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National Foot Health Month

Foot Health Tips from the APMA

www.podiatrists.org

Diseases, disorders and disabilities of the foot or ankle affect the quality of life and mobility of millions of Americans. However, the general public and even many physicians are unaware of the important relationship between foot health and overall health and well-being. With this in mind, the American Podiatric Medical Association would like to share a few tips to help keep your feet healthy.

1. **Don't ignore foot pain** – it is not normal. If the pain persists, see a podiatric physician.
2. **Inspect your feet regularly.** Pay attention to changes in color and temperature. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of the feet could indicate athlete's foot. Any growth on the foot is not considered normal.
3. **Wash your feet regularly**, especially between the toes, and be sure to dry them completely.
4. **Trim toenails straight across**, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation or heart problems should not treat their own feet, because they are more prone to infection.
5. **Make sure that your shoes fit properly.** Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
6. **Select and wear the proper shoe** for the activity that you are engaged in (i.e. running shoes for running).
7. **Alternate shoes** – don't wear the same pair of shoes every day.
8. **Avoid walking barefooted** – your feet will be more prone to injury and infection. At the beach or when wearing sandals always use sunblock on your feet, in addition to the rest of your body.
9. **Be cautious when using home remedies** for foot ailments; self-treatment can often turn a minor problem into a major one.
10. If you are a person with diabetes, it is vital that you see a podiatric physician at least once a year for a check-up.

Fight Cavities While You Sleep

To fight cavities while you're sleeping, use your finger or toothbrush to rub a dab of fluoride toothpaste along the gumline before bed. Overnight, teeth will absorb the enamel-strengthening fluoride. *Luke Matranga, DDS*



March is Irish-American Heritage Month

Irish-American Heritage Month is a special month formed by Presidential proclamation, created to honor the achievements of Irish immigrants and their descendants, living in the US.

The genesis was St. Patrick's Day itself. Originally a religious holiday to honor St. Patrick, who introduced Christianity to Ireland in the fifth century, St. Patrick's Day has evolved into a month-long celebration of all things Irish. The first St. Patrick's Day Parade was held in New York City on March 17, 1762, featuring Irish soldiers serving in the English military.

In tribute to all Irish-Americans, the US Congress designated March 1991 as "Irish-American Heritage Month," and the sitting President has issued a similar proclamation to that effect each year since.

St. Patrick's feast day was placed on the universal liturgical calendar in the Catholic Church due to the influence of Franciscan scholar Luke Wadding in the early part of the 17th century, although the feast day was celebrated in the local Irish church from a much earlier date. St. Patrick's Day is a holy day of obligation for Roman Catholics in Ireland. If it falls on a Friday during Lent, the obligation to abstain from eating meats does not bind, as St. Patrick's Day in Ireland is a first-class feast, thus removing the obligation to fast or abstain.

Recipe Corner

Irish Beef Stew

- 2 tablespoons olive oil
- 3 tablespoons all-purpose flour
- 2 pounds beef chuck, cut into 1 1/2-inch cubes
- 1 pound carrots, peeled and cut into 1-inch chunks
- 6 large potatoes, peeled and cut into large chunks
- 1 white onion, cut into large chunks
- 2 cloves garlic, minced
- 2 cups beef broth
- 1 (6 ounce) can tomato paste
- 1 (12 fluid ounce) can or bottle Irish stout beer (e.g. Guinness®)
- 1 tablespoon cold water
- 1 tablespoon cornstarch

Heat the oil in a large skillet over medium heat. Toss beef cubes with flour to coat, then fry in the hot oil until browned. Place the carrots, potatoes, onion and garlic in a large slow cooker. Place the meat on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer.

Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the cornstarch in cold water and then stir into the broth. Simmer on the High setting for a few minutes to thicken.

Surprise: Chocolate Is Good For You!

To help celebrate *National Chocolate Week*, here is some good news about the health benefits of chocolate from Superfoods expert, David Wolfe, taken from a recent interview:

All chocolate is made out of a nut. We've heard of it as "cocoa," but really the word is "cacao." The cacao nut is the size and shape of an almond, except it has so many antioxidants in it, it's actually purplish-brown instead of white like an almond. It is the highest antioxidant food in the world, this nut we make chocolate out of.

I began to do a lot of scientific research into the cacao about 10 years ago, and unearthed a lot of information. It appears that chocolate, especially in its raw form (cacao) is the #1 food for cardiovascular health in the world, period, end of story. There's nothing else even close, according to scientific literature.

So you may ask, "Okay, I should eat chocolate, but what kind?" Of course, there are many gradations of quality. Move away from the Hershey's and the Mars Bars and the KitKats, over to dark, organic chocolate, eventually over to raw organic chocolate products, which are now available in almost every health food store in the western world. This is an amazing development over just the last 5 years.

If you are really into it, you can get your own cacao beans at home and play with making your own chocolate drinks and concoctions with the real substance itself.

Chocolate is the drug of choice for our world for a reason. The reason is because it is so rich in the minerals that help us fight stress: magnesium, chromium, iron, copper, zinc, manganese and phosphorus. Those seven minerals are probably the most important array of stress-fighting compounds that we can have. For example, when we take in magnesium, our body uses that to regulate hormone cycles, to regulate brain function and to regulate our heart. These are all things affected by stress.

