



Celebrate Thanksgiving with Grateful Feet

Thanksgiving is the perfect time to give something back to yourself, and finding 20 minutes to pamper your feet at this time of year is both refreshing and relaxing.

There are several ways to take care of your feet or even have a spa-like experience in the comfort of your own home.



- Foot massagers – The new generation for foot massagers include everything from shiatsu massage to heating and compression. While these are not always low-cost options, they are amazingly relaxing and provide relief for sore feet, plantar fasciitis, and for heel pain. There are also models of foot spas and bath massage systems that are a great gift for yourself or someone else.
- Foot soaks - Warm water and soaking the feet in Epsom salts is another way to add relaxation and to help with any swelling in the feet after a busy day preparing for the holiday season. Vinegar is a natural treatment for dry, cracked feet, just be sure to use cool or warm water. Do not use hot water in foot soaks as this can lead to increased problems with cracking and drying.
- Foot scrubs – While there are sugar- and salt-based types of foot scrubs on the market, these are also easy to make at home. Baby oil mixed with either white sugar or salt crystals is a simple option to remove dead skin and improve circulation in the feet and ankles. Feel free to add an essential oil such as peppermint for an invigorating foot scrub or lavender for a calming and relaxing experience.
- Dry foot treatment – Rather than buying over-the-counter dry foot soaks, try making your own. Use a cup of whole milk, four cups of warm water, a few drops of tea tree oil or a combination of your favorite essential oils, plus about a half a cup of baby oil and salt or sugar. Soak your feet in the warm water and milk combination for about 10 minutes. Use the baby oil, essential oils, and sugar or salt to scrub the feet, then rinse and dry completely by patting the feet with a towel. Finish with a good quality moisturizer and slip on your most comfortable socks. Try doing this before bed and leaving the socks on overnight.

Keep in mind: If you are making a sugar foot scrub, you can also opt for a pumpkin spice scent.

Use half brown sugar and half white sugar, and sprinkle in some cinnamon, nutmeg and ground cloves, then mix in coconut oil to provide a wonderful foot scrub with a fall-themed aroma.

NOVEMBER 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 Inspirational Quote



Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.

- Henry Van Dyke

Happy
Thanksgiving

From our
Fixing Feet Family
to you and your Family.

A Treat for your Diabetic Feet

By Shannon and Marie

Sugar-Free Cranberry Sauce



Just in time for Thanksgiving this sauce can make you feel a little less guilty about your dinner plate. Also, we will be serving this at our 7th Annual Thanksgiving Dinner (along the regular jellied canned cranberry sauce).

Ingredients:

1 teaspoon cornstarch
1 cup Monk Fruit sweetener
½ cup water
3 cups fresh or frozen cranberries
1 medium orange, peeled and sectioned

Directions:

Combine cornstarch, Monk Fruit, and water in a medium sauce pan.
Stir until Monk Fruit and cornstarch are completely dissolved
Stir in cranberries and orange sections; bring mixture to a boil, stirring constantly, over medium-high heat.
Reduce heat and simmer for 5 minutes or until cranberry skins begin to pop, stirring often. Mixture will begin to thicken.
Set aside to cool. Cover and chill at least 3 hours.
Serve cold or warm (warm in microwave for 10 seconds and stir).

Creating an Inspiring Home Workspace

Creating a space in your home that inspires creative thinking is easier said than done, there are a number of ways that such spaces can be created in a fairly simple manner.



One good tip is to have a creative space that seems like a work in progress, where things feel unfinished and ever-changing. People are often their own worst critics, but everyone is in a constant state of change and are works in progress as human beings, trying to become better versions of themselves, so having a workspace in the home that reflects this is a good method of allowing inspiration to flourish.

Another, related, tip is to embrace not just change but imperfection. Dirt and rust do not always have to be bad things, and in fact things that do not look completely new and straight out of a shiny showroom actually add character. Many creative spaces also come with an abundance of plant life, together with an eclectic display of different kinds of objects that can trigger both memories and new ideas.

How to Stay Motivated While Learning

A learning journey is not always an easy one, and life events or just a lack of motivation in general can often derail even the most initially eager student. However, obstacles can always be overcome, especially if you keep in mind some of the following advice.



One good tip to stay motivated as you learn is to meditate on your ultimate goal.

Meditating and visualizing what you are hoping to gain at the end of your study journey on a regular basis can help you to stay focused and committed.

