



## Tips for Choosing Fitness Shoes

In Arizona, August is back to school time. Here at Fixing Feet Institute it is back to health too, particularly if staying healthy and losing weight is your goal. In order to get started you need the right equipment with any sport. Many people think that any type of running shoe will do for all types of fitness activities. This can lead to foot and leg problems that derail your goals.

To help ensure you choose the correct fitness shoes for any activities, here are a few critical factors to consider:



- Get the right shoe for the job – Today, athletic shoe companies use a lot of science and technology in the design and development of their shoes. The top companies and even some of the niche athletic shoe companies offer specialized shoes for different activities such as running, CrossFit®, cross training, tennis, walking and other sports. Choose the shoes that are designed for a specific sport or, as recommended by our podiatrists, choose the shoes that offer the best support for your particular foot type and gait.
- Correct size – Make sure to have your feet sized at the shoe store. Choose an athletic shoe store where employees are trained to provide assistance in getting the correct size and type of footwear, not a general department or discount store where there is limited if any customer assistance. Where you buy your shoes is important.
- Try out the shoes – Take the time to put both shoes on and lace them up, then walk around the store. Athletic shoes don't need to be "broken in," they should feel comfortable, supportive, and good on your feet. Be sure to wear the athletic socks that you will also wear when working out to have the correct fit.
- Consider inserts – For those with orthotic inserts, bring the inserts with you when you try on and try out the shoes. This will be important as some shoes may not feel comfortable when the original foot bed is replaced with the insert.
- Consider your gait – If you are looking for running shoes, be sure to know your gait. Most runners will have a pattern of wear on their current shoes that shows if they are neutral, over-pronate (roll inward) or supinate (roll outward). Different running shoe models can be used to correct over pronation or supination.
- Talk to the podiatrist at Fixing Feet Institute for help. When foot problems are already present, it is important to talk to our podiatrists. We will recommend shoes for stability, arch support or motion control, depending on your foot type, sport activity and personal needs.

It is important to always wear the right type of shoes, even when working out on a treadmill or running on an indoor track. Come in and ask us about proper shoes and get Back-To-Health!!

## August 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



#### Seize the Day

A priest awoke one Sunday morning and thought, "This would be the perfect day for a game of golf." He dressed quickly and left a note on the door explaining that church was cancelled due to illness. Then he drove to a golf course far away.

As he made his way to the first tee, St. Peter and God looked down on him from above.

"Are you seeing this?" St. Peter asked. "I hope you have a suitable punishment in mind for this behavior."

"I do," God replied. "Watch this."

The priest swung his club and hit his first ball. It sailed through the air, landed on the green and dropped for a hole-in-one.

"Forgive me Lord," St. Peter said, "but I thought you were going to punish him?"

"I did," God replied. "Who can he possibly tell about this?"

## Dental Health Tips

The standard advice for healthy teeth is to brush twice a day and eat less sugar, but those two tips may not be enough to prevent cavities.

The way you brush your teeth can be a factor in dental health. Brushing your teeth should take a couple of minutes each the two times per day you perform the action, as frequent brushing prevents bacteria from becoming developed and established on teeth.

A small toothbrush may be better than a large one as it is able to get to more awkward areas within the mouth, and medium textured bristles can also increase the effectiveness of cleaning without hurting your teeth or gums. Electric toothbrushes may also be more effective than is the case with manual brushing.

You need to make sure you are using fluoride toothpaste, which is able to replace the lost minerals in teeth, prevent decay and make teeth stronger.

Clean your teeth last thing at night and do not eat or drink anything else afterwards. It is also a good idea to get out of the habit of rinsing your mouth afterwards, as this actually washes away the fluoride that is helping your teeth and tooth decay can be reduced by up to 25 percent just by following this simple tip.

## Essential Air Travel Tips

Air travel is always an enthralling experience, but there are some tips that can make that travel smoother and more comfortable, even for those who only travel in such a fashion every few years. One good tip is to avoid wearing flip-flops in airports, no matter how warm it may be if you are travelling during the summer months.

If you insist on doing so, then it would be best to put some socks on in order to go through security, as the shoes will have to come off and you will otherwise end up barefoot.

Another good tip is to plan ahead in the event of flight delays, which do happen. Those on prescription medications should make sure you have enough to last the length of the trip, including any extra unplanned nights you may have to spend away from home.

## 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 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 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.



## Improving Gut Health

Gut health is crucial to our overall health, and attention is required immediately if there is a problem.

The likes of sleep deprivation, increased stress levels and a diet that includes lots of processed food and sugar are all factors that can impact on gut health, causing digestive problems, unplanned changes in weight, food intolerances, skin issues and even autoimmune diseases.



