



## Foot Health in Swimming Pools

As the hot days of summer roll around and kids and adults look for a way to cool off, gathering at the local community pool is a great idea. With more and more families having their own pools in their backyard, kids may naturally gravitate to the home with the pool.



In both public pools and private pools, there are some simple tips for kids and adults to help protect their feet from different types of fungal infections, bacterial infections, and injury.

To protect your feet in the summer months while you are enjoying the pool, consider the following simple tips and tricks to keep your feet healthy.

- Swimmer's shoes – Water shoes do keep the skin of the feet from making contact with the surface of the pool deck, the locker rooms, or the lounging areas around the pool. Wear these shoes anywhere water or moisture is an issue around the pool as well as the surrounding area.
- Look for open wounds – Any areas on the foot that are red, irritated or which are cut, blistered or otherwise injured should be covered with a waterproof bandage before entering the pool. Never go in the pool with an open sore on the feet or the rest of body. While chlorine in a pool is designed to prevent the spread of bacteria in the water, if it is not properly maintained, it may leave you at risk for significant infections.
- Dry skin – Exposure to chlorine and other pool treatments can result in an increase in dry skin on the feet or other parts of the body. For those with dry skin, consider using swimming or water socks to keep the feet dry.

Talk to your podiatrist if you have any concerns about your feet and being in the swimming pool.

If you notice any rash, discomfort, or irritation, particularly between the toes, be sure to see your doctor as it may be athlete's foot or another foot fungus.



## JUNE 2018

Hello! We are pleased to send you this monthly issue of *Foot Notes*. 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



#### Good Advice

“What can I get for you today?” asked the waiter.

“I’ll take the meatloaf dinner and a bit of good advice,” said the man seated in the booth.

Minutes later, the waiter returned with a hot plate of food.

“Here you go.”

“Hey, what about the good advice I asked for?”

The waiter leaned down and whispered, “Don’t eat the meatloaf.”

## How Families Can Travel Smarter

Family travel and road trips can be a wonderful experience, but they can also be expensive and stressful if handled in the wrong way. The good news is following a few simple tips can ensure your family holiday will go smoothly and will end up a happy memory for all.

One good tip is to consider making use of a vacation rental home rather than a hotel. Using an actual home means your family will be able to avail themselves of a kitchen that is fully stocked, as well as be able to enjoy family meals around the kitchen table and store ingredients that can be used to create homemade meals.

Another good tip is to roll your clothes rather than fold them. This is a great way to cut down on the amount of suitcases you need to take with you as rolled clothes take up considerably less space than folded ones and also wrinkle far less easily. Packing meals to take with you instead of spending the great majority of your holiday budget on restaurants will also save you a lot of money and allow you enjoy more family activities and excursions.

## Tips for Interior Design

Interior design is important with studies showing that it can cause particular reactions and even affect our mood. Our psychological health and overall happiness can be impacted by our living space, making it all the more important to make the best space you can. But how can you gain the inspiration to create the best living space? An interior design sense can be improved with just a small commitment of time and there are many ways to find inspiration. The internet offers numerous message boards and expert blogs as well other resources generated by users that offer discussion and advice.

Away from the internet there are also a myriad of books you could buy or borrow from your local library that are filled with guidelines and tips and can be a major source of inspiration. However, as important as books and websites can be, it is important not to become too reliant on them and to remember that some rules are made to be broken. Never be afraid to follow your instincts and try new things as trying different things is the way in which you will hone your interior design skills and find out what really works for you.

## Tweak Your Diet

Healthy eating and improving nutrition can be intimidating concepts to many people, simply due to the level of confusion over calories, fat and other issues. However there are some pieces of advice that almost all nutritionists agree on.



Many people are under the mistaken belief that all kinds of fat are bad for them, but the truth is that the likes of polyunsaturated and monounsaturated fats, otherwise known as omega-3 fatty acids, are the exact opposite, capable of helping with good heart health and reducing inflammation.

These fats can be incorporated into snacks and meals with foods such as nuts, avocados, oils such as coconut and olive, and fish such as salmon.

Many people still do not get enough fiber in their diet, and the best way to correct this is to consume the likes of fruits, vegetables and whole grains.

Rather taking away other food stuffs, it is often simpler just to think about what to add to your diet, as adding fruit and vegetables is only ever going to be a good thing for your health.

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## Are Free Radicals Causing Premature Aging?

Each day we exposed to free radicals – many of the physical effects we call aging are a result of free radical damage, and no matter how healthy you try to be, you receive free radical damage every single day.



When left unchecked, free radical damage to your cells accumulates and can lead to serious health concerns later in life. In fact, free radical damage can cause premature aging and is a large factor in deterioration of health over time.