Just five minutes a day in meditation can help you to keep moving forward even when the prospect of study feels tedious and overwhelming.

Another good tip is to make a schedule. The most desirable goal imaginable will only ever stay a dream without a solid action plan outlining the steps you need to take to make it actually happen.

You should write a list of everything you need to do at the start of every week, and a daily one every morning.

It is also a good idea to do the most difficult chore straight away, allowing you to concentrate on everything else without that daunting prospect to distract you.

How to Get Healthier Skin

Making minor changes to your routine can have a big impact on the health of your skin. Basic skin health tips include regularly washing your face and making use of a moisturizer that is suited to your skin type. Personal preferences also play a role in finding the routine and products that work best for you.



Wearing sunscreen is perhaps the most important tip to ensure your skin is glowing and healthy.

A broad-spectrum sunscreen that comes with an SPF rating of at least 30 that is applied every day will help to protect you from the likes of skin cancer, wrinkles and sun spots. Other sun safe strategies are also important however, including staying in the shade wherever possible and making use of protective clothing.

Another good tip is to find an exfoliation routine you like and can stick to. Exfoliation serves to remove dead skin cells and expose the smoother new skin beneath. Chemical exfoliators are recommended by dermatologists rather than physical ones as they are usually gentler to the skin.

Intuitive Parenting Tips

Intuition is about the inner voice we all have that instinctively tells you when something is right or wrong.

It can take time to develop and know when to listen to that intuition, particularly in regards to parenting but there are some tips that can help you to do just that.



Honesty is important in regards to having a healthy relationship with your children. Children are experts at reading the energy of their parents and can detect dishonesty to a surprising degree. The flipside to this is they can also sense honest and congruency and will only respect and revere you more for it.

Clarity is also crucial to make better decisions as a parent. Take some time out to relax and take a few deep breaths before making any important decisions about your children.

Sticking to the decisions that you make as a parent and being comfortable with and proud of them is also vital for your own peace of mind. Stop judging and second-guessing yourself and your decisions, and trust your gut feelings.



Increase Your Financial Literacy

In today's world it is more important to be ever to be financially literate. Money is crucial to modern life and it is vital to have a solid knowledge based in regards to finances.

People can actually earn a lot of money but end up with little because of a lack of understanding of money management, making it vital to gain knowledge and have a plan of goals you want to achieve in your life.

One good tip is to develop a learning mentality, which is never too late to begin. You can begin to learn about how things work such as credit cards, investment opportunities, real estate investment, stock market investment and social security.

Try focusing on just the one topic at a time so as to not become overwhelmed.

The government has a list of financial resources available via the internet. Studying and analyzing these reports will surely increase your financial knowledge over time.

If your finances are in trouble it is crucial to research ways that exist to help you, including non-government tools.



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

NOVEMBER 2019

Latest styles in Compression Wear

We have the best name brands of Compression Wear, in the latest styles, available in our office. Our products are available in a wide range of compression and sizes. If you feel you might need some Compression Wear, speak with your Podiatrist for a recommendation. We have a large stock available for immediate purchase. In the event we don't have the style or size you are looking for, we will order it for you. Stop by the office and see what we have to offer.



November Dates to Remember

- November 7th – National Men Make Dinner Day
- November 10th – US Marine Corp's Day
- November 11th – Veteran's Day
- November 13th – World Kindness Day
- November 17th – National Take a Hike Day
- November 18th – Mickey Mouse's Birthday
- November 21st – Great American Smokeout
- November 23rd – National Adoption Day
- November 25th – National Play Day with Dad
- November 28th – Thanksgiving Day
- November is: National Diabetes Awareness Month
<http://www.diabetes.org/>
- National Alzheimer's Awareness Month
<https://www.alz.org/>

It's time for our Annual Food Drive

Every year, we at Fixing Feet Institute host a food drive to benefit the St. Mary's Westside food bank, located right here in Surprise.

Founded in 1967, St. Mary's is the world's first food bank. The idea came to founder John Van Hengel when he was volunteering at St. Vincent DePaul, serving dinner to those in need.

Today, St. Mary's Food Bank is one of the largest food banks in the United States, and proud of the impact it has had on Arizona and around the world.

Please join us by dropping of your non-perishable food donations in the bins located in our office reception area. The Food Bank will accept any food that is not perishable or packaged in glass containers. However, if you would like a list of their most needed items you can contact our office.

