



FootHuggers Comfort Socks Newsletter

- January 2009 Issue -

www.foothuggers.com

HAPPY NEW YEAR!!!

Congratulations to Eddie James from Lancaster, SC!

Eddie is the January 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.

In This Month's Newsletter:

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Quote of the Month

"01/01/09 - I just came in from 'blazing' a cross-country trail in our 5-8" of new powder here in Central New York State. Although I purchased the FootHuggers Gaiters for my downhill boots I thought I'd try them X-Country

BootHuggers Gaiters for my downhill boots I thought I'd try them X-Country, today, since I needed to make my own trail in fairly deep snow. THEY ARE ABSOLUTELY MARVELOUS! No damp/wet socks or skins! And the BootHuggers are dry, also!

I also have a pair of your mid-calf socks and the fingerless gloves (WristHuggers) which are wonderful, also. These I purchased at a Horse Show/Trade Show in Syracuse, NY (primarily for the coldness of winter riding). So glad I did!

If anyone has any question as to the validity of your advertisement claims, let me assure them, you produce quality goods.

In addition, I received these boothuggers about 4 days after I purchased them on-line. I find that fantastic service! Nice job!"

K.A. Fordham

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Raynaud's Syndrome

This month we are focusing our newsletter on the problem of Raynaud's Syndrome. In short, if you suffer with cold feet, cold hands, or both - and this happens year-round, this article is for you. I encourage you to take a few minutes and read the article below. The information may help you or someone you know.

Winter Blues May Be for Real...

If you're reading this article, you're a fan of FootHuggers and the company's related products that arm our bodies against Old Man Winter and his frigid temperatures. But do you also experience painful cold reactions to air conditioning in the summer? How about just sticking your hand in the freezer to pull out tonight's entree?

Do any of the above references send you chills? Are your chills ever associated with color changes on your fingers or toes - maybe white or blue? If so, there may be a medical reason explaining your winter blue fingers and toes: it's an autoimmune condition called Raynaud's.

Know that you're not alone. Millions suffer from this little known but widespread medical condition. Unfortunately, the majority of sufferers just chalk the pain up to poor circulation and never seek treatment or work to actively take control in ways that can help keep their cold attacks from getting increasingly more severe. As we enter the peak cold months of the year, now's a good time to learn more about Raynaud's and ask yourself if maybe you or someone you know might benefit from more knowledge and

maybe you or someone you know might benefit from more knowledge and information on the subject.

What Is Raynaud's?

Raynaud's (pronounced "ray-NODES") is a disorder of the small blood vessels of the extremities, reducing blood flow. When exposed to cold, the blood vessels go into spasms, which may cause pain, numbness, throbbing and tingling. Emotional distress may also trigger such a response. The fingers are usually the primary affected areas, although toes, nose, ears and other extremities may be involved. In a typical case, within minutes of cold exposure fingers or toes turn white as blood flows away from the extremities, blue from the lack of oxygen, and then become red when they warm up and blood rushes back. These patriotic color changes, which may vary from person to person, are an exaggeration of a normal response to cold exposure. A normal cold response in the hands is a blotchy red and white pattern. Raynaud's-type color changes are distinctively different.

For most Raynaud's patients, the condition is uncomfortable, inconvenient, and sometimes painful, but not life threatening – you just learn to dress warmly and take precautions to prevent future attacks. In these cases, Raynaud's is considered a primary disorder. But for a small percentage of Raynaud's sufferers (less than 10%), their condition is a by-product of (or secondary to) another more serious autoimmune disease, such as Lupus, Scleroderma or Rheumatoid Arthritis. Patients with secondary Raynaud's tend to have more severe attacks, which, if not taken seriously, can result in skin ulcers, infection and even gangrene at the extremes.

Who Gets Raynaud's?

Raynaud's is seen throughout the population, affecting 5% to 10% of people in the U.S. Women are affected nine times more than men; the condition is seen in 20% of women of childbearing age. Men and children – even babies – also get Raynaud's. When it occurs in teenagers (mostly female), they tend to develop Raynaud's around the time of puberty. Often, the symptoms disappear when the individuals are in their twenties. But most sufferers are diagnosed in their middle thirties. For some, it gets better over time. Others find their condition intensifies with age.

If you're getting the idea that more should be known about this disease, you're right. It's been over a hundred years since the condition was first identified, yet the cause of Raynaud's is still unknown. There's no definitive test to diagnose Raynaud's, and most doctors know little about it. As a result, most sufferers walk around thinking they have poor circulation, and only one out of every five will become aware of their medical condition and seek treatment.

The Raynaud's Association is Here to Help

Our mission is to provide support, resources and credible information to Raynaud's sufferers. The Raynaud's Association was created to raise

Raynaud's sufferers. The Raynaud's Association was created to raise awareness of this disorder: to help people identify their condition and to seek medical intervention to determine whether or not an underlying and potentially serious medical condition exists.

We know the pain and frustration Raynaud's causes. It can inhibit lifestyle and leisure pursuits, make it difficult to perform various jobs, and affect relationships with others who are unsympathetic and uneducated about the condition.

But Raynaud's doesn't need to be a "life sentence." Through the Raynaud's Association, sufferers can learn ways to avoid and limit Raynaud's episodes, find techniques for protecting extremities from the cold, and share ideas for dealing with family, friends and co-workers who do not understand how painful and problematic Raynaud's can be.