For more information, see the book *Superfoods*, by David Wolfe or go to www.DavidWolfe.com

On Friendship...

*It's the friends that you can call up
at 4 a.m. that matter.*
Marlene Dietrich

True friends stab you in the front.
Oscar Wilde

See Insert This Issue:

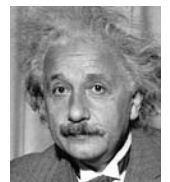


**Check out
our
Birthday Club**

Albert Einstein: Mar 14, 1879 – Apr 18, 1955

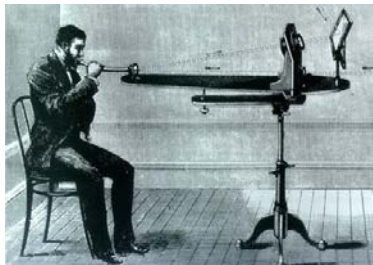
A Few Fun Facts about Einstein...

- When Albert Einstein died, his final words died with him. The nurse at his side didn't understand German.
- Albert Einstein was once offered the Presidency of Israel. He declined, saying he had no head for problems.
- Einstein was not present in December 1922 to receive the Nobel Prize in physics. Instead he was on a voyage to Japan.
- A simple compass is the instrument that shaped Einstein's career. His father gave it to him while he was sick in bed at the age of 5. His curiosity in the unknown thus began.
- In the period before World War II. Albert Einstein was so well known in America that he would routinely be stopped on the street by people wanting him to explain "that theory" to them. He finally figured out a way to handle the incessant inquiries: he told his inquirers, "Pardon me, so sorry! Always I am mistaken for Professor Einstein."



Alexander Graham Bell Day: March 10

The world's first wireless telephone communication was in 1880!



The photophone (also known as the radiophone) was invented jointly by Alexander Graham Bell and his assistant Charles Sumner Tainter on February 19, 1880, at Bell's laboratory on L Street in Washington D.C.

Bell believed the photophone was his most important invention – more important than the telephone itself. The device allowed for the transmission of sound on a beam of light. On April 1, 1880, Bell transmitted the world's first wireless telephone message on his newly invented form of telecommunication, which was the precursor to fiber-optic communications. The wireless call was sent from the Franklin School to the window of Bell's laboratory, some 700 feet away.

Technical Details: The photophone used crystalline selenium cells at the focal point of its parabolic receiver. This material's electrical resistance varies inversely with the illumination falling upon it, i.e. its resistance is higher when it is in the dark, and lower when it is exposed to light.

The idea of the photophone was thus to modulate a light beam; the resulting varying illumination of the receiver would induce a corresponding varying resistance in the selenium cells, which were then used by a telephone to regenerate the sounds captured at the receiver. In other words, the photophone functioned similarly to a telephone, except the photophone used light as a means of projecting information, while the telephone relied on electricity.

National Peanut Month

Peanut Types

Although peanuts come in many varieties, there are four basic market types: Runner, Virginia, Spanish and Valencia. Each of these types is distinctive in size, flavor and nutritional composition. Within each of the four basic types, there are several "varieties" for seed and production purposes. Each of these varieties contains distinct characteristics which allow a producer to be specific in selecting the peanut that is best suited for its region and market.

The Runner: Runners have become the dominant peanut type due to the introduction in the early 1970's of a new Runner variety, the Florunner, which was responsible for a spectacular increase in peanut yields. Runners have rapidly gained wide acceptance because of the attractive, uniform kernel size. More than fifty percent of the Runners grown are used for peanut butter. Runners are grown mainly in Georgia, Alabama, Florida, Texas and Oklahoma.

The Virginia: Virginias have the largest kernels and account for most of the peanuts roasted and processed in the shell. When shelled, the larger kernels are sold as snack peanuts. Virginias are grown mainly in southeastern Virginia and northeastern North Carolina.

The Spanish: Spanish-type peanuts have smaller kernels covered with a reddish-brown skin. They are used predominantly in peanut candies, with significant quantities used for snack nuts and peanut butter. They have a higher oil content than the other types of peanuts, which is advantageous when crushing for oil. They are primarily grown in Oklahoma and Texas.

The Valencia: Valencias usually have three or more small kernels to a pod and are covered in a bright red skin. They are very sweet peanuts and are usually roasted and sold in-the-shell. They are also excellent for fresh use as boiled peanuts. New Mexico is the primary producer of Valencia peanuts.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!



HAPPY ST. PATRICK'S DAY

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Your New Issue Has Arrived!

*Look Inside For Some
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Tips and More!*

March 19: The Swallows Return to Capistrano

The Cliff Swallow is a migratory bird that spends its winters in Goya, Argentina but makes the 6,000-mile flight north to the warmer climes of the American Southwest in springtime. According to legend the bird, who have visited the San Juan

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 5 people who e-mail my office with the correct answer will win **Two FREE Movie Tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then e-mail me at candy@allfloodfire.com Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

What basic scientific instrument was the source of Albert Einstein's curiosity into the unknown?

A) an abacus B) a sextant C) a compass D) an iPod

HINT: The answer is somewhere in this newsletter

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