One simple but important method of improving gut health is to make it a priority to get some quality sleep, between seven to eight hours per night, which also provides a multitude of other health benefits.

A healthy diet is also crucial. Cut down on processed foods and those high in sugar and fat content, and increase the consumption of lean protein and plant-based foods.

Foods that have high fiber content also promote gut health, as does the intake of probiotic-rich foods such as yogurt, kombucha (a fermented tea) and kefir.

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## Runners and Nutrition Tips

Those who regularly run long distances, such as marathon runners, have particular dietary and nutrition needs that need to be taken into account.



One good tip is to load up with carbs in the week prior to a race as carbohydrate stores is what the body primarily relies on during the event and stocking up beforehand will make sure that your muscles are capable of handling the strain.

However it is important to ensure that your intake of calories does not increase while you are training, as you do not want to actually put on weight prior to such a taxing event.

It is also crucial to have a good meal the night before any major running event. Eat something you know you enjoy but which is also rich in carbohydrates such as the likes of bread, pasta, potatoes or rice to stock up carbohydrates in your liver and muscle.

Likewise, breakfast on the day of the race should be carb-based and very low in fat and fiber, which can both result in upset stomachs during running.

## A Treat for your Diabetic Feet

By Shannon and Marie

### Chicken Salad Stuffed Avocado



#### Ingredients:

- 2 medium avocados
- Juice of 1 lime
- 2 cups of chopped cooked chicken breast (To save time you can use a rotisserie chicken)
- 2 tbsp. diced carrots
- 2 tbsp. diced radish
- 4 tbsp. spicy brown mustard
- ½ tsp. garlic powder
- 1 tsp extra virgin olive oil
- Salt and Pepper, to taste
- Lime wedges for garish

#### Directions:

Cut avocados in half lengthwise, remove pits, and scoop out pulp into mixing bowl. Place avocados shells aside.

Add lime juice and mash avocado. Add chicken, carrots, radish, mustard, garlic powder, olive oil, and salt and pepper (to taste) and mix gently to combine.

Spoon mixture into avocado shells, mounding in center, and serve immediately with lime wedge. Can also be served on whole-grain bread for a sandwich or in a whole-grain tortilla for a wrap.

Recipe Yield: Makes 4 servings

#### **Nutritional Info per serving:**

- Calories: 290
- Fat: 16 grams
- Saturated Fat: 2 grams
- Fiber: 6 grams
- Sodium: 146 milligrams
- Protein: 29 grams
- Carbohydrates: 8 grams



# 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

AUGUST 2019

## Mark your Calendar for our 2<sup>nd</sup> Annual Foot Health Fair

Be sure to set aside some time on Saturday, September 28<sup>th</sup> from 11am to 3pm, to stop by our office and attend our Free Foot Health Fair. We will have several vendors who offer foot care services and products, such as MiMedx, Encompass Home Health Care, Home Instead, shoe vendors and more. We will also be offering Free Circulation Screening by Vascular Imaging Solutions, and Free Fall Prevention demonstrations. Free product samples and give-aways, as well as a raffle and FREE FOOD!

Please let us know if you plan on attending, and how many people you will be bringing with you, so we can make sure to have enough food!! Phone – 623-584-5556 E-mail – [fixingfeetinstitute@gmail.com](mailto:fixingfeetinstitute@gmail.com) Fax 623-584-0755

## August Dates to Remember

- August 4<sup>th</sup> – Coast Guard Day
  - August 6<sup>th</sup> – Wiggle Your Toes Day
  - August 11<sup>h</sup> – Son's and Daughter's Day
  - August 15<sup>th</sup> – Relaxation Day
  - August 17<sup>th</sup> – I Love My Feet Day
  - August 19<sup>th</sup> – National Aviation Day
  - August 21<sup>st</sup> – Senior Citizen's Day
  - August 26<sup>th</sup> – National Dog Day
  - August 31<sup>st</sup> – National Matchmaker Day
- August is also:

Family Fun Month

<https://nationaldaycalendar.com/family-fun-month-august/>

International Peace Month

<https://nationaldaycalendar.com/international-peace-month-august/>

## Help us Help Homeless Children

The Children First Leadership Academy inspires students to be critical thinkers, problem solvers and active citizens. The school serves the whole child by providing transportation, Food, Clothing & Medical Care.



100% of the students and their families are at or below the poverty line and a vast majority of students are Homeless. There are approximately 300 students Grade K-8 that need your help.

During the months of August and September we will be collecting items for the students, ranging from Food, Clothing, Healthcare and Hygiene items and of course, school supplies. We will have collection bins located conveniently in our reception area.

To obtain a list of their current needs, please contact our office or go to their website at

<http://cfaphoenix.org/donate/current-needs-list/>

Please consider making a donation – It will make a difference to child in need.