



Is Poor Circulation Causing your Foot Pain?

If you have poor circulation, your blood flow is compromised. For one reason or another, blood is not getting where it needs to be. Most people notice circulation problems first in the extremities, with that pins-and-needles feeling, but it can also affect the heart and other organs. Blood circulation is how nutrients and oxygen are brought to your body's organs. Poor circulation is starvation to them.



Poor Circulation can cause pain, numbness, swelling, discoloration, sores and injuries that do not heal, and if left untreated can lead to amputation. If you answer yes to any of the questions below, you may want to have your circulation tested.

- Do you have leg discomfort (aching, fatigue, tingling, cramping or pain) when you walk that gets better when you rest?
- Do you have a history of Cardiovascular disease, Diabetes or blood clot?
- Do you have a sore (ulcer) on your leg or foot that is slow to heal?
- Do you have unusual hair loss or discoloration in your legs?
- Do your feet and toes feel numb or cold, even when the temperature is not cold?
- Have you suffered a severe injury to your legs or feet?
- Do you have Varicose Veins?

Peripheral Arterial Disease (PAD) is a serious circulatory problem in which the blood vessels that carry blood to your arms, legs, brain and kidneys, become narrow or clogged. It affects over 8 million Americans, most over the age of 50. It may result in leg discomfort with walking, poor healing of leg sores/ulcers, difficult to control blood pressure, or symptoms of stroke. People with PAD are at significantly higher risk of stroke and heart attack.

Chronic Venous Insufficiency (CVI) is a serious circulatory problem that occurs when the venous wall and/or valves in the legs veins are not working effectively, making it difficult for blood to return to the heart from the legs. It affects millions of Americans, most over the age of 40. Symptoms of CVI include varicose veins, skin problems, leg and ankle swelling, tight calves and legs that feel heavy, tired, restless or achy. Factors that can increase the risk for CVI include pregnancy, obesity, smoking, standing or sitting for long periods of time, and not getting enough exercise.

Don't be alarmed if you have poor circulation as there are treatments available and they are very successful. Getting tested is the first step towards better health.

We now have testing available in our office for both PAD and CVI. If you answered yes to any of the questions, please talk to Dr. Viedra Elison or Dr. Peyman Elison, to see if you should be tested for poor circulation. The test is covered by most insurance plans.

FEBRUARY 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



Smoke Break

“Can I bum a smoke off you?”

Tom asked his co-worker Reggie.

Reggie began to hand his pack of cigarettes to Tom but then stopped and said, “I thought you said you were going to quit?”

“I did, and I am, but it's a process,” Tom replied.

“Right now, I'm just in phase one.”

“What happens in phase two?” Reggie asked.

“You quit buying.”

It is not too early to start thinking about your summer feet.

Do you want to hide your toenails because of ugly fungus? Summer is not far away, and sandal season along with it. Get your toenails looking better in time for summer with Tolcylen™ products, now available in our office

Tolcylen™ Solution is a first product of any kind that can deliver an anti-fungal formulation to infection sites while also introducing cosmetic agents clinically proven to rapidly improve the appearance of thickened, dehydrated and discolored nails.

The cosmetic ingredients found in Tolcylen™ (including urea, lactic acid and propylene glycol) have been clinically shown to improve nail appearance of fungal and non-fungal nails beginning as early as 10 days. Several placebo controlled studies show 92% of patients with onychomycosis see marked improvement in nail appearance within 8 weeks and 77% at 2 weeks respectively, when treated with a formulation containing these cosmetic agents.

By combining antifungal, cosmetic and low molecular weight agents, Tolcylen™ Solution is the only product of any kind to simultaneously treat fungal infections and nail appearance in one formulation. Feedback from patients using Tolcylen™ Solution since it was introduced in 2017 have been overwhelmingly positive with many reporting 90%+ satisfaction at 1 to 3 months. Contact our office for more information on this amazing new product for Fungal infections.



BEFORE

AFTER

Boosting Your Metabolism

Metabolism is the term given to the body's chemical reactions that are responsible for it continuing to function and live. When a metabolism is at a certain height, more calories are burnt and it also becomes easier for people not only to lose weight but also to keep it off.



A high metabolism also makes people feel good and boosts their energy levels.

Some people are naturally blessed with high metabolism, but that is not the case for most people.

In order to increase your metabolism, you need to eat healthy and to consume the right kinds of food.

Protein can increase your metabolic rate by between 15 to 30 percent, helping to boost food's thermic effect, which is the result of the extra calories that are needed in order to absorb, digest and process the amount of nutrients in the food.

Drinking oolong tea or green tea can also be beneficial as it is believed to increase metabolism by up to as much as four or five percent.

The teas can convert some of the body's stored fat into fatty free acids capable of increasing the process of burning fat by between ten to 17 percent and are also low in calories themselves.

Eliminating Sugar Cravings

Everyone is familiar with the concept of sugar cravings, and there are few people who do not crave something indulgent, rich and sweet at some point during the day.



However such urges, when indulged in too regularly, can be counterproductive to many people's attempts to stay healthy, but there are ways in which you can beat those daily cravings.

One good tip is to develop a taste for apple cider vinegar.

A teaspoon of apple cider vinegar added to a water bottle can last all day and reduces sugar cravings by stimulating the stomach's gastric juices, which also helps with digestion and regular bowel movements.

Another good tip is to consume foods with a more bitter and acidic taste to them, such as artichokes, chicory, radicchio and rocket, which also promote gut health and can even make your taste buds slowly but surely begin to find former favorite foods overly sweet.

