

# FOOTHUGGERS COMFORT SOCKS

WORLD'S BEST SOCKS FOR COLD FEET, DIABETES, RAYNAUDS,  
NEUROPATHY, AND ARTHRITIS

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## FootHuggers Newsletter January 2010

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## Congratulations! This Month's Winner

**LaKeisha Blackwell**  
Sterling Heights, MI

LaKeisha is this month's winner of a free pair of socks in our monthly drawing. Each month, we draw one name from our email list and that person receives a FREE pair of FootHuggers Comfort Socks of their choice.

Since you have joined our mailing list, you are automatically entered in this drawing every month!

*Winners are excluded from future drawings for 6 months.*

## QUOTE OF THE MONTH

*Hi all,*

*Thank you so much for FootHuggers crew*

## UPCOMING SHOWS

### National Western Stock Show and Rodeo

National Western Complex - Hall of Education  
Located across from "Feedlot Restaurant"

Denver, CO

January 9-24, 2010

[www.nationalwestern.com](http://www.nationalwestern.com)

### Forth Worth Stock Show & Rodeo

Amon Carter Exposition Hall  
Booth 914/915

Fort Worth, TX

January 15-February 7, 2010

[www.fwssr.com](http://www.fwssr.com)

### Affair of the Heart

Centennial Building

Oklahoma City, OK

February 12-14, 2010

[www.aoth.com](http://www.aoth.com)

## FUNDRAISING OPPORTUNITIES FOR NON-PROFIT ORGANIZATIONS

If you're involved with organizations

*socks. A couple weeks ago I gave a pair to a dear, uncomplaining friend who has peripheral neuropathy in his feet as a result of long-term chemotherapy. The fact that he had even mentioned the burning one day meant that it was bad and made me want to DO SOMETHING.*

*I knew there were socks and other products 'out there' that were supposed to help with this - although my friend had tried several types of socks and not found that they helped. Anyway through the grace of God and Google I stumbled across your site, was impressed by some of the testimonials and decided to get a pair.*

*Long story short, they really do help with the burning, and my friend can wear them both at home and with his regular shoes, so I haven't seen him without them since the day he tried them. (I got a few more pairs immediately he said they helped.) He even took the tag in and gave it to his oncologist today to recommend to other patients who suffer with neuropathy.*

*God bless you this Advent and always.*

*Ann Brashear,  
Bellevue, Washington*

like Boy Scouts, Girl Scouts, Church Groups, PTA, etc., you know the need to raise funds to support the activities of the group. Girl Scout cookies are an example of an effective fundraising event. Other groups sell magazine subscriptions, candy, popcorn, etc. However, these activities require significant investment of time and effort of both adults and kids. What if you could accomplish the same goal with almost no effort on your part? In fact, nobody has to leave their house. Here is the idea...

We market our full line of clothing accessories at shows across the USA and Canada. We also have two websites that allow our customers to purchase items online. Our idea is to allow non-profit organizations to benefit from the purchase of items on our website. When placing their order, a customer would simply enter the code representing the organization they wish to support. We handle all the billing and shipping and then send a check based on a fixed percentage of sales to the organization.

If this sounds good to you, [email us](#). We can discuss the details and tailor a program to fit your goals.

## FAMILY IN NEED CONTEST

First of all, I want to thank all of you for your many entries for our 1st Annual "Family in Need Contest". As with any contest, it is important to select a winner. This task was difficult due to the worthy nature of each letter. After much thought and evaluation, we have selected this year's winner:

**K. Talor & C. Mejesky  
British Columbia, Canada**

Here is their story:

*"Well, this story depicts a family of two, mother & son...whose income level is a story in itself. The mother is on disability. In order to make ends meet, she must work part time hours. Her son has his own ailments that seem to slowly become evident as he grows older. Bad circulation (Raynaud's Syndrome) ... stiff joints in hands, feet and ankles (Arthritis) ... no happy medium between cold and*

hot feet ... which causes excessive moisture.

