

Foot



Care

Feet create a foundation for your whole body and mirror your general health. With ½ of all bones in the human body being in your feet, and more than 14,000 nerve endings that are constantly sending messages throughout your body, it is vastly important to take care of them! When your feet are healthy, you have a base you can count on to do everything you want to do. With a solid base beneath you, you can relax, let loose, and move and live more fully.

Here are a few simple things you can do on a regular basis to contribute to the wellness of your feet:

- STRETCH *Try slowly walking in place with your feet planted * Plant feet, wiggle & raise toes * Write the alphabet with your feet to stretch your ankles * Spread toes apart, use Yoga Toes
- SOAK * use Epsom salts for a nice warm foot soak
- EXFOLIATE * You can use Epsom salts as a nice exfoliant or a pumice stone
- MOISTURIZE * Rubbing of lotion or cream also helps to stimulate all of those nerve endings in the feet! (I like Everyone Lotion- you can find it at Sheepish in Racine!)
- GO FOR A WALK (preferably outside and barefoot-some benefits found of walking barefoot on the Earth have been: improving overall posture and helping to balance emotional and mental stability and well-being) * Walking for just 30 minutes a day has been shown to improve blood oxygenation, circulation, and immune response, removes toxins, and relieves stress.
- VARIETY * Don't wear the same pair of shoes all day or 2 days in a row. Invest in GOOD SHOES! Your feet and body will thank you!