

ARE YOUR CHILD'S FEET "MISALIGNED"?

Does your child complain of pain when they walk and/or run? When your child walks or runs, do their ankles roll in? Does your child appear to have flat feet? Do they complain of Knee or Hip or back pain? A "yes" answer to any of these questions, could mean your child has misaligned feet. Misaligned feet can obviously cause pain and discomfort, but it can also lead to other foot problems such as: plantar fasciitis (heel pain), bunions, hammertoes, nerves pinched and tendonitis.



When your feet are correctly aligned, so is the rest of your body. Misaligned feet are common but often ignored. That's because most people don't experience foot problems first. Rather the pain shows up in other parts of the body, like the knees, hips and back. Medical attention is mainly directed to pain-relief and little importance given to solving the underlying problem.

There are several treatments available for misaligned feet. The first one is to "wait and see", but this is not a good one. If your child has misaligned feet, they will NOT grow out of it. The longer the problem is not addressed, treatment options are limited. It is important that if you have any reason to believe your child has misaligned feet, that they be examined as soon as possible.

There are conservative treatments to correct misaligned feet such as orthotics and proper shoes. But these do not work for everyone. In 2004 the HyProCure implant was approved by the FDA as a small implant when placed in the rear of the foot, will re-align the foot and in most cases is a permanent solution. Dr. Peyman Elison has been performing this procedure for over 10 years, on patients as young as 3 years old. It is a simple 30 minute procedure performed under anesthesia so the child has no pain. Pain and down time is often minimal after surgery.

If you would like more information on this procedure, you can contact our office or go to <http://hypocure.com/wp-content/custom/PatientAwarenessEOTTSFlipbook/> to review a new book written about this procedure. And if you would like to see actual patients that Dr. Peyman Elison has performed this procedure for, check out the testimonials page at <http://www.hypocure.com/patient-success-stories/> Look for the testimonials from 3 year old Turner, and 7 year old Kevin.

If you think your child might have misaligned feet, please call our office to schedule an evaluation with Dr. Peyman Elison.



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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



You Get What You Pay For

A man was looking to board his horse for cheap.

The first farmer he talked to said he'd give him a good deal: \$25, plus he'd keep the manure for his crops. The owner thought about it for a minute, then moved on in search of a better deal.

He found a second farmer, who said he'd charge him \$15, plus the manure. The owner started looking for a third deal.

He came across a farmer who offered him \$5. "What a deal," he thought.

Then he thought about it for a second and asked, "Wait a minute. Why didn't you ask for the manure, too?"

The farmer replied, "For \$5 a day, there won't be any."

A Treat for your Diabetic Feet

By Shannon and Marie

BLT Salad Wedge



Ingredients:

½ Head Iceberg Lettuce cut into a wedge
10 Halved Cherry Tomatoes
6 Slices of Cooked Bacon, crumbled
½ Cup Shredded Mozzarella or Blue Cheese Crumbles
¼ TSP Black Pepper
¼ Cup Blue Cheese or Ranch Dressing

Preparation:

1. Place lettuce wedge on a salad plate
2. Add Mozzarella or Blue Cheese crumbles on top of the wedge
3. Add your desired dressing
4. Sprinkle with crumbled Bacon, Cherry Tomato halves and black pepper

Nutrition Information:

274 Calories
6g Protein
39g Carbohydrate
11g Total Fat
3g Saturated Fat
0g Trans Fat
6mg Cholesterol
153mg Potassium
52mg Phosphorus
120mg Sodium

How to Write Songs

Playing an instrument requires time and effort for learning and practicing, but creating and writing music requires an entirely different set of skills, the most difficult of all of which is being able to find the inspiration to create something new.



One of the most important things you can do is create the right environment in which inspiration can strike, and that means eliminating distractions from the likes of computers and phones.

Clear your head and make use of your own individual “happy place” to become calm and peaceful and focus completely on your music.

No one wants to copy other tracks, but there is nothing wrong with using players and music that you love as an influence that can result in inspiration for the creation of an original work.

Creating music is ultimately about passion and enjoying yourself, so just create, enjoy, play and see what you can come up with along the way.

How to Get Over the Flu Faster

While many people know about flu vaccines to try to prevent getting flu and about methods to relieve the symptoms of the illness, there is less awareness in regards to recovery, at a time when the virus has weakened the body and potentially left it open to other problems.



One way to help your body to recover from the flu is to increase the moisture in the air, which can soothe the throat and help to reduce congestion.

