



## Dreams Do Come True!!

We all have dreams. Some are BIG and some are little, some are realistic and some are not. But each dream is important to the owner of that dream. And when you are able to achieve a dream, especially one you have had since you were 12 yrs old, the feeling is overwhelming.

John has been one of our patients for over 5 years now. Back when he was only 12 years old, he remembers dreaming of cars. He and his friends were into the muscle cars with Hemi engines, but his personal dream was to someday own a “Rolls Royce” – the epitome of luxury cars.



John has spent many years as a music teacher, but is now retired. John feels that the most exciting thing about retiring is being able to achieve some of his dreams. Dreams like seeing the Grand Canyon, “Standing on a Corner in Winslow, Arizona”, being able to buy all the iconic guitars of his childhood dreams, seeing Paul McCartney live, seeing John Lennon’s piano, and visiting the actual room where Beethoven was born.

You can see that most of John’s dream’s revolve around his love for music. John has been a member of several different bands over the years playing guitar, and only recently stopped playing professionally due to physical issues. But he still loves his music and has turned his garage into a Good Karma room filled with memories from the road to his dreams.

But there was still that dream out there to own a “Rolls Royce”. Recently John and his wife were looking for a second car. Going back and forth trying to decide whether to buy new or used. He had been looking for a year, when he found a 1982 Rolls Royce Silver Spirit with only 34,000 miles. His dream was about to come true!!



John recently sent a you-tube video that he made to celebrate the accomplishment of this dream. You can view his video at <https://www.youtube.com/watch?v=2TuGo3HTzwl>. He is not stopping here though, he will continue to go after his dreams.



John serves as an inspiration to all the dreamers out there. Keep dreaming, and with little faith, and hard work – your dreams can come true too!!

John tells us that there are only 2 things in life to know in order to be successful.

1. Never tell anybody everything you know
2. (He won't say – just referred me back to #1)



## MARCH 2018

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

#### Sunny Days Ahead

Sam was the worst meteorologist in the history of the science.

When he forecast sunshine it would rain, if he said it would rain it would snow.

After a miserable run on a local TV station in the Pacific Northeast, Sam decided to apply for a job in a small town in Arizona.

“So, what prompted your decision to leave Washington?” the Arizona station manager asked.

“The weather didn’t agree with me,” Sam replied.

## Registering for Online Courses

Once people have made the decision to study online, the first thing they need to do is then register for particular classes. Choosing specific classes to take, what order to do them in and with which faculty will all have an impact on your academic success and your investment with the program so such a choice needs to be handled carefully. One good tip is to work out the kind of instruction that is best suited to your particular requirements. Online classes can take place in real time, or be self paced, or a mixture of both approaches, and knowing the difference and being aware of which is best for your own schedule will assist you with choosing the right courses. Your personality and learning preferences are also an important factor that needs to be taken into account, as students who are more extroverted may get more out of online classes that feature lively group discussions than might be the case for more introverted students. Another good tip is not to overload yourself with classes at the beginning of your online study. Online colleges tend to have various course start dates throughout the year and those who are balancing various priorities or who are just concerned about becoming overwhelmed if they take on too much too soon can always add more classes later on.

## Brainstorming for Bloggers

Bloggers have to constantly generate fresh content and that never-ending requirement can often see the creative well running dry. The good news is there are tools and tips that can provide the spark of inspiration and create fresh ideas. One thing bloggers can do to try and find new ideas is to make extra use of the likes of social media, comment threads, forums etc. Look at the places where people interested in your subject matter are gathering and find out the kind of things they are discussing. The social aspects of such sites is a great tool for the generation of ideas for new content as you can learn what real people are debating and engaging with. An even more novel notion is to actually talk to people in real life! Talk to your friends and family members or anyone else you know whose interests converge with the subjects in your blog and try to find out what kind of content would interest them.

## Cracking Heels and Feet



Many people, particularly toward the end of the winter season, start to experience dry, cracked skin on their feet. This is most commonly on the heels, but it can also occur on any part of the foot.

For most people, the heel cracking is mild to moderate and results in slight pain and discomfort. For others, it can result in deep, painful cracks that bleed and cause significant risk for secondary bacterial infections. Diabetics or people with poor circulation in the feet need to be careful if there are any cracks in the heels or the feet as this can be a potentially serious condition.

To help treat dry, cracked heels and feet, try the following home remedies. If there are any signs of bleeding or redness and pain, make an appointment with your podiatrist as quickly as possible.

- **Foot soak** – It is important to soak your feet to remove the dead, dry skin that builds up and cracks. Never soak your feet in hot water as this further dries out the skin. Instead, use lukewarm water and sit back and relax with your feet in a mild, unscented soap and warm water soak for about 20 minutes once a day.
- **Scrub** – After soaking, towel dry the feet and use a loofah, pumice stone, or a similar product to gently remove the surface layers of dead skin. This may take several days to complete; do not take too much skin off the surface as this will cause discomfort.
- **Apply a heel balm** – Heel balm is a specialized product that is not the same as general moisturizers for the skin. It contains various products to both moisturize the skin as well as to promote healthy skin growth and healing. If you don't have heel balm, use the best quality moisturizer possible and avoid scented products that may irritate open areas.
- **Moisturize morning, noon and night** – If you can, try to at apply the heel balm three times a day. This will help to keep skin supple and prevent further cracking.
- **Liquid bandages may help** – To help keep lint out of cracks that are deeper and are painful, consider a spray-on liquid bandage. This will help to eliminate bleeding with deep cracks, but it is important to see a doctor if bleeding is occurring.
- **Honey and coconut oil** – Honey is a natural antimicrobial option to treat skin injuries. Apply after a soak at night and then put on thick socks and allow it to soak in overnight. Coconut oil can be used in the same way and provides a natural option to commercial heel balms for mild to moderate heel cracks.