Reducing caffeine intake can also cut down on sugar cravings as too much coffee can have an impact on your blood sugar levels; just the one cup of coffee per day is recommended.

A Treat for Your Diabetic Feet

By Shannon and Marie

Raspberry Heart Cookies

Ingredients:

3/4 Cup Unsalted Butter, Room Temp
1/4 Cup Light Butter, Room Temp
1 Cup Splenda No Calorie Sweetener
1 TBSP Vanilla
1/4 Cup Egg Substitute
1/4 Cup Water
3/4 TSP Vinegar (White or Cider)
1 1/2 Cups All-Purpose Flour
1 1/2 Cups Cake Flour
1/4 TSP Salt
1 TSP Baking Powder
1/3 Cup Low or No Sugar Raspberry Jam
3 OZ Sugar Free Chocolate, Melted



Recipe Yield: Yield: 24 servings
Serving Size: 1 sandwich cookie

Blend together butters, Splenda Granulated Sweetener and vanilla in a medium mixing bowl. Blend until butter is softened. Add egg substitute, water and vinegar. Mix briefly. Add flours, salt and baking powder. Mix with electric mixer on low speed (or by hand) until dough is formed. Do not overmix.

Remove dough from bowl and place on a floured work surface. Divide dough in half. Pat each half into a circle. Cover with plastic wrap and refrigerate at least 1 hour.

Preheat oven to 350 degrees F. Lightly oil a baking pan or cookie sheet. Set aside.

Remove dough from refrigerator and roll out on a floured work surface to approximately 1/8-inch thickness. Cut with two-inch heart shaped cookie cutter. Cut small heart shapes out of the center of half of the cookies (these will be the tops of the finished cookies). Place cookies on prepared cookie sheet.

Bake in preheated 350 degrees F oven 8-10 minutes or until lightly browned on the bottom. Cool on a wire rack.

Spread 1 tsp. raspberry jam in the center of the larger heart cookies. Then, flip over the smaller cutout hearts and drizzle melted chocolate on the underside. Carefully place the smaller cutout hearts, chocolate side down, on top of the larger heart cookies so the raspberry jam shows through. Push down lightly.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 150
Fat: 8 grams
Saturated Fat: 4.5 grams
Fiber: 1 grams
Sodium: 65 milligrams
Cholesterol: 20 milligrams
Protein: 2 grams
Carbohydrates: 17 grams
Sugars: 2 grams

Inspire Productivity with Office Design Tips

The environment we work in can have a big impact on the level of productivity we are able to maintain, and while some aspects such as light, noise, and temperature are well known to have an impact on work output, the right environment can also be more inductive to inspiring creativity in people.

Given the amount of time people spend in meetings, one good tip is to turn meeting rooms from stale boardrooms into comfy community areas that creativity is more likely to flourish in. Curved couches are a touch that provides a feeling of intimacy while also making the environment feel more comfortable straight away.

Breakout areas are also a good way to allow workers to escape from behind their computer screens and be able to relax and then reenergize themselves. Mobile workstations can also be a boost to productivity, making it simpler for workers to be able to do the tasks that have been assigned to them.

Heart Health Could Benefit From Strength Training

Although the heart can benefit from almost any form of physical activity, a recent study suggests that activities like strength training are even more strongly linked to the reduction of heart diseases than the likes of cycling and walking.

Aerobic activity and strength training both demonstrated the greatest degree of benefit to heart health even when only done in small amounts, according to the study.

Cardiovascular risk factors including high blood pressure, high cholesterol, diabetes and being overweight from a National Health and Nutrition Examination Survey 2005-2006 of 4086 people were analyzed by the researchers. Engaging in any form of activity reduced the risk factors for cardiovascular disease by between 30 to 70 percent, but the associations were strongest in young people and in static activities such as strength training. However given the benefits it is still important to encourage people, especially older people, to engage in any form of physical activity.



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

FEBRUARY 2019

Do you know your Anti-Oxidant level??

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.

We are now able to perform these scans right in our office and give you an immediate result of your overall antioxidant level. Please talk to our staff about getting scanned and finding out your antioxidant level. We can also help you prepare a plan to improve your level and health.

February Dates to Remember

- February 2nd – Groundhog Day
- February 3rd – SuperBowl Sunday
- February 8th – Kite Flying Day
- February 9th – National Pizza Day
- February 14th – Valentine's Day
- February 16th – Do a Grouch a Favor Day
- February 18th – President's Day
- February 22nd – Walking the Dog Day
- February 26th – National Pistachio Day
- February is also: American Heart Month
<http://www.heart.org/HEARTORG>
- Natl Children's Dental Health Month
<http://www.adafoundation.org>
- Marfan's Syndrome Awareness
<http://blog.marfan.org> Month

Help Us Support our Troops !!

Fixing Feet Institute is once again partnering with Packages from Home to salute our heroes overseas, and at home. Packages Packages from Home is now supporting not only those deployed, but those at home and the canines that aid them.



Packages From Home sends care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate morale of all veterans."

Packages For Hope program seeks to aid veterans who are in transition, homeless or at risk of becoming homeless.

Bones From Home was created to serve the 2,700+ Military Working Dogs active worldwide by providing military-approved food, grooming, toy and training products to service canines and their handlers.

You can obtain their Wish List at our office or online at <https://www.packagesfromhome.org/donate-items>
We will have collection boxes in our office for your donations.