Antioxidants are your first defense against free radicals – they freely share their electrons and stop the degenerative chain reaction of free radicals. Our bodies naturally generate some antioxidants, however, new research shows additional sources of antioxidants may provide added protection against a growing onslaught of free radical invaders.

The patented Pharmanex BioPhotonic Scanner is a cutting edge testing tool that non-invasively measures carotenoid levels in living tissue, providing an immediate indication of a person's overall antioxidant levels. Everyone can instantly know their own antioxidant status, empowering individuals to make improvements to their diet and lifestyle, and help them to make an informed decision on which supplements are properly formulated to impact their antioxidant health.

Fixing Feet Institute is now offering this scanner in our office. It is a simple and painless way to know more about your health! We can also help to choose the best supplements to increase your antioxidants. Just ask!

## Dealing with a Bad Day

Everyone has an off day from time to time, and oftentimes those bad days at work are the result of circumstances and stresses beyond their control.

However the good news is you can make a bad day at work less of a pain by following a few simple tips.



Work is one of the leading causes of stress, making it crucial to combat this with a few simple questions. Asking yourself what is truly important and what does not really matter is one of the simplest yet most telling questions you can ask, and you become more productive improve your confidence again by starting off with the easiest of tasks.

The next step should then be to create new but realistic deadlines that you will be able to accomplish and talk about workload reduction with management if you have become stretched too thin.

If the bad day your boss is experiencing because of the stress that they are under is trickling down to ruin your day or your work relationship is suffering due to different communication styles, try to improve that relationship by adopting their preferred communication style.

However, on some days, the best solution may just be to stay out of their way as much as possible.

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## DRYPro Waterproof Cast Cover is now Available at Fixing Feet Institute

The DRYPro™ waterproof cast cover is completely watertight, keeping your casts, bandages, and wounds dry. The DRYPro™ waterproof cast cover is the only leg and arm cast protection in the world with the patented vacuum seal to keep you dry. It is so protective, between the waterproof materials and the vacuum seal, that you can even dive off a diving board or ride the ocean waves and still have your cast or bandage stay completely dry!



The DRYPro™ waterproof cast cover fits snug, yet comfortably, offering protection during any water activity- showers, baths and even swimming. Unlike “modified garbage bag” products, the cast protection offered by the DRYPro™ waterproof cast cover is unmatched because it remains vacuum-sealed and in place, only removed when the seal is released by you.

The DRYPro waterproof cover is also used for immediate postoperative physical therapy, allowing hydrotherapy right after surgery, which helps prevent swelling and stiffness and aids in a speedy recovery. All levels of physical therapy, including head NFL trainers, Major League teams and the collegiate level, use the DRYPro™.

The DRYPro™ waterproof fabric is rugged and is made of durable high quality surgical latex. The special Non-Skid Grid™ protects the sole and helps prevent slipping during usage. The pump not only creates the vacuum seal but also works as a gauge showing that the vacuum is intact and cannot leak. So go ahead and **ENJOY THE WATER!**

# SAVE MONEY



### Tips to Save Money

Finances can be a major source of stress for many people, but the good news is there are some simple tips that can help to balance the budget and maybe cut down on some of the worries surrounding cash flow.

One of the single most important tips to save money is to take a long hard look at precisely where your money is going and begin making any viable and necessary cuts.

Whether it is a bad Starbucks habit, take-out dinners or too many lunches out, chances are you will find a number of things that are costing you a lot more money than you probably realize.

Planning out meals can also save a lot of cash at the grocery store.

Other tips to reduce costs can include decreasing your phone's data usage limit, use rewards programs and coupons and begin to track the use of utilities such as electricity in your home.



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS JUNE 2018

Dry Skin Ruining Your Summer?

We can help! At Fixing Feet Institute we have several choices of lotions and creams to soften skin.

Foot Miracle Therapeutic Cream - immediately softens callused and rough areas of the body. Specifically, heels, elbows, knees, etc. Rejuvenates tired, extremely dry feet, hands and nails. Quick Absorption directly into the skin, never leaving a greasy feel and a fresh pleasant mild fragrance.



Amerigel Care Lotion - Natural, fast absorbing moisturizer for all skin types. Rehydrates and soothes dry, irritated skin.

Kamea 20 Emollient Foot Cream - Urea based cream that contains ingredients that condition, moisturize, and improve the appearance of skin.

June Dates to Remember

- June 4th - Hug Your Cat Day
June 7th - National Chocolate Ice Cream Day
June 8th - Best Friends Day
June 10th - Iced Tea Day
June 15th - Smile Power Day
June 17th - Father's Day
June 19th - National Kissing Day
June 21st - First Day of Summer
June 26th - Forgiveness Day
June 27th - Sun Glasses Day

June is also: Myasthenia Gravis Awareness Month
National Scleroderma Awareness Month

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.