

FootHuggers™
Comfort Socks

wicks moisture away
adds comfort and warmth

FootHuggers Newsletter

FootHuggers Comfort Socks Newsletter

- April 2008 Issue -

www.foothuggers.com

Congratulations to Karen Locke from Enfield, CT!

Karen is the April 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.

\$\$ SHOW COUPON \$\$

Believe it or not, every month's newsletter represents an opportunity to save money on any of our products at an upcoming show in your area. Simply print the 1st page of this newsletter and bring it to any of the shows listed below. You will receive an additional **\$2.00 off your purchase**, in addition to any other show specials available. Therefore, if you are planning to attend a show - **PRINT THIS PAGE!**

Quote of the Month

(This month's quote is actually a combination of two sent by Ron Stewart. Ron is a medical doctor, specifically a podiatrist, and has been wearing FootHuggers for years.)

"Dear John and Sarah,
My feet have nearly crippled me for years. My feet have been pretty beat-up by too many hi-lo jumps while serving in the military. I was living on Tylenol, but now I hardly ever take any since wearing your incredible socks. Your bootsocks are by far the best I've ever tried. I love the bootsocks and wear them all year long. These provide excellent protection and relief from arthritic

pain. You've helped me where my physician colleagues have been unable to. Please contact The Arthritis Foundation to let them know about your incredible product. God Bless You!!"

Ron Stewart, RMS, MD

FootHuggers Comfort Socks help with Arthritis

*(In keeping with the quotation above,
I thought it would be appropriate to revisit the topic of Arthritis.)*

FootHuggers Comfort Socks are helping thousands of people find relief from the discomfort of Arthritis in their feet, ankles and lower leg area. FootHuggers help maintain warmth. Heat relaxes your muscles and stimulates blood circulation.

Reprinted from The Arthritis Foundation Website:

Feet are the whipping boys of the body. With every mile we walk, 200,000 to 300,000 pounds of stress bears down on our tootsies, and by the time we're 50, most of us have walked 75,000 miles. That's a lot of action for two narrow islands of 26 bones and more than 30 joints. And yet despite the central role feet play in our lives, most of us ignore them.

Experts say orthopaedic disorders, including foot problems, are a leading cause of inactivity and disability in the United States. "Feet degenerate like tires on cars," says Washington, D.C.-based podiatrist Arnold Ravick, a spokesperson for the American Podiatric Association. "Just like the rest of our body, our feet spread out, muscles weaken and skin thins."

We begin to lose flexibility and elasticity, and our shock absorbers simply don't work as well as they used to. Add arthritis, and you have a double whammy. Joints inflamed and distorted by arthritis find no comfort from a day's pounding in ill-fitting shoes or from feet whose padding has grown thin.

If we pay attention to our feet, we can head off potential problems. If we already have arthritis, more surveillance and care taking of our feet and joints not only makes sense, it's crucial.

8 Ways You Can Protect Your Joints

1. Maintain your ideal body weight. The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.
2. Move your body. Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage.

3. Stand up straight. Good posture protects the joints in your neck, back, hips and knees. Use the big joints. When lifting or carrying, use largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.
4. Pace yourself. Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA.
5. Listen to your body. If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.
6. Don't be static. Changing positions regularly will decrease the stiffness in your muscles and joints.
7. Forget the weekend warrior. Don't engage in activities your body for which your body isn't prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.
8. Wear proper safety equipment. Don't leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.

Links to more information about Arthritis

Arthritis Foundation: www.arthritis.org

Center for Disease Control: www.cdc.gov/arthritis

Web MD: arthritis.webmd.com

Mayo Clinic: www.mayoclinic.com/health/arthritis/AR99999

Facts about your Feet

- Your feet mirror your general health. Such conditions as arthritis, nerve and circulatory disorders can show their initial symptoms in the feet, so foot ailments can be your first sign of more serious medical problems.
- Corns and calluses are caused by friction and pressure from skin rubbing against bony areas when wearing shoes. If the first signs of soreness are ignored, corns and calluses rise up as nature's way of protecting sensitive areas.
- There are approximately 250,000 sweat glands in a pair of feet, and they excrete as much as half a pint of moisture each day.
- The foot is an intricate structure containing 26 bones. Thirty-three joints, 107 ligaments, 19 muscles, and tendons hold the structure together and allow it to move in a variety of ways.

- Women have about four times as many foot problems as men; high heels often are the culprit.
 - The average person takes 8,000 to 10,000 steps a day. Those cover several miles, and they all add up to about 115,000 miles in a lifetime -- more than four times the circumference of the globe.
 - There are times when you're walking that the pressure on your feet exceeds your body weight, and when you're running, it can be three or four times your weight.
 - Shopping for shoes is best done in the afternoon. Your feet tend to swell a little during the day, and it's best to buy shoes to fit them then. Have your feet measured every time you purchase shoes, and do it while you're standing. When you try on shoes, try them on both feet; many people have one foot larger than the other, and it's best to fit the larger one.
 - Trim your toenails straight across with clippers specially designed for the purpose. Leave them slightly longer than the tips of your toes.
 - Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control and promoting all-around well being.
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Upcoming Shows

Huffman Productions, Spring Festival

Omaha, NE - Qwest Center

April 11-13

Midwest Horse Expo

Madison, WI - Alliant Center

April 18-20

Huffman Productions, Spring Festival

Villa Park, IL - The Odeum Sports Center

April 18-20

Minnesota Horse Expo

St. Paul, MN - State Fair Grounds

April 25-27

Rocky Mtn Horse Expo

Vail/Eagle Valley, CO

May 30-June 1

Peoples Fair

June 7-8

Land of the Loon Festival

Virginia, MN - (New location near main entrance)

June 21-22

Thanks for all your support and interest.

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

Have a Great Day!!!

***Remember: Print the 1st page of this email for an extra
\$2.00 discount at any of our shows!!***