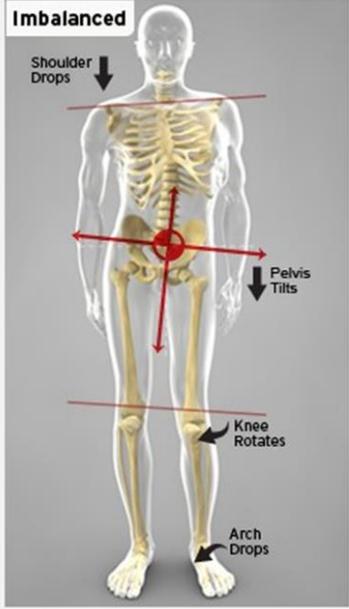


Why Orthotics?

June 2020

Foot Levelers custom orthotics are individually designed for your feet-helping achieve a balanced foundation and stabilized pelvis. Stabilizing orthotics are prescription shoe inserts. They're custom-made to easily slide into your shoes and support the unique shape of your feet. Just as everyone has a unique personality, everyone has a unique body structure and foot shape. The benefit of using **custom-made orthotics**-rather than generic, mass produced ones-is that they're perfectly fitted to **you**. Only Foot Levelers customized orthotics support **all three arches** of the foot, which make up the plantar vault. Since the orthotics are custom made, no two pairs of Foot Levelers are alike! This higher-quality orthotic is extremely effective in reducing low back pain and other forms of pain typically related to foot conditions.

	
<p>Imbalances in your feet can have a direct effect on your knees, hips, back, and neck.</p>	<p>Stabilizing Orthotics can help you have a balanced foundation and can improve your overall.</p>

Think of it this way...

If a foundation of a house shifts from its normal structural alignment, the resulting damage can be devastating.

1. Cracks in the walls
2. Creaky floorboards
3. Windows that don't open properly, are just a few of the symptoms of the underlying cause, a structural shift of the foundation.

Similar to the foundation of a house, structural damage to the spine may be underlying cause of a pyramid of symptoms. Simply bandaging your symptoms is unlikely to correct the true cause of your condition, and may eventually lead to further spinal decay and more aggressive deterioration.

Not only is there just inserts available, there are also custom orthotic flip-flops and shoes available.



Looking for a fun activity?

Make your own homemade fruit popsicles with five ingredients or less! It is an easy and refreshing treat to help you cool down.

Mold: Any popsicle mold will work!

Fruit: Some people like to puree naturally sweetened fruit with lemon or lime for some acidity to reduce the overly icy texture. Fruit juice such as orange, lemon, guava, grape, or apple make the most reliable pops, because they tend to melt slower. However, a combination of puree and juice mixed also works to infuse different flavors. To add texture and visual appeal, you can chop small or thinly sliced pieces of fruit (watermelon, strawberry, mango, pineapple, or kiwi).

Creamy Popsicles: Adding yogurt for protein and probiotics for digestive health creates a natural creaminess with smooth texture! Pureed bananas can add a soft bite. Unsweetened coconut milk makes it creamy with subtle sweet flavor.

Freeze Time: Depending on the ingredients, at least 4 to 6 hours. Overnight is your safest bet, and gives you something to look forward to the next day!! And don't forget to add your popsicle stick!

Why Ashley loves her Orthotics... "I used to think that my feet hurting at the end of the day was normal, until I learned about foot levelers and the importance of balance in my feet . Unbalanced feet can cause foot pain (plantar fasciitis and heel spurs), instability in the ankle and pain in the knees and hips. Once I assessed my feet with a digital foot scan and started wearing my custom orthotics my feet no longer hurt at the end of the day. If you are experiencing any discomfort in your feet, ankles, knees or hips I suggest having your feet scanned so that we can help you determine if custom orthotics would benefit you! Also, you do not have to wait for pain to take action. The problem is always there before pain begins, with that being said, taking care of your foundation early can help you avoid problems in the future."

Some ideas for this summer's bucket list!

- Homemade ice cream
- Picnic at the park
- Beach
- Water park
- Water balloon fight
- Make popsicles (try out the tips above!)
- Stargazing
- Go on a hike
- Watch fireworks
- Feed ducks
- Bowling
- Fly a kite
- Backyard BBQ
- Roast S'mores
- Do a science experiment
- Play mini golf
- Visit the Library
- Visit the library
- Go to a museum
- Lemonade stand
- Movie in the park
- Scavenger hunt
- Go to a festival
- Build sandcastles
- Do a family craft
- Build a fort
- Build a tree house
- Learn a magic trick
- DIY Spa day
- Eat snow cones
- Play freeze tag
- Frisby golf
- Backyard campout
- Paint a canvas
- Go fishing