



Great gift for Valentines...

With Valentine's Day quickly approaching we are pleased to share with you a gift that you can share with your significant other that won't cost you a penny and just might be the best gift you have ever given...A Valentine's Foot Massage!!

1. Begin by soaking the feet in warm water for 10 minutes. Dry the feet with a warm towel (a good trick is to place the towel in the drier for a few minutes to make sure it is good and warm).

2. Sit back in a comfortable chair and relax. Make sure the legs are supported by a surface or by the person giving the massage. Massage one foot at a time and wrap the other foot in a warm towel. You can use lotion or massage oil for the massage.

3. Warm your hands by running warm tap water over them. Be sure you warm up the lotion or oil with your own hands before you begin the massage. Rub the oil or lotion over the entire foot and above the ankle.

4. Begin the massage by gently squeezing the foot with both hands from the toes up to the ankles and back to the toes with one hand on the outside of the foot and the other on the inside.

5. You are now going to very very gently twist the foot in opposite directions. Begin at the toes and work your way up to the ankles and back to the toes.

6. Place your fingers on top of the foot and your thumbs on the bottom of the foot. Gently massage in between the grooves in the metatarsal bones and tendons on the top of the foot as well as the areas around the ankle bones.

7. Time for the toes!! Find the base of the toes where they bend (the metatarsal phalangeal joints or the ball of the foot). With your fingers on top of the foot and your thumbs on the bottom, move both of your thumbs in small circles across the entire ball of the foot. Now run the fingers of one hand between the toes and do several back and forth movements.

8. Before you finish, the bottom of the foot needs some attention. With your fingers on top and your thumbs on the bottom of the foot make circular, back and forth and side to side motions with your thumb in the arch of the foot from the ball to the heel.

9. Finish the massage by doing light strokes with your fingers on the top of the foot and your thumbs on the bottom of the foot from the toes all the way to the ankle.

10. Wrap the foot you just massaged in a warm towel and massage the other foot in the same way. When you are completely finished wipe off any excess lotion or oil and replace the socks to seal in the lotion or oil and to prevent slipping.



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Fibromyalgia-What is it?

Fibromyalgia affects more than 1 million Canadians, but most people don't know what it is. More women than men are affected by it, and it's most likely to begin at mid life. It's the third most prevalent rheumatic disorder in the Canada and can occur along with other rheumatic conditions.

Doctors are unsure of the causes of fibromyalgia (FM), but they do know it's a rheumatic syndrome that can cause widespread pain in muscles, tendons and connective tissues.

Tender points include the neck, shoulders, chest, elbows, lower back, hips, knees and shins, and. Pain can spread out from these points. The degree of pain can vary from minimal to severe and there may be periods of time that are pain free.

Management of FM may include over-the-counter and prescription medications. Self-care and a healthy lifestyle are essential in preventing flare-ups: Reduce stress, avoid overexertion, exercise regularly (tai chi and yoga are helpful), get enough sleep and eat wholesome foods.

Massage therapy can relax muscles, improve range of motion and relieve stress and anxiety.

If you have FM, besides handling pain, you will need to deal with the frustration of having a condition that's often misunderstood. In addition to educating yourself about fibromyalgia, it's helpful to provide your friends and co-workers with



Valentine's Day has Mysterious, Romantic Origins

On February 14, lovers, friends and family members exchange Valentine cards or gifts as tokens of caring and love. Valentine's Day is one of the most romantic days of the year.

Did you Know...

- Its history, however, is shrouded in mystery. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made the best soldiers, he outlawed marriage for young men. Valentine defied Claudius and performed marriages for young lovers in secret. When it was discovered, Claudius ordered that he be put to death.
- According to another legend, Valentine sent the first valentine greeting himself. While in prison, he fell in love with a young girl who often visited him. Before his death, he wrote her a letter, which he signed "From your Valentine."
- Others claim that the Christian church celebrated Valentine's feast day in February to compete with celebrations of the pagan Lupercalia festival, which began on February 15. It was a fertility festival dedicated to Faunus, the Roman god of agriculture.
- In Great Britain, Valentine was one of the most popular saints. Valentine's Day began to be celebrated in the seventeenth century. By the 18th century, it was common for friends and lovers to exchange tokens of affection or handwritten notes. Some years later, printed cards began to replace written letters. They were an easy way to express emotions in a time when direct expression of one's feelings was discouraged.
- In the 1840s, Esther A. Howland began to sell the first mass-produced valentines in America. According to the Greeting Card Association, an estimated 1 billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. About 2.6 billion cards are sent for Christmas.

How to Avoid 'tourist feet'...

At this time of year, many people are travelling to warmer climates and exploring the many sites that these places have to offer. Here are some tips to help ensure that you enjoy yourself:



1. Wear comfortable shoes.
2. Avoid being on your feet all day. You don't have to see all the museums in one excursion.
3. Don't believe the maps. They make you think you can walk from one attraction to another. Looks are deceiving.
4. Sign up for a tour. You will be driven from one fascinating place to another. That saves time and your feet.



Ask Brian ...Question of The Month

I am diabetic and am concerned about my feet. What can I do to look after them?

How to Keep Your Feet Safe with Diabetes:

1. Wear Proper Shoes- your shoes should be designed to protect and support your feet. Diabetics need this even more than others. Your shoes should have a soft smooth lining with no inner seams. Extra padding is helpful.
2. Do not wear stockings or socks with tight elastic backs and do not use garters. Do not wear any socks with holes. Always wear socks with shoes.
3. Examine your feet daily for redness, warmth, blisters, ulcers, scratches, cuts and nail problems from shoes or other sources. Look at the bottoms of your feet and check between your toes. If you are unable to reach, use a mirror or have someone else look for you.
4. NEVER walk barefoot, neither indoors nor out.
5. Examine your shoes for foreign objects, protruding tacks and torn liners before putting them on.
6. Do not trim your own toenails especially if you have any loss of feeling in your feet.
7. DO NOT SMOKE. It decreases the blood supply to your feet even more!



When Should You Call a Chiropodist?

- If you are experiencing pain in your feet or ankles that will not go away
- If you have heel pain that is limiting you or making your daily activities difficult
- If you have thick, yellow nails that are hard to cut
- If you are diabetic and have poor circulation or limited feeling to the feet
- If the skin on your feet is severely dry, peeling or cracking
- If you are developing corns, callous or blisters
- If you want to avoid painful bunions and hammer toes like your grandmother
- If you need help finding proper fitting shoes



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Random Acts of Kindness Week:

Feb. 13-19

This celebration is held to increase awareness of kindness and its benefits to both the giver and receiver.

Anonymous acts make the giver feel good, maybe for the rest of the day or evening. The odd thing about it is that you can't plan to do any particular type of kindness - all you can do is recognize an opportunity to kindly help someone.

From February 13 to 19, you have an entire week to become something of a hero. A person overloaded with packages will be surprised and pleased when you offer to carry one. The co-worker who drops papers on the floor will admire your kindness when you help to pick them up.



Month of February

Help Others

Help your Community!