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## Quell Units – On Sale (while supplies last)

Quell, is a 100% drug free technology proven to fight chronic pain. Quell offers the only wearable pain relief device cleared by the FDA for use during sleep and can help with conditions such as: painful diabetic neuropathy and other neuropathic pain, lower back pain (sciatica) and leg pain, fibromyalgia, osteoarthritis, among other conditions. Quell's patented OptiTherapy automatically adjusts intensity and energy level to provide stochastic (random) stimulation that ensures optimal therapeutic response for widespread pain relief throughout the entire body. Many of our patients have already benefited from this device – You could be next. Ask Fixing Feet about a \$50 saving on Quell while supplies last.

## SPRING

The spring season is full of changes. The leaves we saw fall and the flowers we saw wilt are now budding into lush, green, picture-perfect plants. Aside from the weather's changes that occur in the spring season, we are changing our lives as well.



When spring rolls into our lives, we start to pick up the slack that winter instilled inside us of becoming sloths. That New Year's resolution to join the gym starts being enforced, so you're sure to have your bikini body back in time for your beach vacation. No more lounging on the couch all day watching football – in the spring you can gather friends together at the park for your own game.

Take this spring season as a chance to participate in some community service, tending simultaneously to your environment as well as yourself. Help write the chapter of new beginnings this spring in creating positive outcomes in all areas of nature, and our health

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## Road Trip Tips

Road trips are often something that sounds like more fun than they actually end up being, but some simple tips and advance preparation can make them a lot less irritating than they could otherwise become.

One good tip is to make a good playlist.

Rather than relying on entirely on the radio for your musical entertainment needs on the road, something that can get very tedious very quickly thanks to the tendency of stations to endlessly replay the same songs, but you may not even be able to access your favorite stations at some point in your journey.

Make sure that your phone is loaded up with nostalgic songs, current tunes, podcasts and even audiobooks to keep you feeling happy and lighthearted on the drive.

Kids love surprises, so make it a point to have a few surprise kits for the road trip for your kids stashed away in order to bring out when they start getting restless and bored.

Boxes or bags containing sticker books, drawing pads, washable window markers and crayons will certainly keep the little ones entertained.



## New Parents and Financial Planning Advice

Having a child brings with it major financial costs, and new parents need all the financial tips they can get to negotiate such a potential minefield.

The great majority of couples will have had a discussion about their goals, financial and otherwise, before they get married, but those priorities will change now that a child is in the picture so this discussion needs to be revisited.

Prioritize goals such as college savings, retirement and down payments on your home and try to avoid stretching your finances too thinly.

It is also a good idea to increase your reserve of emergency savings. Most people keep some money in reserve in case of emergencies, but now that a baby is on the way you should probably increase the amount you have stashed away in the event that your job does not pay maternity or paternity leave or the mother suffers medical complications that forces her to stay off work for longer.

Life insurance is another issue that should be considered to ensure your child will be cared for financially in the event that one or both parents are no longer alive.

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## History of National Doctor's Day (March 30<sup>th</sup>)

National Doctors' Day commemorates the date that Crawford W. Long, MD, first administered ether as a surgical anesthetic. The occasion was first observed in 1933 by Eudora Brown Almond, wife of Dr. Charles B. Almond, to express appreciation for the lifesaving work of doctors everywhere. In 1990, President George H. W. Bush recognized the numerous contributions of physicians by formally designating March 30 as National Doctors' Day.

The day is traditionally celebrated by sending a written expression of gratitude to a physician and also through the display of red carnations, the symbolic flower of Doctors' Day.



## March Dates to Remember

- March 6<sup>th</sup> – National Dentist's Day
- March 11<sup>th</sup> – Daylight Savings Time Begins
- March 12<sup>th</sup> – Plant a Flower Day
- March 17<sup>th</sup> – St. Patrick's Day
- March 20<sup>th</sup> – First Day of Spring
- March 29<sup>th</sup> – National Medical Biller's Day
- March 30<sup>th</sup> – Good Friday
- March 30<sup>th</sup> – Passover Begins at Sundown
- March 30<sup>th</sup> – National Doctor's Day
- March is also: National Kidney Month  
<https://www.kidney.org/>
- Multiple Sclerosis Awareness Month  
<http://www.nationalmssociety.org/>
- American Red Cross Month  
<http://www.redcross.org/>

## Help us fill their bowls and feed some hungry Pets!

During the month of March and April we will be collecting pet food, and other pet items to help pet owners who are facing challenging times, be able to keep and take care of their pets.

The Empty Bowl Pet Food Pantry helps people who have been knocked off their feet because of a job or home loss, illness, or community disaster. They also help Veterans, domestic violence victims, and the Red Cross with pet food and pet items so their pets can stay with them and be taken care of.

We will have collection boxes placed in our reception area. If you would like to donate something other than pet food, you can see their complete wish list on their website at <http://www.emptybowlpetfoodpantry.org/inkind-donation-needs.html> or contact our office.

