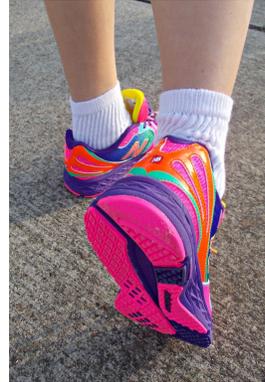




Finding Relief with Laser Therapy

With more people turning to walking as their primary form of exercise, ensuring that all parts of the foot and lower leg are in good condition is critical. Unfortunately, many people have weak ankles, which can easily lead to sprains, strains, and rolling over on the ankles even in a low-impact exercise such as walking.

To make matters worse, many older adults with weak ankles have a history of ankle sprains and injuries that may not have been correctly treated and given time to heal.



However, there are specific exercises that can be effective in helping to address issues with weak ankles, tendonitis, and arthritis, even with old injuries.

Before starting any type of foot or ankle exercise, you may need to be evaluated if you have foot or ankle pain, difficulty with ankle mobility, or if you have a current injury due to a sprain, strain, or pain in any part of the foot or ankle.

Current pain, strains, and sprains can be treated with our MLS Laser. Laser treatment has a faster response than physical therapy and can be an alternative treatment to surgery.

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. 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.

What are the Benefits of MLS Pain Laser Therapy?

- Rapid relief of pain without the use of addictive prescription painkillers
- Strong anti-inflammatory effect
- Non-surgical treatment
- No negative side effects
- Rapid recovery of the structural integrity of injured region
- Rapid resolution of swollen areas

MLS Laser therapy has been cleared by the FDA and proven successful as evidenced by extensive studies.

We may also recommend support through braces, compression ankle supports, or the use of custom orthotics. These are essential to prevent injury while building up ankle strength. Proper fitting shoes and the style of the shoe for your activity is paramount as well. Call today for an evaluation.

SEPTEMBER 2020

September is PAD Awareness Month

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.

If you answer yes to any of the questions below – you might be at risk for PAD

1. Do you have pain, fatigue, cramping, tingling in your legs?
2. Do you have Swelling in your legs and feet?
3. Do you have an ulcer that is difficult to heal?
4. Are you toes numb or cold?

The most effective way to combat PAD is early detection. Here at Fixing Feet Institute, we have the technology to perform testing to see if you have PAD. If you think you may be at risk, please call our office for an evaluation by one of our doctors.

Helpful Tech Tips

People make use of numerous different gadgets every day of their lives, but in many cases are unaware of useful quirks or shortcuts that can make them even more efficient and easy to use.

There are a number of tech shortcuts, tips and tricks that can help with the use of many popular tools and programs. It is common to plug a USB cable in the wrong way around on first attempt, but this can be avoided by looking at the symbol on the side of the cable. This symbol points up for a horizontal plug-in or will actually face you if it needs to be plugged in vertically. When you have many different tabs open on your browser, it can be easy to close the wrong one accidentally. While opening up your browser history and reopening the tab is one way of correcting that mistake, just hitting Ctrl+Shift+T on a PC will do so automatically.

Emails can actually be unsent on Gmail. This service allows you to modify or un-send an email by pausing the delivery of an email for up to as much as thirty seconds if you have realized you have made a mistake or sent an email to more people than you intended. Go into Settings on Gmail and make the necessary adjustments to ensure this can be done if necessary.

THANK YOU To the most Generous Patients in Arizona

Even with all the restrictions surrounding the COVID Pandemic, our patients still showed their unending generosity by donating school supplies to our monthly donation drive. During June and July we collected school supplies for A New Leaf Foundation. We just want to take a moment to thank those that donated.



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.

Family Health and Happiness Tips

There are a number of basic characteristics that are shared by all happy families and foundations that that help to create a home that is cheerful and loving.



One good tip is to reinforce the good behavior exhibited by children by rewarding them for it.

However, there is no need to go too far with such rewards. Simple rewards such as allowing them to go to bed a little later or a special movie can still be good enough to provide motivation for further good behavior.

Parents with multiple children also need to find the time to spend time interacting with each of them for at least a few minutes every day.

Spending individual quality time with a parent helps to make children feel special and strengthens the bond between parent and child.

When a child is wronged by a sibling, it is important to remember that just getting them to say sorry is not enough.

They must also find a way to heal any hurt feelings, perhaps by sharing a favorite toy or helping with the other child's chores.

Transforming Your Home

Everyone can get a little bored of their surroundings from time to time, but there are ways to transform the look of your home to shake things up without having to move or spend too much money on interior design.



One inspirational and very easy way to reinvent your home is simply to move around furniture or pictures.

