



September Health Corner Newsletter

Foot Health

Without our feet, we get nowhere fast. Yogi Talks~

Your feet are the foundation of a healthy body. Taking measures to keep your feet healthy and pain-free can and is easier than you think.

Healthy feet are important for feeling good and staying active. Neglecting your feet can lead to pain and other avoidable foot problems. Use the following tips to keep your feet protected and in tip-top shape:



Walking is the best exercise for your feet. It contributes to your general health by improving circulation and weight control.

Keep your feet clean and dry. Healthy feet start with good hygiene.

Examine your feet. Scaling or peeling could be a sign of athlete's foot. Nail discoloration could indicate nail fungus.

Don't attempt to file down, remove, or shave calluses or corns. Filing these off can cause ulcers and other issues.

Cut toenails properly. Avoid trimming nails too close to the skin. This can cause painful ingrown toenails.

Protect your feet outside and in public places. Be sure to wear shoes at the gym, in locker rooms, public pools, etc. If deciding to become an avid barefooter, speak with our resident barefooter, James Tierney for how to prepare for barefooting. Being equipped with knowledge can prevent injury or infection.

Here are two online articles on barefooting:

<https://www.marksdailyapple.com/how-to-prepare-for-barefooting/>

<https://wellnessmama.com/4918/barefoot-shoes/>

Choose breathable footwear. Wear shoes that allow air to circulate, such as those made of fabrics.

Wear shoes that fit properly. Shoes that are too tight can cause long-term foot problems. Choose comfortable shoes with plenty of room.

Know when to see a foot doctor. Seek help from a Doctor to prevent minor problems and injuries from becoming major ones.

*Information provided by EverydayHealth.com, dLife.com,
and nuesteprocedure.com*

@Seattle Unity we LOVE Happy Feet!

*In Health and Happiness,
Yolanda Goff, aka "Vitality Consultant"*