



Are Sandals Bad for Your Feet?



While sandals offer convenience and a casual look, they may not be the best choice for your feet. These simple shoes lack support and cushioning, which can lead to various foot problems. Wearing sandals for extended periods or while engaging in activities like walking long distances or hiking can cause plantar fasciitis, heel pain, and other issues.

Their flimsy soles and lack of arch support can contribute to overpronation, causing strain on the feet, ankles, and knees. Additionally, the thong-like design forces your toes to grip the sandal, which can lead to muscle fatigue and discomfort. While occasional wear for short periods may be acceptable, sandals are generally not recommended for extended use or physical activities. Opt for well-cushioned shoes with proper arch support to protect your feet and prevent potential injuries.

Experiencing prolonged foot pain? We're here to help—ask if custom orthotics are right for you.

Why Gardening Boosts Mood

Looking for a natural way to lift your spirits? Consider taking up gardening. This hobby offers a variety of mental health benefits that can improve your overall wellbeing. Spending time outdoors and being active through gardening tasks like planting, weeding, and raking leads to increased vitamin D exposure and exercise—both linked to reduced stress, anxiety, and depression.

The act of nurturing plants into bloom can provide a sense of satisfaction and accomplishment. Gardening also allows you to get grounded by literally putting your hands in the soil, which can induce feelings of tranquility. Studies have even shown getting dirt under your nails exposes you to beneficial bacteria that may positively influence your mood.

Whether you have a garden or just patio planters, developing a green thumb can cultivate an improved mental state—similar to chiropractic care!



5 Ways to Kick Your Sugar Addiction



Ready to beat your sugar cravings? Here's how you can do it!

Remove Temptations: Purge your home of sugary snacks, drinks, and sweets. Out of sight is out of mind when it comes to curbing cravings.

Read Labels: Sugar hides in many processed foods under different names like high fructose corn syrup or dextrose.

Choose Whole Foods: Embrace a diet focused on fruits, vegetables, lean proteins, and whole grains. These provide nutrients that minimize blood sugar spikes and crashes.

Drink Water: Thirst can masquerade as hunger, so stay hydrated. Infuse water with fruits and herbs for extra flavor without sugar.

Get Active: Exercise helps stabilize blood sugar levels and boosts energy. Aim for 30-60 minutes per day of physical activity you enjoy.

Beating a sugar addiction takes commitment, but feeling better and having more energy makes it worthwhile. Take it one day at a time and celebrate your progress.