*The mother's health ailments include Raynaud's Syndrome. The loss of blood flow to the extremities such as fingers and toes can be not only unsightly as they look white and cold to the touch. On a medical view, very painful and dangerous due to the lack of circulation. The healing process can take several minutes, if not longer, to return to what we would consider a normal state, however this process causes a burning and very painful sensation for her fingers and toes. This condition can be difficult when you live in a colder climate ... one where winter temperatures drop below 25 degrees Celsius. This not only ails her feet but also her hands, due to Lupus (SLE), an autoimmune disease, as well as connective tissue disorder, which affects the surrounding soft tissue and muscles near joints, such as the feet and ankles.*

*Peripheral Neuropathy is another symptom she deals with on a daily basis, so the average sock can be quite constricting, causing the skin to be so sensitive to the slightest touch. I know at night time she really struggles, as her feet are cold when bedtime comes. So to bed she goes with her socks on, only to have to remove them because of hot tingling, burning sensation. She struggles day and night. Somewhere there has to be some comfort for this lady.*

*FootHugger Comfort Socks would most definitely help to soothe the pain and discomfort of the Arthritis she also suffers from. For her to feel the benefits of FootHuggers softness and cushioning surrounding her feet, whilst providing much needed symptomatic relief, I truly don't believe that there is a better product on the market for this lady and her situation.*

*It's like she is caught between a rock and a hard place. To find a sock with the properties to protect her feet from the cold, yet allow for wicking to keep excess moisture away, and to calm the burning sensation. To provide her feet with some padded warmth and comfort, without feeling that restriction on her lower legs and ankles. It's a tough one to try to balance all ailments ... and to do so with one product from any clothing department store. Not as of yet, until perhaps FootHuggers came along. Well, I personally believe that FootHugger Comfort Socks are just what the doctor ordered!*

*I thank you kindly for allowing me this opportunity to submit my little story of your product and how it would "Help a Family in Need" ... this family indeed (BIG HEART)."*

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In order to meet the many needs of this family, we will be providing a selection of both our **WristHuggers** and **FootHugger Comfort Socks**. Both WristHuggers and FootHuggers have been evaluated and approved by the Raynaud's Association. In fact, the Raynaud's Association actually lists our products on their website. In treating Neuropathy, FootHuggers Comfort Socks have been tested by the Neuropathy Association with very positive results. Both products will also help with the discomfort of Arthritis.

It is with great joy that we are sending our products to this family! Again, thank you all for your letters and stories.

Best Regards,

John & Sarah Tyree  
FootHuggers Sock Company

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## **COLD ARCTIC WEATHER HITS AMERICA**

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**Global warming might be all the buzz,**

## but let's face reality - *IT'S COLD OUTSIDE!!!*



Unless you have been living under a rock these days, you are painfully aware that money is tight and we all need to re-think just how and why we do what we do. Is there a better way, a more cost-effective way to do things? A few dollars spent improving your home's ability to retain heat saves you big money all winter long. As a previous home energy auditor, adding insulation to the attic, replacing drafty windows, checking caulking around doors and windows are all good ideas. Also, check your smoke detectors' batteries and be sure to use a carbon monoxide detector in your home. Be safe as you try to conserve.

But what about your personal attire? How can you improve your comfort when the weather turns cold and everyone is keeping the thermostats low? Well, you need to pay attention to some basics about your body. Here are some tips:

**1. Keep dry next to the skin.** It takes up to 7 times more energy to warm your body when you are wet/damp than when you are dry.

Therefore, being dry is the key. This is why FootHugger Socks work so well. FootHuggers wick moisture away from your skin, keeping you dry.

**2. Don't wear tight clothing.** The only way your hands, arms, legs and feet stay warm is through blood circulation. If you wear clothing that is tight, you are squeezing your veins and reducing their full size, thus reducing their ability to deliver warm blood. If your clothing is leaving marks on your skin, it is probably too tight. Check the top of your socks. Any dent in your leg is a warning sign. Warm blood is restricted on its way to your feet. That is unhealthy and causes feet to be cold.

**3. Layer clothing.** Layering has long been a good idea to help you stay comfortable as your environment changes throughout your busy day. If you are getting chilled, add a layer. If you are too hot, remove a layer. But layer with the right materials.

**4. Wear fabrics that are thermally efficient.** Not all clothing is created equal. In the summer, wearing cotton is OK. In the winter, wearing cotton can be a big mistake. The best system includes three main layers: 1. Skin layer, 2. Middle layer, 3. Outer layer.

**The skin layer (1)** needs to wick moisture away from your skin and must feel soft and comfortable. This top and bottom layer is the most critical component of a layering system. Long underwear serves two purposes: first, to trap a layer of warm air next to your skin; second, to wick away the perspiration your body produces during activities. Polypropylene or name-brand polyester-based underwear is required. Do not wear cotton - it must be synthetic. These modern synthetics are nonabsorbent, so they stay dry next to your skin. And they do a superior job of wicking away moisture before it can soak and chill you. If you must have natural fibers, silk is a natural alternative to synthetics. Silk will not absorb moisture and allows other layers to easily slide over it.