A whole new look and feel for a home can be made just by shuffling things around to create a completely fresh aesthetic.

Personal touches are always vital to the interior of any home, and it is a good idea to mix the old with the new, such as having a piece of modern art within a room that has a very traditional design.

Including an item with some humor that will always bring a smile to your face whenever you see it is also a fun way to liven up a home, and it should go without saying that flowers are a vital finishing touch to any room.

Boosting Women's Brain Health

Two thirds of those who suffer from Alzheimer's disease are women, making it particularly important for them to understand the important role that diet plays in preventing the emergence of dementia decades later.



Studies have demonstrated that antioxidant vitamins are crucial in regards to maintaining women's brain energy levels. The brain is vulnerable to the production of free radicals and to oxidative stress, and the best way to protect it is to have antioxidants imported via food.

Vital vitamins include Vitamin A, Vitamin C and Vitamin E. Good sources of these vitamins are orange-red color fruits such as carrots and sweet potatoes, citrus fruits like grapefruits, lemons and oranges and seeds, almonds and nuts.

One of the healthy fats is polyunsaturated fat, which incorporate omega-3 fatty acids including DHA that helps with neuronal and cellular health and is needed by the brain. Essential fatty acids are not produced by the body, meaning they must be obtained from diet.

Cold water fatty fish such as anchovies, herring, mackerel, salmon and sardines are the best sources, though DHA can also be found in plant-based foods such as extra virgin oil, almonds and flaxseed.

How to Avoid Stress at Home

Stress is a natural part of life, but bringing too much of it home can make things uncomfortable for everyone. The good news are ways that family members can manage their stress levels to the benefit of everyone at home.



Getting regular exercise is a great way to avoid stress. Regular physical exercise releases endorphins that interact with brain receptors to make people feel good, helping them to focus on something other than the causes of stress.

Writing is also recommended to help with stress management. Writing down the things that are frustrating and causing stress can actually make people feel better as it can assist with the process of understanding and working through feelings.

Laughter is very important for coping with stress, and finding something to laugh at together as a family can also help to relieve familiar tensions and create a bonding moment. Finding the humor in difficult situations is a great coping mechanism and way of relieving stress.



The Best Financial Tips

Making the decision to try and improve your financial situation is a crucial step for anyone, and it is important to be aware of some basic tips that can help with getting ahead in regards to money.

One good tip is to perform a review of all of your insurance coverage policies.

Many people are paying far more than they need to for the likes of disability and life insurance, and while it is crucial to have sufficient insurance to protect dependents and income from unexpected events it is a good idea to check if you are paying too much.

Far too few people have actually bothered to take out a will, and anyone who has any dependants should do so.

If the situation is simple enough a will can even be written at home with software such as WillMaker.

It is also a good idea to make sure your record keeping is as thorough as it can be.

Those who are less careful may not be claiming of all the income tax deductions and credits to which they may well be entitled.



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute
14823 W. Bell Rd #100
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623-584-5556
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Limited Time Special on MLS Pain Laser Treatments

We understand that laser treatment can be costly, and is not covered by insurance. Therefore we are offering the patients of Fixing Feet Institute, a limited time reduction in price for Pain Laser Treatments. This special will run until the end of September. You do not have to have all of your treatments completed before 9/30/2020, but the entire package must be purchase by 9/30/2020.

NORMAL PRICING:

6 Treatments (Acute Conditions) \$450.00
12 Treatments (Chronic Conditions) \$900.00

SPECIAL PRICING:

6 Treatments (Acute Conditions) \$375 Savings of \$75
12 Treatments (Chronic Conditions) \$750 Savings of \$150

Call our office today to set up an evaluation to see if the MLS Laser would be an appropriate treatment for your condition.

Wish List for Children First Leadership Academy

Food Items such as:

Cereal	Mac & Cheese
Juice Boxes	Peanut Butter
Soup	Canned Fruit
Pasta	Rice
Cases of Water	Crackers
Canned Vegetables	Granola Bars

Healthcare Items such as:

Diapers/Pull ups	Sun Screen
Combs/Brushes	Laundry Detergent
Dish Soap	Cotton Balls
Chap Stick	Paper Towels
BandAids	Q Tips
Wash Cloths	Room Spray

Hygiene Items such as:

Toothpaste	Hand Sanitizer
Body Wash	Deodorant
Barrettes	Mouthwash
Bars of Soap	Body Lotion
Razors	Shampoo/Conditioner

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, look to the left or contact our office. To learn more about this school you can go to their website at <https://cfphoenix.org/>. Please consider making a donation – It will make a difference to child in need.