



A Coffee Break for Tired Feet

by Michele Bender at www.health.com

Vanilla, coffee, and whipped cream make this aromatic recipe a treat for your feet—and your senses. We asked Donna Perillo, owner of New York’s Sweet Lily Spa, for an at-home recipe to pamper your feet. “The caffeine in the coffee reduces redness and swelling, while the salt, coffee grinds, and vanilla beans—along with the lactic acid in the whipped cream—are all natural exfoliants,” Perillo says.

What You Need

- ¼ cup sea salt
- 1 tablespoon freshly ground coffee beans
- 1 tablespoon ground vanilla beans
- ¼ cup olive oil
- 1 pot of coffee, at room temperature
- Whipped cream

Follow These Steps

1. Mix salt, beans, and oil in a bowl.
2. Pour coffee in a basin and add whipped cream.
3. Place feet in the basin and soak for about 10 minutes.
4. Take a scoop of the salt mixture and rub it over feet and calves, concentrating on callused areas.
5. Rinse feet with warm water, dry them lightly with a towel, and follow with a moisturizer.

The Pampered Sole

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Do-It-Yourself Foot Spa Recipes

www.arizonaspagirls.com/0/Lifestyle/BeautyLab/_/feet

Walk and Run Resources

www.stfrancishealth.org/energize

www.stfrancishealth.org/sports

www.coolrunning.com

www.thewalkingsite.com

www.sctrails.net

Protect Your Feet

by Debbe Geiger at www.health.com

With all the exercise you do, your feet take quite a pounding. Here’s how to keep them feeling fine. To keep your feet injury-free and feeling great, try these simple moves (three sets, three times a week) from the American Orthopaedic Foot and Ankle Society.

Ball roll (to prevent heel and arch pain):

Roll a golf or tennis ball between the floor and each foot for 2 minutes. You’ll stretch the plantar fascia, a broad band of tissue that runs along the bottom of your foot. (Plantar fasciitis, or inflammation of that tissue, is one of the most common injuries for runners and walkers.)

Towel curls (to prevent arch strain):

Put a hand towel on the floor, grasp it with your toes, and pull it toward you. Relax, and repeat 5 times.

Toe stretch (to tone calf and toe muscles):

Raise your heel until only the ball of your foot is touching the floor. Hold for 5 seconds; release. Do the same with only your toes touching, then with your toes curled under so only the nails are touching. Repeat all positions 10 times, alternating feet.



These Shoes Aren't Made for Walking

by Charles Drennen at www.health.com

From the look of storefronts and fashion magazines, summer will have a myriad of strappy pumps and metal thong sandals for the woman willing to sacrifice comfort for the sake of snappy shoes.

It's a great irony of life that the better looking the shoe, the less comfortable it's likely to be. This winter was no exception to the trend, as heeled boots ruled. Though winter wanes, and boots will soon be back on the closet floor, the marriage of style and pain remains, unfortunately, intact.

From the look of storefronts and fashion magazines, summer will have a myriad of strappy pumps and metal thong sandals for the woman willing to sacrifice comfort for the sake of snappy shoes. But beware. The joy of looking down to see a pair of perfect open-toed pumps framing a perfect pedicure can come at a price.

The walking that most people do in a day amounts to more than 700 tons of pressure on the average pair of feet. The average owner of said pair of feet is likely to walk 115,000 miles in a lifetime. With stats like that, it's little wonder that foot injuries are the most common sort of injury Americans face. Wearing the kind of shoes that give podiatrists nightmares, it's little wonder why women have it worst.

The biggest culprit to happy feet is the high heel. The higher the heel, the more pressure exerted on the toes and arch of the foot. This pressure leads to the most common of foot ailments – bunions – the foot's way of compensating for a loss of arch integrity. Simply put, the more pressure placed on your arches, the less stable your feet are, and the more bruised, calloused, and rough they become.

But problems with feet don't stop at the ankles. Undue pressure on the feet causes a chain reaction in posture. Knee pain, back pain, and neck pain can often be traced to the way one stands, walks, and runs, and the off-balance posture high heels create increases a woman's chance of injury.

Relieving foot pain starts with better shoes, and the best shoes are form-fitting, lace-up (not slip-on) sneakers with firm arch support. Of course, sneakers won't fit every occasion, but limit the time you spend in pumps, keep heels at a reasonable height (below three inches), and try out some of the comfort and performance pumps that are on the market. Bear in mind the most obvious rule: If your shoe is uncomfortable, you probably shouldn't wear it.

Resources and Links

Foot Health

www.foot.com

www.footphysicians.com

www.aofas.org > Foot Center

Shoe Resources

Athletic Shoes

www.runin.com

Our Favorite Flats

www.piperlime.com

"If the Shoe Fits" Video

www.speakingofwomenshealth.com/Show_Tell/Video2.asp