

Healing yourself with 5 simple steps through foot care!

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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

Healing yourself with 5 simple steps through foot care!

By Kelly-Sue Chobotiuk

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Foot Care

1) Benefits of Foot Massage

Improves circulation

- Reduces tension
- TLC- tender loving care
- Helps aching, tired feet
- If you have diabetes, you must check your feet. Nerve damage from diabetes lessens the sensation of pain, so diabetics may not know they've injured their feet. Blood vessel damage means injuries and infections don't heal like they should. A little sore can become gangrenous, leading to amputation. Therefore massage is not only comforting, it is also another technique to inspect your feet.
- Relieves tired, aching feet.
- Reduces heat and swelling after long periods of standing or walking.
- Adding essential oils, either in a foot bath or massage oil will bring many benefits

2) Instructions for Massage

- Either you or your partner stretch the muscles by means of rotating the foot in a circular motion 7 times in one direction then 7 times in the opposite direction.
- Point toes downwards then stretch up wards 7 times each
- Soak feet (recipes to follow) before or after the massage.
- Hold foot firmly and use circular movements on bottom of foot with thumb.
- Work on whole foot in upward & downward strokes.
- Use thumb as hard as possible on the arch of the foot.
- Rub the calf muscle in the direction of the heart.

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### 3) Exercise

- If they feel cramped or tense, shake as you would your hands, then relax then flex toes upwards then downwards.
- Scatter pencils on floor, pick up with toes
- Place a handful of dried beans in slippers or moccasins– walk around the room several times– massage the soles of your feet.
- Elevate leg at a 45–degree angle from your body with toes circulating after a hard day

### 4) See Your Health Care Professional if:

- Pain in feet continually increases during the day
- Your feet are to the point that you can't keep your shoes on
- If you have trouble walking first thing in the morning, from foot pain

### 5) Soaking Recipes with Aromatherapy

- Using essential oils also strengthens the immune system
- Use a basin or sit on the edge of the bath with a few inches of warm water

Soak for 15 minutes

Add 1/4 cup of Herbs for Hurts Milk Bath, which contains: sea salt, bicarbonate soda, and powdered milk.

Hot aching feet 3–5 drops of peppermint oil, helps cool the body on hot summer days.

Tired legs 3–5 drops of Rose Geranium, warms the body on cold days

Aching Legs 4 drops of Lavender & 3 drops of rosemary, helps relaxation

Cold & Flu 3–5 drops of Eucalyptus , helpful for relieving cold symptoms

Athletes Foot & Infections 3–8 drops of Tea Tree oil

Pre–made Massage Butters and other natural products available on our web site

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

Contact us [kelly@boobobears.com](mailto:kelly@boobobears.com)

Kelly–Sue Chobotiuk's past experience has revolved around natural food products and caring for children. Ms. Chobotiuk's extensive experience and training in all aspects of child care, massage, reflexology, relaxation, herbology and natural healing led her to create natural, gentle health products for children. Over 4 years ago, Ms. Chobotiuk launched Herbs for Hurts Inc. dedicated to natural healing products and gifts for children.

### **Can Heel Pain Be Cured?**

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**By Darry J.Oswald**

Most heel pain goes away in a short period of time, either on its own or after treatment. Without treatment the pain will usually spread around the heel. Treatments that are used to reduce heel pain seem to bring only marginal gains over no treatment and control therapies such as stretching exercises. The pain in your heel should go away by itself with time, but until then you might want to seek treatment for the pain. Treatment of heel pain starts with resting the foot. Conservative treatment of plantar heel pain: long-term follow-up.

There are numerous sock supplies for people suffering from heel pain. The patented sock supplies support for the treatment of plantar fasciitis, commonly referred to as heel spurs or heel pain syndrome. The clear polymer gel self-adjusts to fit your unique foot contour, absorbing the painful foot shock that aggravates heel pain and heel spurs. If, after several months of non-surgical treatment, you continue to have heel pain, do discuss the situation with your doctor, because your heel pain may be caused by other factors and surgery can be considered.

### Self Care Steps for Heel Pains

Self-Care Several steps can be taken to care for a painful heel at home. Most painful heels spurs resolve without surgery. Swelling of the heel is not common and, when associated with painful medial-lateral compression of the calcaneus, may suggest a stress fracture. At that point, you will likely agree that it is better to be a heel than to have a painful one. If you follow these steps carefully, most painful heels will clear up.

The heel spur is a-symptomatic (not painful), the pain arises from the inflammation of the plantar fascia. The Merck Manual says a true heel spur "tends to be painful during its early development, when little or no x-ray evidence is present. It is recommended that you get an over-the-counter product that support the arch of the foot or help support and comfort painful heels.

Some things you can do to prevent painful heel syndrome: Watch your walk.

Many things can slow down your active lifestyle, but heel pain can definitely bring it to a stop. Come Find out More about Heel Pain at

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