

FOOTNOTES

Feetology Podiatry Newsletter

November– December 2016

Life is a Beach

Enjoy it!!

~ Mark Caldwell, Director



Finally the cool mornings are behind us for another year. Ariella and I had a week on Fraser Island recently where socks and jumpers gave way to shorts, swimmers and thongs; the “uniform” of summer.

We stayed in a beach house at Orchid Beach with beautiful views to the ocean. There were minimal curtains, and that had me opening my eyes around 5am every morning with the first rays of sun. There was also no TV and only soft lighting at night (there is no mains power here; it’s all solar) so we were heading to bed at 9pm.

This has been a habit I have brought back with me and now I find myself able to jump out of bed and start the day with a little more zeal. This is perfect for going for an early morning run or for getting some of the jobs in the garden done before work.

Feetology Podiatrist, James Sowden, found a great article, *Optimise Your*

Brain, which offers tips to fine tune your brain using exercise. After reading the article, I can see that my new routine is something I need to maintain all year round.

The busy time of year is upon us now as November quickly becomes December and then we are all about Christmas and the new year.

This year we will have more appointments available leading up to Christmas. Having Caleigh Crick join Feetology in April has given us the capacity to help more people than ever before.

Feetology will be open right up to Christmas (Friday, 23 Dec), and re-opening on Wednesday, 28 Dec too but please get in quick and book your appointments so that your feet are in tip-top shape for the festivities.

This will be our last newsletter for the year and I would like to take this early opportunity to wish everyone a very happy and safe holiday season.

*Rejoice with
your family in
the beautiful
land of life.”*

~ Albert Einstein

In This Issue:

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- Sudoku Challenge
- Tayla’s Chicken Pesto Pasta
- New Season Footwear
- Win!! a Pair of Shoes



keeping you on your feet; keeping you doing the things you love





Optimise Your Brain With Exercise

Researchers are discovering new information regarding exercise and the positive effects on the brain. From depression to memory loss, exercise is touted as being able to cure almost anything. Sounds promising, right? Let's take a closer look into how exercise can positively affect your physical and mental wellbeing.

Pursuit of Happiness

Exercise is not only effective at "shifting the gears" in your brain but it can also increase happiness. Increasing your activity levels, in turn, increases the amount of neurotransmitters in our brains. These neurotransmitters, such as endorphins, primarily combat feelings of pain and stress. They have other positive effects, such as improving the immune system, modulating the appetite, and creating a feeling of euphoria. In fact, according to one study, exercise may work just as well at treating depression as common anti-depressants.

Mind over Matter

Exercise has positive effects on our mood and ultimately impacts our mental health. It speeds up the incredible process of "Neurogenesis", where new cells are born, which tend to dampen down our stress response. Essentially, the fitter you are, the more stress it takes to get you stressed.

Besides affecting the brain, exercise in general can help to boost self confidence, increase energy levels and improve sleep - all of which can ease stress. Win win win!

Brains v. Brawn

You don't usually associate brains with brawn, but that assumption is turning out to be seriously flawed. New research is showing exercise has significant positive effects on children. For example, kids who walk to school tend to concentrate better and get better results than those being "chauffeured" to school!

~ continues on page 4

Feetology Podiatry Centre 2016 Christmas Hours

Mon 19 Dec 8am—5pm

Tues 20 Dec 8am—7pm

Wed 21 Dec 8am—5pm

Thurs 22 Dec 8am—7pm

Fri 23 Dec 8am—5pm

Mon 26 Dec Closed

Tues 27 Dec Closed

Wed 28 Dec 8am—5pm

Thurs 29 Dec 8:30am—5pm

Fri 30 Dec Closed

Mon 2 Jan Closed

Tues 3 Jan 9:30am—7pm

Wed 4 Jan 8am—5pm

Thurs 5 Jan 9am—7pm

Fri 6 Jan 8am—5pm



It's easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

		1				8	3	
			7				6	
					1			
			8					
2	7		5	9	4			
4		6			2	7		
1							2	6
		9	3					8
6			4				1	5



Team Member Profile:

Tayla



You will recognise Tayla as part of the reception team here at Feetology Podiatry Centre, she joined the team in April 2015.

