary sprigs

#### Directions

Prepare grill

Combine 1 tsp mustard, oil and next 3 ingredients in small bowl; brush over chicken. Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.

Combine remaining 3 tsp mustard, mayonnaise and 1 Tbsp water in bowl, Garnish with rosemary sprigs. Use as a dipping sauce.

#### Nutrition Information

Calories – 262	Saturated Fat – 1.8g
Protein - 39.6g	Fiber – 0.2g
Carbohydrate – 1.7g	Iron – 1.4mg
Total Fat – 10g	Sodium – 448mg

## Facts About Wine

Most people enjoy a glass of wine now and again, but very few are aware of the many fascinating trivia facts that abound about the subject.

There are around 2000 completely unique wine grapes, but that number will actually increase to around 5000 identified wine grapes eventually, according to scientists. Of the 2000 so far identified, it would take the average person nearly 40 years to actually try each and every one.

More than 50 percent of all the wine drunk in the United States comes from just three producers, Constellation Brands, Gallo and The Wine Group. 17 percent of US sales are made by E&J Gallo alone, and there are over 10,000 wineries in the country at present.

In the 1990s DNA analyses of the different varieties of wine came up with some surprises, such as the fact that pinot noir, pinot gris/grigio and pinot blanc are all actually the same grape, with mutations just having changed the color.



## Memorization Tips

While students' disliking studying is nothing new, the fact is that that dislike is usually not born out of laziness but the reality that learning and then retaining that information is actually very difficult. The good news is that students across all age groups can make use of some simple tips to make the process a lot easier.



One of the most powerful learning tools is visualization. The memory mansion is one of the concepts that students can learn. This involves visualizing a room in detail, and then placing mental objects in that room you want to remember within your imagination.

When you later want to remember that information, mentally return to the room and visualize the area where you placed it. This technique has been proven to work extremely well with factual information.

Making mental connections is another good method of making sense of and remembering facts.

A great way for students to use the brain's natural desire to create meaning by forming mental connections is to proactively link certain pieces of information to other thoughts and ideas that they already remember; which should make it easier to recall the newly learned facts later on.

# Special Pain Laser Summer Discount

Fixing Feet is proud to offer MLS Pain Laser Therapy. You don't have to suffer in pain any longer. During the months of July and August we are going to be reducing the cost of pain laser treatment so more patients can take advantage of this exceptional treatment for pain.

Pain Laser Therapy is the use of specific wavelengths of light to treat painful and debilitating conditions. Light energy enters the damaged cells and stimulates inter-cellular activity. This reduces pain in the area and speeds recovery of the damaged cells. Once the cells recover, the healing process is complete.

MLS Laser Therapy is a painless treatment that lasts an average of 8 minutes, 2-3 times a week. You may experience a comfortable sensation at the point of application.

Most people experience positive results in 1 to 3 treatments, with the average course of treatment being 6 to 12 sessions.

Swelling is greatly reduced and there is a rapid relief of pain. Acute conditions usually subside quickly, typically within one phase of treatments, while chronic conditions can be controlled with regular treatments. The effects of MLS Laser Therapy are cumulative; therefore, expect to see improvement as you proceed through your treatment plan. It is critical that once you start, you complete the course of treatments recommended by your doctor or symptoms are likely to reoccur.

MLS Laser therapy has been cleared by the FDA and proven successful as evidenced by extensive studies.

Unfortunately, Pain Laser is not covered by any insurance, but during July and August we are going to be reducing our fees for this treatment.

For Acute conditions, ( i.e. tendonitis, plantar fasciitis, fractures, etc), normally require 6 treatments. Our normal price for 6 treatments is \$450, but during July and August we are discounting that to \$375 – a \$75 savings for the series.

In the case of a Chronic condition such as Arthritis, you will need 12 treatments at a regular fee of \$900. During July and August we are discounting this fee to \$750 – a \$150 savings for the series

There will be limited space for these appointments so don't delay in calling us. If you are unsure if Pain Laser Therapy is right for you, please contact our office to discuss with your Podiatrist.



## Being Proactive

Being proactive with your finances can save a lot of money in the long term, which makes it all the more important for people to be as productive as they can and get things that need to be done settled correctly and as quickly as possible. But how do you start being proactive?

The first thing you need to do is come to grips with your subscription services. One of the reasons companies use subscription services is that subscribers often forget to cancel services even when they no longer use them, so undertaking a regular overview of all your subscription services is vital.

Keep a list that you can check easily, and add to it whenever any new subscriptions are added. Whenever you stop using a service, cancel it immediately.

If you have any spare cash, you should be thinking about putting it to use somewhere it could gain you interest.

If you are hoping to be able to use that interest quickly than a high interest savings account would be the way to go, but for those with an eye on the long term then fixed-deposit accounts (some of which still accrue high interest rates) would definitely be worth a look.



# 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

JULY 2019

## If you suffer from Neuropathy, this supplement might help

*NeuRx-TF TABLETS* are ideal for nerve function support, as they combine powerful antioxidants that help protect nerve cells from oxidative damage related to aging and environmental stress.

*NeuRx-TF TABLETS* contain a total formulation of Alpha Lipoic Acid (350 mg), Benfotiamine (300 mg), Vitamin B6 (35mg) and Methyl B12 (2 mg).

As a dietary supplement, *NeuRx-TF TABLETS* may help maintain healthy blood sugar levels and are recommended for diabetic patients.



## July Dates to Remember

- July 1<sup>st</sup> – National Postal Workers Day
- July 4<sup>th</sup> – Independence Day
- July 7<sup>th</sup> – Nat’l Father/Daughter Take a Walk Day
- July 12<sup>th</sup> – Collector Car Appreciation Day
- July 17<sup>th</sup> – National Hot Dog Day
- July 21<sup>st</sup> – National Ice Cream Day
- July 23<sup>rd</sup> – Gorgeous Grandma Day
- July 26<sup>th</sup> – National Aunt & Uncle’s Day
- July 30<sup>th</sup> – National Father-In-Law Day

## July is also:

- National Grilling Month -  
<https://nationaldaycalendar.com/national-grilling-month-july/>
- National Anti-Boredom Month –  
<https://nationaldaycalendar.com/national-anti-boredom-month-july-2/>

## We are collecting School Supplies

A New Leaf began as a result of community efforts to address the escalating drug concerns in public schools. A New Leaf helps bring hope and new beginnings to victims of domestic violence and their children. Through shelters, victim outreach, advocacy and shelter over-flow program, they work tirelessly to help victims break the cycle of abuse. A New Leaf supports the Autumn House Domestic Violence Shelter in the East Valley and Faith House Domestic Violence Shelter in the West Valley among others.



For the months of June and July, Fixing Feet Institute has chosen to help this wonderful organization. We will be collecting school supplies for the families in need. We have provided the most requested items below for your reference. We have collection boxes located in our reception area.

Crayons – Pens – Pencils – Markers – Highlighters – Paper Notebooks – Glue Sticks – Rulers – Folders – Pencil Sharpeners – Mini- Staplers – Scotch Tape – Calculators Mini Scissors – 2 pocket folders – 3 Ring Binders – Soft Pencil Cases - Backpacks.