



YOGA FOR NORMAL PEOPLE



September News & Info

Your feet are talking--do you hear them?



The condition of our feet can say a lot about our health

Have you noticed that if your feet hurt or they are injured, it makes you feel just plain tired all over? Your feet contain 26 bones, 33 joints, and more than 100 muscles, tendons and ligaments. No wonder they hurt sometimes with the weight we put on them.

The foot consists of 3 parts: the forefoot which includes the toes, the midfoot, containing the arches, and the hindfoot, which supports the heel and ankle.

Even small changes in the foot, such as wearing shoes that are too small or with high heels and no arch support, can undermine its structural integrity and cause pain with every step. Corns, calluses and bunions can be the ultimate result.

Pay attention and seek medical help if you notice these symptoms:

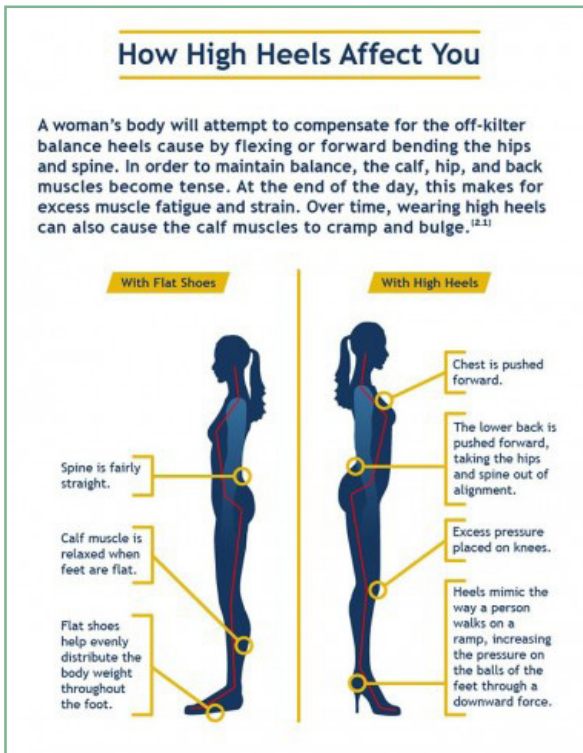
- Cold, dry, flakey feet or brittle toenails: could be a sign of thyroid complications.
- Bald toes: decreased hair growth could be a sign of blood circulation problems.
- A wound or sore that doesn't heal: could be a sign of diabetes, especially if there is tingling and numbness of the feet as well.
- Enlarged, painful big toe or other joint pain in the feet: could be a sign of gout, a type of arthritis that affects the feet.
- Red streaks under the toenails: could be broken blood vessels that may indicate an infection of the heart's inner lining.
- Sunken or spoon-shaped toenails: could be a sign of anemia, or lack of iron.
- Pitted toenails: could be psoriatic arthritis.

For information about all the goings on in September, please visit our website:

www.KatePorterYoga.com

September Tips

Those gorgeous Manolo heels may be fantastic attention seekers, but you don't really need the long-term aggravation, do you?



If you absolutely cannot give up high heels, here are some modifications to consider:

- Limit the amount of time you wear them;
- Stretch leg muscles before and after wearing high heels;
- Set your heel limit to no more than 2 inches;
- Avoid the 'pointed-toe' shoes;
- Vary your footwear from day to day;
- Always purchase shoes in the afternoon or evening when feet are at their largest.

Nothing rejuvenates and relaxes like a great foot massage. Find yourself a good salon amongst the dozens around the area and indulge in a foot bath, scrub and massage. Your feet will thank you for it!

Notice what happens when a trained reflexologist puts gentle (or not so gentle) pressure on certain areas shown in the adjacent chart.