When Tayla isn't working at Feetology 4 days a week, she is being "Mum" to her two young girls, aged 2 and 4, who keep her very busy.

Tayla and her family enjoy getting away on their weekends. They love to go four wheel driving on Bribie Island and taking a road trip whenever they can to their family farm located 3 hours north of Brisbane.

Did you know...

... that we help with heel pain?

We get so much positive feedback about what we do here at Feetology and we want to share some of our success stories with you.

Helen, an active, 50 year old lady who works full time, came to us with pain in her heels. The pain was really starting to get her down. She had stopped her morning walks with her husband and dogs as her feet were just too sore.

She was putting on weight which was making her foot pain worse and this was starting to affect her mood. Helen felt she was becoming a "grumpy old woman". She felt as if everyone was out doing things and that her life was passing her by as she couldn't participate because of her feet.

We were able to diagnose the cause of Helen's heel pain and devise a treatment plan to get her back on track, including specific footwear advice, exercises and special inserts (orthotics) for her shoes.

At Helen's review, her foot pain had decreased dramatically, down to no pain at all. She reported that not only was she up walking with her husband and dogs in the morning but walking twice a day! She was losing weight, her mood had improved and she's over the moon that she is getting back to her 'normal life'.

Tayla's Chicken Pesto Pasta

with spinach leaves, pumpkin and feta cheese

Method:

Ingredients (serves 6):

1kg of chicken breast
500g of baby spinach leaves
500g fettuccine
190g jar of basil pesto
Salt and pepper, to taste

1 tsp olive oil
100g of feta cheese
1/2 butternut pumpkin
600ml of thickened cream



Cook fettuccine in salted water. Cut chicken breast into 2cm cubes. Dice the pumpkin (also 2cm) and feta.

Heat saucepan, add olive oil and brown chicken breast. Once the chicken breast is cooked through, add pumpkin and sauté. When the pumpkin is tender, add cream, pesto and spinach and cook for a further 5mins or until spinach has softened.

Drain fettuccine and add to saucepan with the sauce and 3/4 of the feta. Garnish with a few spinach leaves and the remaining feta.

Enjoy!

Optimise Your Brain... (continued from page 2):

At the other end of the age spectrum, a recent German study found that older people who enjoy mild exercise such as gardening or regular walks are half as likely to suffer from cognitive impairment and scored better on attention and memory tests.

Who knew that while you were fixing the weeds, you were also changing the landscape of your mind?!

If you are wondering how much exercise you should partake in, well exercise is best taken once daily for at least 30 minutes. But remember, exercise is not a sprint; start off slowly and move around within your

limits. It does not matter your age or physical level, getting off the couch and out in the sun should be your number 1 priority this summer!



VIONIC
WALK. MOVE. LIVE.

revere
COMFORT SHOES

Scholl
ORTHAHEEL

New season Vionic, revere and Scholl Orthaheel footwear is now available at Feetology. These stylish runners, sandals and thongs combine support and style, without sacrificing the extra comfort your aching feet deserve!

Come in soon and see what's new this season.

Do you know someone who needs our help?

If you know someone that could benefit from a visit to us, please pass our details on to them. We would love to help them to live their best life.

You could win a pair of shoes for your recommendation! You have a chance to win a pair of shoes from the Scholl Orthaheel, **revere** or VIONIC footwear ranges (up to the value of \$220).

Feetology gives referring patients one (1) entry into the quarterly draw for each new patient that tells us you sent them. The next prize draw will be **Friday, 17 March 2017**.

Thank you Dawn P, Sharon H, Miranda D and all of our other "Refer-a-Friend" prize winners for recommending us to your family and friends. This is the nicest compliment you could give us.



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keeping you on your feet; keeping you doing the things you love

