



## Help For Dry, Cracked Feet

The summer can be really hard on the feet, especially if you spent a lot of time in sandals, flip-flops or going barefoot. It is not at all uncommon to find the change in shoes and the lack of protection from socks, has left your feet calloused, dry and perhaps even cracking on the heels and toes.



There are several ideas you can use at home to relieve the pain, discomfort, and the very nasty look of dry feet. This condition, which may also be called heel fissures, can lead to an increased risk of infection and skin problems, and is particularly of concern to anyone with diabetes.

Treatment for dry, cracked feet should focus on moisturizing the healthy tissue and removing the dead tissue. Treatments will take time to relieve the symptoms, but if it is started early there is little risk of infection or problems with the cracked areas starting to bleed and become painful.

Some effective options to use include:

- Soak your feet in warm, but not hot, water for about 20 minutes. Using a pumice stone gently scrub the heel, toes and ball of the foot to remove the softened dry skin. Rinse, pat dry, and apply a foot cream. Do this before bed and allow the foot cream to completely penetrate the skin. Repeat nightly until the feet are smooth and moisturized.
- Use natural oils such as olive oil or coconut oil after the soak and scrub. Apply liberally and put on a pair of cotton socks just before bed, allowing the oil to work into the skin.
- Glycerin mixed equally with lemon juice and applied to the feet for 20 minutes will help to boost skin moisture levels. After 20 minutes rinse off and repeat as needed.
- A vinegar soak acts like the lemon juice, helping to remove the dead skin. Soak the feet in 1 cup of apple cider or white vinegar and two cups of warm water for 10 to 20 minutes, and then scrub with a pumice stone or loofah, rinse and pat dry.

Always finish up any soak and scrub option with a rinse in clear warm water and a thorough patting dry of the feet. Then apply a heel cream, moisturizing cream or natural oil and allow to remain on the feet overnight. You can rinse it off in the morning to start your day out with fresh, clean, moisturized feet.

## November 2015

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

#### No Place Like Home



A man walked into a roadside diner and asked for a menu.

A few minutes later he told his waitress:

“I’d like a T-bone steak, medium rare, but instead of that bring me a ribeye steak so well done it’s crispy and black. And French fries, but instead of that get me a baked potato. And a house salad with ranch dressing, but instead you can serve me French dressing. Iced tea would be nice, but you can pour me a cup of coffee.”

The waitress stared at him. “What are you talking about?”

“I’m a truck driver,” he explained,

“and I’ve been on the road for six months.

So I wanted a meal that reminds me of home.”

## Easy Tech Tips

There are some tech tips out there for common functions and requirements that are so easy they almost seem difficult to believe. Take downloading videos from YouTube, for instance. Many people think they have to go to the trouble of downloading software to do the job for them, but if you really want to download a video from YouTube the simplest way to do it is to just type “ss” following the www in the video’s URL. Another method to do the same thing is to type deturl.com in front of the URL of any video. This also works on Reddit or any image URL as well as YouTube. If you want to get some education without having to pay thousands for it, try visiting MIT OpenCourseWare, which offers hundreds of college lectures from some of the world’s best professors absolutely free of charge. If you are going to be giving a presentation at work using PowerPoint, a good way to impress your boss is to save the project as a .pps file rather than .ppt, as this will then immediately open up in the form of a slideshow.

## Leadership Tips

Being a leader is a vitally important task and not something that will happen overnight. However, there are a few helpful pieces of advice that can assist you to step up to the challenge. One of the vital ingredients of leadership is initiative. Organizations need leaders at almost every level rather than just people waiting to follow orders. Restlessness is another good quality to have in a leader, as those who are hungry to improve things and have the energy to try and do so are the kinds of people that actually make things happen. Courtesy is another quality that seems to be lacking in a lot of society these days, but in management it can help to create a less confrontational and aggressive atmosphere.

Not everything will always go your way, even when you are in charge, which makes resilience an important quality for a leader to have. Understanding what is going around you and having both clarity of purpose and a sense of self awareness will be a great assistance to helping you become more resilient.

## Study Tips For Kids

Children need to be raised to have good learning habits in the same manner as they need to be raised to have healthy eating habits.

Studying and actually attending class are obvious pointers, but there are other study tips that are less blatant.

It is important to keep in mind that ways of studying that are not fun and more difficult can nonetheless be more effective than the easier and more enjoyable methods.

One good tip is to test your child’s memory. Rather than simply having them constantly re-reading the same notes, get your kids to close the book every now and then and test out their knowledge and memory.

Even good grades do not necessarily translate to good learning. Cramming can result in good test scores, and yet the knowledge will only be retained for the short term.

A better strategy is to study a little bit each and every day, reviewing things a couple of times, with the result being that the knowledge is retained for much longer.