**The middle layer (2)** provides insulation. This layer affords you the most versatility as your activity intensifies or temps fluctuate. Acceptable fabrics for this layer include wool or synthetics. Fleece or "Polartec" is by far the best performing mid layer you can buy. Fleece comes in many different styles and is rated in accordance to how densely knit the fibers are. Microfleece is tightly knit and offers good wind protection and warmth. If you are looking for more insulation, fleece with a rating of 300+ offers greater density and thus more air space to capture heat. Higher rated fleece is not as windproof as microfleece. Dress according to your activity level and the outside temps. Use lighter materials when you are physically active, heavier material when you are more stationary.

**The outer layer (3)** is focused less on warmth and more on staying dry. This is where Gore-Tex, Ultrex and other variations come into play. Gore-Tex is a water and windproof fabric that allows for venting of internal heat. Several companies have their own version of the technology. Some coats come with a variety of features, such as full hoods and pit zips to vent heat. A Gore-Tex shell is the

premium waterproof upper layer but nylon or Teflon coats offer good protection with slightly less venting ability. A PVC or plastic coated rain jacket will not breathe, nor will a nylon jacket repel rain for long periods of time. A wind breaker is designed to keep the wind off when it's not raining. A raincoat is too heavy to serve as a windbreaker. If you own a more technical piece of clothing that you know will repel water and breathe well enough to serve as a windbreaker, you may bring only one jacket.

Visit us at [foothuggers.com](http://foothuggers.com) or [boothuggers.com](http://boothuggers.com) to see our complete line of warm clothing items.

## LOOK WHO'S WEARING FOOTHUGGERS



Miss Rodeo Kansas 2009 is Meredith Holland of Bucyrus. Meredith is a senior at Kansas State University where she is pursuing a Bachelor of Arts in Women's Studies, with an emphasis on Public Relations. She is the 23 year old daughter of Michele and Jim Holland, also of Bucyrus, and has four siblings. Meredith discovered FootHuggers at one of the many shows we exhibit at around the country.

While finishing up her degree at Kansas State, Meredith has been involved with both rodeo and horses her entire life. She grew up on an American Quarter Horse ranch and started running barrels and poles with the American Quarter Horse Youth Association when she was 16. At 17, she was the All American Quarter Horse Congress Reserve Champion and placed in the Top Ten in both events. The Holland family also owns, breeds and shows the AQHA 2005 Superhorse, With All Probability, along with the 2007 and 2008 AQHYA World and Reserve World Champions. Growing up surrounded by horses and rodeo, Meredith has developed a love and devotion to

spreading its "gospel" of fairness and unparalleled sportsmanship wherever she goes.

## SHOW SPECIALS ONLINE

If you discovered us at one of our many shows across the USA or Canada, then you probably took advantage of our "Show Specials" to save money on your purchase. Now you don't have to wait for the next show. Simply visit our websites, [foothuggers.com](http://foothuggers.com) or [boothuggers.com](http://boothuggers.com), find the items you need and start saving. **All orders of \$100 or more ship FREE** (1st class mail).

**Take a look at our savings program below and start saving today!**

### **Bronze Level:**

At the bronze level, once you achieve a \$50-\$99 purchase total of any combination of our products, you qualify for a 5% discount on your entire order.

***Enter the coupon code "bronze" at check-out to receive this savings.***

**Silver Level:** At the silver level, once you achieve a \$100-\$149 purchase total of any combination of our products, you qualify for a 10% discount on your entire order.

***Enter the coupon code "silver" at check-out to receive this savings.***

**Gold Level:** At the gold level, once you achieve a \$150-\$249 purchase total of any combination of our products, you qualify for a 15% discount on your entire order.

***Enter the coupon code "gold" at check-out to receive this savings.***

**Platinum Level:** At the platinum level, once you achieve a minimum purchase total of \$250 of any combination of our products, you qualify for a 20% discount on your entire order.

***Enter the coupon code "platinum" at check-out to receive this savings.***

**Note: All discounts apply exclusively to online orders. Phone orders do not qualify for discounts.**

### **Save on shipping charges too!**

All orders of \$100 or more ship for free anywhere in North America!

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**Thanks for all your support and interest!**

**Please forward this newsletter to a friend who might benefit from this information.**

**Everyday Gaiters Company**

P.O. Box 1061  
Minnetonka, MN 55345

Toll Free: 800-971-1294  
Office Line: 952-988-9160  
Fax Line: 952-935-1501

Email: [boothuggers@msn.com](mailto:boothuggers@msn.com)

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