



## Top Running Injuries

We all know that running is a great and fun way to get in and stay in shape. The problem is, if you are a runner and don't take the proper precautions you will suffer foot and ankle injuries on a regular basis.

Here are some of the most common foot and ankle-related problems associated with running along with some treatment and prevention information:



**Plantar Fasciitis:** Technically speaking, this is the inflammation of the tissue in the bottom of the foot extending from the heel bone to your toes.

While there are many reasons the tissue can become inflamed, the most common cause is excess stress – like from running and jumping – on the bottom of the foot.

You can help avoid this inflammation by getting a good stretch in before and after your run. If you find that the tissue has become inflamed, start with adding ice to the area, several times during the day, rest the foot and use over-the-counter anti-inflammatory medications.

**Achilles Tendonitis:** This inflammation or irritation of the tendon that runs from the back of the calf to the back of the heel. Problems to this area is usually caused by poor flexibility.

This can be prevented with stretching, shoe inserts and arch supports. Ice and anti-inflammatory medications can help for the short term but rest is the best treatment.

**Stress fractures:** These are common in the lower limbs of athletes and are caused by repetitive force to the area. These can typically occur over days, weeks and even months.

You can help prevent stress fractures by modifying your running equipment and regimens. If you suffer a stress fracture, you are looking at eight to ten weeks for the fracture to heal so treatment involves icing and wearing a cast or brace.

**Shin Splints:** This is characterized shooting pains up the front and size of your shins and can also be called tibial stress syndrome.

You can prevent shin splints by stretching properly and replacing your running shoes often.

If you find yourself suffering from this pain, ice and anti-inflammatories along with a physical therapy program recommended by your podiatrist can help alleviate the pain.

## NOVEMBER 2017

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



#### Nap Time

A doctor was awakened in the middle of the night by ringing of his telephone.

“Doctor, it’s Weston Hadley here and I need your help,” the caller shouted. “I think my wife has appendicitis.”

“I’m sure that is not the case Mr. Hadley,” the doctor replied. “Have her drink some ginger tea and bring her in to my office first thing in the morning.”

“I don’t think ginger tea is what she needs,” said Mr. Hadley. “I’ve been doing some research on the internet and she seems to have all of the symptoms of appendicitis.”

“Mr. Hadley, you can’t trust everything you read on the internet,” the doctor replied.

“It’s appendicitis,” said Mr. Hadley. “I’m pretty sure about this.”

“Really,” said the doctor. “I removed your wife’s appendix years ago and I’m pretty sure there has never been a case of anyone having a second appendix.”

“What about a case of a man having a second wife?”

## How To Get Healthy Nails

Keeping nails healthy can be achieved by increasing your daily intake of calcium and iron and the use of olive oil with which to massage the nails can also be a good idea, according to experts. An increase in the intake of calcium, iron, zinc and Vitamin A, Vitamin C, Vitamin D and Vitamin E will help to ensure shiny, healthy nails. Yogurt is one of the most common sources of food to have all of these nutrients. Foods rich in protein also provide nails with health, shine and strength. Nails tend to become dull when nail polish is continually applied. In order to remove any yellowness you should try rubbing lemon on them at least three times a week. Massaging nails with either olive oil or coconut oil every other day for up to five minutes is a good way to add moisture and they should become shinier again within just a few days. Repeated exposure to water can also cause nails to become dry, and the use of good quality oils for everyday massage can help to lock in their natural moisture and stop them becoming brittle and dry.

## Add Color to your Nails



Dr.'s REMEDY offers over 40 different shades of nail color along with nail care products such as base coat, top coat, nail hydration and polish remover. Each product is infused with a special blend of organic ingredients and vitamins, such as tea tree oil, wheat protein, and lavender. Dr.'s REMEDY does not contain Formaldehyde, Toluene, Camphor or DBP. Making it the best alternative to traditional nail polish.

Dr.'s REMEDY is the first nail polish to receive the American Podiatric Medical Association Seal of Approval.

Stop by Fixing Feet Institute and check out the new fall colors!

## Outdated Nutrition Tips

Information can change over time, but many people cling onto old advice or beliefs about nutrition that no longer apply, simply because they are unaware that that thinking has since changed.



Egg yolks are an example of this. Eating all of the egg, including the yolk, brings with it many inherent benefits as many of the nutrients in the egg are to be found in the yolk, in addition to it making meals more enjoyable. Those who need to avoid egg yolks should use egg whites when making an omelet, particularly with cheese.

Many people also still think they need to completely avoid butter, in spite of mono and polyunsaturated fat now being regarded as far more of a worry than saturated fat. A small amount of fat never hurt anybody and can help to make you satisfied and a bit of butter on a slice of bread or used in cooking is nothing to be overly concerned about despite popular belief there is little difference in the nutritional value of white meat and dark meat. Dark meat lovers should take off the skin, which is full of saturated fats, but otherwise they can enjoy their preferred meat without worry.

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## Exercise and Motivation

Everyone wants to be healthier but finding the inspiration and motivation to exercise more often can be a challenge.

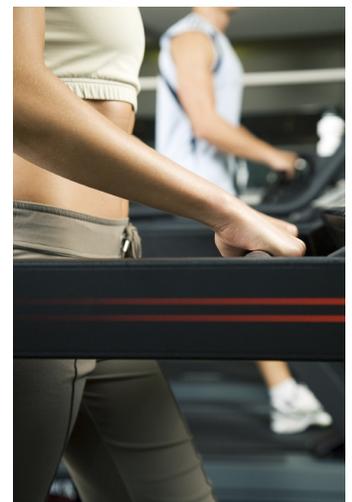
However it can be made a lot easier to find the inspiration and motivation you will need for such an endeavor just by following a few helpful pieces of advice.

