



## Tips For Buying Children's Shoes

At this back-to-school time of year, the demands on the budget can really add up, but cutting cost on quality shoes can have serious consequences for your child's foot health as they grow older.

To help, consider the following kid's shoe buying ideas, tips, and strategies:



- Don't buy on size and have the kids try on shoes – this is always important as different brands can differ within a brand. Always have children try on shoes at the end of the day when their feet are going to be at their largest. This small amount of size variation actually makes a big difference.
- Wear the right socks – make sure to bring a pair of socks that are similar to ones the kids will wear with that particular type of shoe. Dress socks for dress shoes, sports socks for athletic footwear and bare feet for slippers. Ideally kids should always wear shoes in socks, as going barefoot in shoes can create an increased risk of skin conditions and problems with foot odor.
- Buy with enough space – there should be about a half an inch from the end of the longest toe to the inside edge of the shoe. This is about the width of a woman's fingertip or a man's pinkie finger tip. Too much room leads to tripping and gait problems, so you can go too large even with rapidly growing kids. The width should be snug but not tight.
- Stand up – when determining if the shoes are the right size, always have the children stand up and distribute their weight evenly on both feet.
- Check both feet for fit – it isn't uncommon for there to be slight variations in foot size. Always buy for the largest foot and don't press down hard on the toes to check or the child will curl them under by reflex. Just press gently or take an actual measurement in length of the foot and then add a half an inch for the shoe.

Look for a shoe that is made of a breathable material and that has good arch and ankle support. Quality shoes are important for kids, and they will be essential for great foot health.

## SEPTEMBER 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



#### The Perfect Catch

Two friends went fishing. The first fisherman had no luck at all, but his friend was constantly getting bites.

He would reel in his line to find a nice-size fish, but he always took it off the hook and threw it back in the water.

After a while the fisherman reeled in yet another catch. This time it was a small fish. He removed it from the hook and threw it in the cooler.

“Really?” The first fisherman said. “You’ve been throwing back some big beauties all day, and you decide to keep this little one?”

The second fisherman shrugged. “I have a small frying pan.”

## Are your Vitamins working???

Enjoying excellent health throughout one's lifespan begins with proper nutrition. For many adults, however, there is an even greater concern with the effects aging has on the body. Adults who want optimal health now, and for years to come, must combat the ravages of aging with an anti-aging supplement program, healthy diet, exercise, and rest.

There are extreme demands placed on our bodies every day and our bodies are aging every minute. With every generation living longer, there is an even greater need for anti-aging nutrients, as well as common nutrients, to be readily available for our use. Equally important to getting the comprehensive range of anti-aging nutrients is getting optimal nutrient absorption. But getting the right nutrients with the most efficacious bioavailability can be a challenge because certain fat-soluble nutrients are poorly absorbed—regardless of age, lifestyle, or genetics.

Pharmanex has revolutionized a way to apply nanotechnology principles to anti-aging nutrients. When applied to nutrition, this nano process involves physically altering a hard-to-absorb nutrient so that it becomes more available to the body without altering its function. For example, fat-soluble vitamins, like carotenoids and CoQ10, tend to bunch together in the intestine, making them difficult to absorb. To enhance absorbability, individual molecules are separated using nano encapsulation. This process prevents molecules from clinging together so they are more available for easy absorption.

LifePak® Nano offers the highest bioavailability with a first-ever nanotechnology formula and advanced levels of key anti-aging nutrients in a comprehensive formula available exclusively through Pharmanex®. Fixing Feet Institute has partnered with Pharmanex to offer our patients their high quality, easily absorbed vitamin supplement line, which is now available in our office.

## Nutrition Tips for Seniors

Healthy eating can impact on our overall health in a very significant and positive way, but the inverse is also true, with poor eating resulting in indigestion, sluggishness and even diseases, particularly as we grow older. The good news is that seniors can ensure they remain healthy by following a few age appropriate nutrition tips.



Older people need to eat more fruits and vegetables, reduce their intake of salt while still consuming a well rounded diet, and make sure they drink lots of fluids. Water is the best drink there is, and while coffee, tea and milk are acceptable it is best to limit sugary drinks such as soda. It is important for seniors to talk to their doctor and listen to their body in order to work out the best eating habits for them as they get older.