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## Taking The Perfect Family Photo

It takes a surprising amount of effort to create a family photograph that you will be proud to have hanging on your wall, but there are some helpful tips to make sure that you end up with the kind of snap that you truly desire.

One good tip is to choose the best time to take a photograph. This needs to be when your kids are usually at their most good natured and happy.

If you have small children, they are likely to be tired and perhaps not in the right mood to pose for photographs at five or six o’clock in the afternoon/evening.

On the other hand, if you have teenagers, it might not be the best idea to rouse them out of bed at 8 am to take a photo. Choose a time that is convenient for everyone.

Although many people think they should get all dressed up for a family photo, it might actually be a better idea to stay casual.

Families that are relaxed and comfortable are going to result in a much more relaxed and warmer photograph.



## Health Tips For School Time

It can be difficult for kids to get back into the school routine after several weeks on vacation.

A long time spent staying up late, running around outside, eating snacks all day, and spending hours playing video games or watching television can make going back to school something of a shock to the system.

As well as getting back into the normal routine, kids should also visit a doctor to make sure they are healthy when the school year commences.

One good tip is to get back into a sleep routine. For longer vacations, make sure kids start to go back to their normal sleeping patterns a couple of weeks early; for shorter vacations, a couple of days should be sufficient.

An eye checkup is also a good idea, as poor eyesight in the classroom can result in bad grades, headaches, and even bad behavior.

If your child has special needs, it will be doubly important to get them into a regular routine before school starts and to ensure they are back on any medication they may have ceased using during the holidays.



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## “Food Pressure” Placed On Kids by Parents

New research has discovered that parents of children who are overweight are more likely to put restrictions on their kids’ intake of food if they are also overweight. Ironically, parents are more likely to pressure their children into eating more if everyone in the family is of normal weight.

The author of the new study, University of Minnesota Medical School associate professor of community health and family medicine Jerica Berge, says that neither restricting nor pushing food on children is a good idea as both can have unintentional side effects such as children purging or bingeing, becoming overweight, or even obese.

Most parents are probably unaware that the ability of children to regulate their own intake of food can be adversely affected by their attempts to control their eating.

The best idea would be for parents to ensure a range of healthy eating options for children are available and allowing them to make up their own mind as to how much they want to eat.



## Pre-College Finance Tips



Students returning or going to college for the first time usually have a lot of things to remember such as headphones, lots of shampoo, underwear, and so on.

However, it is also a very good idea to have your head filled with finance tips before arriving at college.

One important piece of advice is to make sure to sign up for text alerts, push notifications, and emails from your credit union or bank.

These are a good way to stay up to date with possible trouble spots that could result in overdrafts and might even help you to quickly spot fraud or anything dubious happening with your account.

Alerts can also be helpful with credit cards to ensure you pay your bills on time and avoid late fees.

However, you should make sure you will not be charged ridiculous prices for these alerts by your cell phone carrier.

Never hand over vital ID info or account numbers in an email or text message, as fraudsters often send such messages pretending to be from banks or credit unions.

Any scholarship applications that want payment in advance are also almost certainly scams.



# 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

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## Fundamental Advice for Travel

Whether you are traveling for the very first time in your life or are already something of a frequent flyer, there are a few travel tips that can help you to ensure that your journey is effortless and free of stress. Pre-travel preparations are the key to making the journey a success. Over and under packing can both be a major hassle, so it is important to sit down and come up with a list of all essential items that you need to take with you on your trip. You should make copies of your ID, passport, travel insurance, travel itinerary, and driver's license and leave at least one set with a friend. Use the internet to check in wherever possible, as this saves a great deal of both time and hassle, and review the security measures in the airport you will be using so that you have a good idea about the rules before you get there. Another good tip is to eat small meals that contain vegetables and plenty of fiber while traveling, as less healthy foods can result in you feeling restless and uncomfortable.

## November Dates to Remember

- November 7<sup>th</sup> – Book Lover's Day
  - November 11<sup>th</sup> – Veteran's Day
  - November 13<sup>th</sup> – World Kindness Day
  - November 14<sup>th</sup> – World Diabetes Day
  - November 19<sup>th</sup> – Great American Smokeout
  - November 20<sup>th</sup> – Universal Children's Day
  - November 23<sup>rd</sup> – Eat a Cranberry Day
  - November 26<sup>th</sup> – Thanksgiving Day
  - November 29<sup>th</sup> – Square Dance Day
- November is also:
- American Diabetes Awareness  
<http://www.diabetes.org> Month
  - Nat'l Alzheimers Awareness  
<http://www.alz.org/> Month
  - Lung Cancer Awareness Month  
<http://www.lungcanceralliance.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 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 except 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, or go to their website at <http://www.firstfoodbank.org/wp-content/uploads/2013/10/Top-Ten-Most-Wanted.pdf>