People who do their exercise in a morning are much more likely to stick to it, as they are much less likely to be distracted by other concerns and people, so one method to stay inspired and motivated is to become an early riser.

Even if that sounds like a lot of hard work, tiny incremental alterations to the time in which you go to bed and get up are usually sufficient to get some exercise squeezed in before starting the rest of your day.

Another good day if at all possible is to get a friend to join you in your exercise efforts.

Having someone else involved makes you more accountable and less likely to give up just because you “don’t feel like it” on a particular day.



## How to Digitally Declutter

Computer users concerned about privacy, inundated with spam or just running out of room can make use of a few technology tips to help them declutter and stay on top of such worries.

For those concerned about storage space, there are a number of free tools that can be of assistance. Windows has a built-in tool called Disk Cleanup that can find and remove unnecessary files, and it is easy to locate via the Start menu. There is a similar feature in the Mac OS Sierra, though this is trickier to locate; users need to open System Information, then the Windows menu and then choose 'select management' to view clear-out and space saving options. People can also free up space manually by streaming podcasts and music instead of downloading them and clearing the Safari cache.

Old files that seem innocuous enough can actually be taking up an enormous amount of space, such as forgotten large downloads and unnecessary backups.

Such files are unique to individual users, meaning they will not be found by standard cleanup tools, but WinDirStat (for Windows users) and Disk Inventory X (for Mac users) can create a visual map or "by size" list that displays file and folder sizes, allowing you to instantly see which files are taking up the most space.



## Take Charge of Your Finances

Many people are worried about money, and while taking charge of your finances can seem overwhelmingly difficult, there are some simple but effective tips that you can follow in order to live a more finance-conscious lifestyle and increase your savings.

Keeping financial records is vital for anyone looking to take charge of their finances.

It is extremely tough to work out your financial standing to any degree of accuracy without records, so make use of a method that you will be able to consistently manage.

Many people like mobile apps and software while others feel more comfortable with the old fashioned methods of pen and paper when it comes to bookkeeping.

You might also want to look at the auto-deposit and withdrawal options.

Customers are offered services to make money management and banking easier such as having money automatically deposited into a new savings account from your pay.

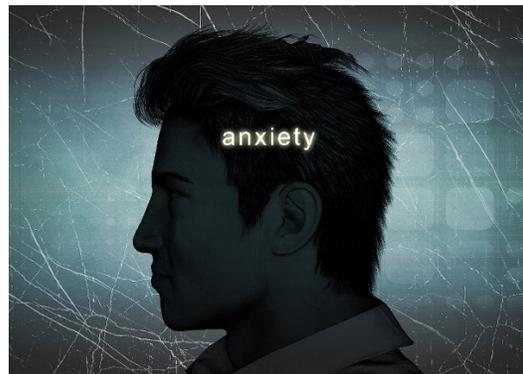
Automatic bill paying is another good option.

Paying off outstanding debt as soon as you possibly can is also a wise move, and you can begin saving in earnest once you have rid yourself of that debt and expensive interest charges.

## How to Beat Anxiety and Stress

The rise of mental illnesses including anxiety and depression has become a major public health issue. Although serious depression requires medical assistance, there are ways in which people can deal with depression and anxiety.

One good tip is to distract you from the things that are making you feel anxious and depressed.



Try leaving the place which is contributing to your negative feelings, at least for a while, perhaps by going for a walk. Alternatively you can distract yourself with the use of amusing videos on the internet or partake in other hobbies and activities that can help you to calm down.

It is also a good idea to try and work out precisely what is causing you to feel anxious, depressed or scared. Once you know what is behind these feelings, you can then come up with a plan to try to tackle the real problem.

Try and get enough sleep, which is vital for your health and wellbeing. Day to day anxieties and fears can also be alleviated with the use of music, meditation and yoga.



# 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

NOVEMBER 2017

## Are your vitamin supplements working for you?

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.



Fixing Feet Institute is now offering this scanner in our office. It is a simple and painless way to know more about your health!

## October Dates to Remember

November 10<sup>th</sup> – USMC Day  
November 11<sup>th</sup> – Veteran's Day  
November 13<sup>th</sup> – Caregiver Appreciation Day  
November 14<sup>th</sup> – World Diabetes Day  
November 15<sup>th</sup> – American Recycles Day  
November 16<sup>th</sup> – Great American Smokeout  
November 17<sup>th</sup> – Take a Hike Day  
November 21<sup>st</sup> – World Hello Day  
November 23<sup>rd</sup> – Thanksgiving Day  
November 24<sup>th</sup> – Your Welcome Day  
October is also: American Diabetes Awareness Month  
<http://www.diabetes.org/>  
National Alzheimer's Awareness Month  
<https://www.alz.org/>

## It's time for our Annual Food Drive

Every year, we at Fixing Feet Institute host a food drive to benefit the St. Mary's Westside food bank, located right here in Surprise.

Founded in 1967, St. Mary's is the world's first food bank. The idea came to founder John Van Hengel when he was volunteering at St. Vincent DePaul, serving dinner to those in need.

Today, St. Mary's Food Bank is one of the largest food banks in the United States, and proud of the impact it has had on Arizona and around the world.

Please join us by dropping of your non-perishable food donations in the bins located in our office reception area. The Food Bank will accept any food that is not perishable or packaged in glass containers. However, if you would like a list of their most needed items you can contact our office.