In dry rooms the use of a humidifier can go a long way to easing symptoms, and a face steam and even peppermint drops can help to clear the nasal passages.

Even when in the recovery stage, you still need your rest.

The immune system and body remain weak even after symptoms begin to ease, and additional rest and hydration should be undertaken rather than trying to immediately return to your normal routine.

Another great way to ease any lingering symptoms is to drink herbal tea, particularly of the licorice variety.

Brain Health Advice

It is vitally important for everyone to do what they can to promote brain health and try to prevent memory loss and the good news is there are a number of easy tips that can be followed to do just that.

One simple tip is to drink more fluids.

An alarming number of people are actually chronically dehydrated, resulting in a foggy brain, poor memory, and even headaches.

The brain is 85 percent water, even more than the body (73 percent) and a dehydrated brain is one that is unable to function as efficiently as it should.

Relaxation is also vital for brain health. Cortisol – otherwise known as the stress hormone – is produced when we are worried, anxious and overworked, which can kill thousands of brain cells and steal glucose from the brain, causing daily functioning to decline.

A number of scientists are even beginning to suspect the brain actually shrinks in response to excessive levels of stress, so it is very important to kick back and chill out whenever possible.



Financial Tips for the Over 50s

Experience makes money management a good deal easier, and getting some professional help from an expert will help people to avoid having to learn from costly financial mistakes and get it right straight away.

People who are over 50 need financial tips just like everyone else, and one particularly pertinent tip for them is to be more intimately involved in your own financial situation.

Life expectancy is only increasing, and today what we earn in our working life needs to last longer in our retirement.

Being aware of your retirement goals and connecting that to your financial situation is the best way to feel like you are in control of your future.

Another good tip is to pay off debts as quickly as possible in order to have more freedom later on in life.

Having loans, credit cards and mortgages paid off prior to retirement is a financial goal that everyone over 50 should be striving to achieve.

Getting your Family to be Happier

Everyone wants to have a happy family and if your family seems to be feeling the strain at times, the good news is there are some tips that can be followed to improve everyone's spirits.

One good tip is for parents to spend time on themselves and their own needs instead of everyone else.

It is very easy to end up miserable if you are not spending the time you need to look after yourself, so just admit that you have needs and feelings and treat yourself to some quality time for what you want every once in a while.



All parents have to discipline their children, but instead of regarding it as a form of punishment it is a good idea to use it as a teaching method.

Stay calm and explain why and how your child could have dealt with an issue in a different way and that they should do next time.

In this way discipline can be more constructive and positive and help to ensure future harmony.



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

MAY 2019

Telic Sandals are now available in New Styles and Colors

Telic is a revolutionary new product with unparalleled comfort. Telic uses a new material called Novalon; a body heat activated, waterproof, feather-light material that is durable, elastic and pillow-soft. Contoured to support the arches of your feet, all styles feature a deep heel cup and great medial arch and metatarsal support. Telic is adding new styles and more colors to their line and we have a large selection available in our office, and at reasonable prices. Stop by and check them out.



May Dates to Remember

May 6th – National Nurses Day

May 7th – National Teachers Day

May 10th – Clean Up Your Room Day

May 12th – Mother's Day

May 16th – Love a Tree Day

May 17th – National Bike to Work Day

May 25th – International Jazz Day

May 27th – Memorial Day

May 28th – National Hamburger Day

May 31st – Save Your Hearing Day

May is also: Muscular Dystrophy Awareness Month

<https://www.mda.org/>

Lupus Awareness Month

<http://www.lupus.org/>

Help Us Help the Homeless

Ending homelessness in Maricopa County has been at the heart of Central Arizona Shelter Services' (CASS) work since the agency opened its doors in 1984.



As the needs of this population changed, CASS expanded its continuum of care to better address the needs of those who transition out of shelter and into permanent housing. Today, CASS continues to be the largest provider of shelter and supportive services. Through their enhanced continuum, CASS is able to provide a diverse array of services to meet the needs of individuals and families in Arizona and empower them to rebuild their lives and permanently end their homelessness.

During the month of May Fixing Feet Institute will be holding a donation drive to benefit this deserving organization. We will be collecting New Socks, Gently used or New Shoes and Bottled Water in our office. We have conveniently placed a collection bin in the reception area of our office. Please stop by with your donations and help us to provide those that are homeless, with good footwear and plenty of drinking water for the hot summer months coming up.