One good tip to incorporate healthy eating into your lifestyle is to make use of herbs for the purpose of adding flavor to your dishes, especially for those looking to cut back on salt. That loss can be compensated for with herbs and spices, which are delicious and much healthier.

Another good tip is to eat with other people, which not only makes mealtimes more enjoyable but also makes it easier to maintain healthy eating.

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## How to Manage Anxiety at University

University life can be difficult to adjust to for newcomers as students find they are responsible for their own learning for the first time and the change can be confronting.

Mixed with the challenge of having to make new friends and even moving out of home in some cases, the result can be anxiety and even depression in university students.

Many students make a crucial mistake by not looking for help when they need it. Hundreds of fellow students will be feeling the same things, so there is no need for you to keep quiet about it.

Families should also strive to maintain communication with the new students and ensure they are not coping with the changes and not becoming overwhelmed.

Student services are available at all universities and students are already paying for them as part of their fees, so be sure to make full use of them.

Managing anxiety over performance, essay writing and study skills can be assisted by these services but many youngsters are unused to using them, but you should not be afraid to ask tutors for their assistance or information on where you can get that assistance.



## Making a Yard Fit for Pets

Family pets love spending time outdoors as much as people do, especially in the warmer months, and back yards serve many purposes for them too, offering a safe place to relax, play and burn off energy as well as somewhere for them to do their business.



In order to ensure the family yard is fit for purpose, there are a few pieces of advice you should follow.

One good tip is to avoid the use of fake grass (artificial turf) as it becomes especially hot in summertime, is damaging to the environment and is also difficult to clean. Real turf grass should be your option of choice.

There are a variety of methods to prevent pests from spoiling your time in your backyard that are non-toxic and thus better for you and your pet.

Unwanted insects can be repelled by scented marigolds and the amazing smell of lavender also repels moths and fleas while flies and mosquitoes can be kept away by the oil found within basil plants.

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## Help us Help the 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.



## Managing Financial Stress

Financial troubles and large amounts of debt can cause a great deal of stress on business owners, but the use of practical tips when trying to manage financial stress can make it a lot easier to achieve financial freedom.

Keeping a positive attitude and only using positive language can help to cut down on stress and ensure that you remain focused on finding practical ways to cope with financial challenges.

The use of positive language has been shown to increase resolve and strengthen the mind.

It is also a good idea to evaluate the way you think and try to alter your mental processes to avoid giving in to negative thoughts.

Make sure that you reach out and ask for financial advice from a professional or someone who has experience with finances.

Friends or family members may be able to help you cope with the more chaotic consequences of financial problems, but finance professionals are the ones to turn to for proven and practical solutions to those difficulties.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
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Surprise, AZ 85374  
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www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

SEPTEMBER 2018

## Stop by and see the new styles from Telic Sandals Now Available at Fixing Feet Institute

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.



### September Dates to Remember

- September 3<sup>rd</sup> – Labor Day
  - September 6<sup>th</sup> – Read a Book Day
  - September 9<sup>th</sup> – Grandparents Day
  - September 9<sup>th</sup> – Rosh Hashanah
  - September 11<sup>th</sup> – 9/11 Remembrance Day
  - September 16<sup>th</sup> – Wife Appreciation Day
  - September 18<sup>th</sup> – Yom Kippur
  - September 19<sup>th</sup> – Int'l Talk Like a Pirate Day
  - September 22<sup>nd</sup> – Elephant Appreciation Day
  - September 23<sup>rd</sup> – Autumn Equinox – Fall Begins
- September is also: Blood Cancer Awareness Month  
<http://www.lls.org>  
Childhood Cancer Awareness Month  
<https://www.acco.org/>

## Mark your Calendar for our 1<sup>st</sup> Annual Foot Health Fair

**Saturday, September 8<sup>th</sup>  
11:00 am – 3:00 pm**

**14823 W. Bell Rd – Suite 100  
Surprise, AZ**

Free Circulation Screening  
Fall Prevention Demonstrations  
Free Product Samples  
Free Give-Aways  
Raffle Drawings  
Free Food/Drinks