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Plain Talk For Painful Times

By Eileen McDargh, CSP, CPAE

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September 11, 2001 became our new "Day of Infamy."

The calls started at 6:00 a.m. PST. Mother's voice shriled into my not-quite awake brain. "Turn on ABC." She hung up.

The devastation and the horror began with a flick of power to the television. Hatred came to life before my eyes. With it came fear, a moment of panic, and then calls to everyone I loved and cared about. Like so many of you, I alternated between listening and watching "the news" to half-hearted attempts at work.

On the day after this evil, I am compelled to write. Everyone reading this has also experienced both the planned cruelty of humanity as well as its generosity. People stood in line waiting to donate blood. Firefighters and police officers gave their lives. Messages of support swirled across e-mail channels. And the "safety" we thought was ours has disappeared in the dense clouds of smoke that carried the World Trade Tower, the Pentagon, and four planes into destruction. All the technology in the world would not have prevented this attack. The human technology of hatred overrode all systems.

The question for me is deeper then "who did this?" Instead, the question is "how can we use this evil to become wiser and more humanly connected?" How the nation responds in the aftermath of this horror will tell the world just who we really are. I pray that our wise responses will be words of compassion and reason in the midst of insanity. While the cold inhumanity of terrorism is horrific, it cannot lead us into generalizations about a race, religion, or nation. The actions of a few do not denote the mindset of all.

If this day of infamy is to be truly life changing, we must tell ourselves the truth. The truth is that evil can be done to others when one feels no connection with the victim. The hate crimes that have been perpetrated in our country are the same evil. The difference is scale and the fact that we have witnessed the horrific killings first hand from a televisions lens.

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To truly honor the memory of the men, women, and children who were murdered in yesterday's attack, may I suggest that we explore our own connections with others. Whose voices do we turn off because of prejudice? Are we willing to explore another point of view? What words of vindictiveness and cruelty do we stand by and hear without comment?

Can we make our workplaces open for the give and take of ideas, opinions and the honoring of differences? With whom do we need to reconcile so that our space on this earth is not splattered with bitterness?

Let us not hide behind the fear of vulnerability for such fear leads to either bluster and posturing or hunker-down and retreating. Rather, let us be courageous and use this event as a catalyst to connect the human web in our work, our community, our nation and our world.

Consider this plain talk for painful times.

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Eileen McDargh, CSP, CPAE, is an international speaker, author and seminar leader. Her book 'Work for A Living and Still Be Free to Live' is also the title of one of her most popular and upbeat programs on Work/Life Balance. For more information on Eileen and her presentations, please call 949-496-8640 or visit <http://www.eileenmcdargh.com>.

Can Heel Pain Be Cured?

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–symtomatic (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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