



May 2017 Newsletter

Mother's day is only a matter of days away and if you are strapped for ideas and really want to bless the socks off your mum, we have a few great ideas!

We have gift vouchers available for purchase which can be used for shoes, consultations or paraffin wax treatments. We also have goody bags which we can customise for you with moisturiser, nail polish and even the classic fluffy slippers.

Our Frankie 4 shoes and sandals are still on sale and they make a very trendy mother's day surprise.



Fun Foot Fact:

Your feet can sweat up to about 500ml a day from the 250,000 sweat glands! So it's a good idea to let them have a chance to air out every day and wear some good natural fibre socks to wick the sweat away.



Recipe of the Month: Guilt free chocolate mousse

What a better way to spoil mum this mother's day than with a decadent guilt free chocolate mousse.

- 150 g dairy-free dark chocolate , plus extra for serving
- 2 large ripe avocados
- 2 tablespoons cocoa powder
- 2 teaspoons vanilla bean paste
- 3 tablespoons maple syrup
- 1 x 160 g tin of coconut cream



1. Place a heatproof bowl over a pan of simmering water, making sure the base doesn't touch the water. Break the chocolate into the bowl and allow it to melt, then set aside to cool slightly.
2. Meanwhile, halve and stone the avocados, then scoop the flesh into a food processor, discarding the skins. Add the remaining ingredients and pulse for a few seconds. Scrape down the sides with a spatula, then pulse again to combine.
3. Pour in the cooled chocolate, then pulse a final time until creamy and smooth. Divide the mixture between six small bowls, then pop in the fridge to chill for at least 30 minutes. Serve with an extra grating of chocolate and a fresh fruit salad.



Now that the weather is cooling down and the fun runs are becoming more plentiful, it's time to strap on the shoes and get out for a run! Whether you're more of a social walker or thrive on the races, there are events to suit everyone. Park Run is a brilliant place to start, it's a 5km weekly run which can be as competitive as you want it to be. For those on the north side of Brisbane there is North Lakes and Petrie, Warner or even Caboolture to choose from. Or if you like to mix it up a bit, there is Colour run, Tough Mudder or even the Holt Bolt if you don't mind getting a little dirty.



If you are planning to start some training, here are a few tips and tricks that will help make your training more effective with less chance of injury!

- Even before you start, have yourself fitted for a good pair of shoes! This will give you the support and cushioning your feet need and if in any doubt, come see your podiatrist to make sure the shoes are right for your feet.
- Start slow! We'd all love to be able to run a marathon first try in sub 3 hours but sadly there are very few with that natural ability. So, pick a distance you want to work towards and set yourself a realistic timeframe. If it's your first time running start with alternate walk, jog, and **slowly** increase your jog distance. We recommend about a 10% increase per week in either the distance OR speed to avoid injury.
- Schedule in a rest day. If you're just starting out, alternate a walk/jog with a rest day. This allows the body to recover and repair to make it stronger and more efficient. If you're a bit more experienced, alternate your run with some weights or cycling, or interval work with a slow run.
- Stretch, stretch and stretch! It keeps the joints limber and helps in the recovery.
- If you begin to feel any aches or pains in the feet or legs, don't wait to get it checked by your podiatrist. We'll have you back running sooner!

If you haven't had your orthotics checked in the last 12 months, book in to see one of our podiatrists to ensure they are still in good condition to keep your feet in tip top shape!