To learn more about Raynaud's and the Raynaud's Association, visit our website at www.raynauds.org. Our site is designed to be a useful first step in the learning and sharing process. Here you'll find:

- Frequently Asked Questions - such as what type of medical specialist is most knowledgeable about Raynaud's.
- Newsletters – Including stories and tips from fellow Frosties, news on medical research and strategies for reducing attacks, along with products we've discovered that can provide relief.
- Our Discussion Forum – where over 1,700 active members informally exchange ideas on coping with daily activities, trade information on where to buy products for getting through the cold times, and share personal experiences.
- Product Review Section – where manufacturers of products we've pre-screened for members' warmth and comfort are described along with order information and discounts for Association members.

Those of you who've visited our site in the past will find some new additions and features we added in late 2008:

- It's Easier and Faster to Access News and Information: New posts in our Member Forum and recent Newsletter contents are now highlighted and accessible directly from the Home page.
- We've Added New Content: A "Support" section was added, including a new page on Living with Raynaud's discussing the importance of building public awareness. This section also includes Helpful Links to fellow autoimmune sister organizations.
- Have Your Voice Heard. The newly re-launched site includes a Tell Us About You page designed to help us collect case history information that may be useful for identifying patients willing to speak on our

that may be useful for identifying patients willing to speak on our behalf to the press or to contribute to our newsletter. It's already proved useful. One of our contributors was recently interviewed by a writer from the New York Times for an upcoming guide the newspaper is publishing on Raynaud's.

Join Us in Our Mission

Are you're a Raynaud's sufferer or know someone who's likely to benefit from some knowledge and information about this sometimes painful and frustrating condition? Join us on our website (www.raynauds.org) for helpful resources, call us at 800-280-8055 for information and answers to your questions, email us at info@raynauds.org, and support us in our mission to bring warmth and comfort to cold sufferers around the globe.

The Raynaud's Association is a self-funded 501c3 non-profit member-run group. While there is no charge for membership, we ask for a voluntary contribution of \$20 or more to help fund member mailings, maintenance of our website, management of our online forum and general costs of operations in support of our volunteer services.

To make a donation to the Raynaud's Association, go to our website at: <http://www.raynauds.org/donate>, or send a check to:

**Raynaud's Association, Inc.
94 Mercer Avenue
Hartsdale, NY 10530**

Raynaud's Syndrome Testimonials

"Ordered a week ago to try them out and now I have ordered 12 more pair!...They are the most comfortable and warmest socks I have tried. I would never have thought that they would make such a difference in my life. I actually have not had cold feet aches since I put the first pair on! I have suffered from Raynauds for the past 10 years and this is the first product I have tried that actually made a difference. Thank you for such a wonderful product! I will be passing this site onto all my friends!"

Helen
Elkhart, IN

"Hi, I just wanted to let you know that "I love my socks" !!!!! I have Lupus Nephritis and Raynauds and I need to keep warm. I bought three pairs at the fair for the first time and they are just fabulous! Very comfortable and warm!!!! I'll definitely will be ordering more as winter approaches. I'm glad I stopped at your booth to buy your socks on a stick!!!!"

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Thanks again for making a great product. I think I want the gloves next."

Shannon Schultz
Andover, MN

FootHuggers in Europe

Dear John and Sarah,

We sent the FootHuggers Comfort Sock samples which you provided to a few of our Raynaud's members here in Cheshire, England who have real problems trying to keep their feet warm. Please find attached their evaluations and comments. As you will see the socks have been a resounding success - proving to be very popular with our sample of Raynaud's Syndrome sufferers. Thank you for giving our Raynaud's & Scleroderma Association the opportunity to trial the socks.

Melanie, age 35-44, Anklet sock. Results: Excellent; Very happy with the fit; They are so warm and snug fitting; FootHuggers are perfect. They hug your feet and keep them warm; I would buy them.

Roger, age 45-54, Bootsock. Results: Excellent; Very happy with the fit; Keep feet dry, warm and comfortable; "Keep your feet snugger with a FootHugger"; I would buy them.

Rosemerry, age 45-54, Bootsock. Results: Good; Very happy with the fit; Very soft and comfortable; They give your feet the warmth they deserve! I would buy them.

Fiona, age 25-34, Crew sock. Results: Excellent; Very happy with the fit; Superb fit and very cozy; Once you've tried FootHuggers you will never want to wear any others; I would buy them.

Anne, age 65+, Anklet sock. Results: Excellent; Very happy with the fit; Very comfy and warm; Most effective socks I've tried; I would buy them.

Kathryn, age 25-34, Crew sock. Results: Excellent; Very happy with the fit; I like the soft material & ease of getting them on; FootHuggers kept my feet warm, which I usually find difficult with my Raynaud's. They helped to maintain the temperature of my feet which ended up helping my ulcers; I would buy them.

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\$\$ SHOW COUPON \$\$

Clip this 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!**

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Upcoming Shows

National Western Stock Show
Denver, CO
January 10-25

Fort Worth Stock Show
Fort Worth, TX
January 16-February 8

Black Hills Stock Show
Rapid City, SD
January 30-February 8

Affair of the Heart
Oklahoma City, OK
February 6-8

Equifest Horse Expo
Wichita, KS
February 13-15

Rocky Mountain Horse Expo
Denver, CO
March 13-15

Nebraska Horse Expo
Lincoln, NE
March 13-15

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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!!*