



## FootHuggers Comfort Socks Newsletter - August 2007 Issue -

### **Congratulations to Krystal Booth from Brush, CO!**

Krystal is the August 2007 winner of a free pair of socks in our new monthly drawing. Each month, we will draw one name from our email list and that person will receive a FREE pair of FootHuggers Comfort Socks of their choice.

Since you have joined our mailing list, you are automatically entered in this drawing every month!

*Winners are excluded from future drawings for 6 months.*

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### **Cheyenne Frontier Days - 2007**

Welcome to all of you who attended Cheyenne Frontier Days and registered your email with us. Each month we will keep you informed on topics relating to our product line and events we are attending around the country. Please email any comments or questions to us at [boothuggers@msn.com](mailto:boothuggers@msn.com).

Cheyenne Frontier Days is the World's Largest Outdoor Rodeo and Western Celebration. People come from all across the nation and around the world. We have met people from Australia, France, England, and Japan. Frontier Days offers many rodeos to attend as well as amusement rides, shopping, and big name entertainment at night. Even the Air Force Flying Thunderbirds put on an air show. This is a great family event. Visit their website at <http://www.cfdrodeo.com/index.aspx>

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### **FootHuggers Comfort Socks help with Arthritis**

FootHuggers Comfort Socks are helping thousands of people find relief from the discomfort of Arthritis in their feet, ankles and lower leg area. FootHuggers help maintain warmth. Heat relaxes your muscles and stimulates blood circulation.

*Reprinted from the Arthritis Foundation Website*

Feet are the whipping boys of the body. With every mile we walk, 200,000 to 300,000 pounds of stress bears down on our tootsies, and by the time we're 50, most of us have walked 75,000 miles. That's a lot of action for two narrow islands of 26 bones and more than 30 joints. And yet despite the central role

feet play in our lives, most of us ignore them.

Experts say orthopaedic disorders, including foot problems, are a leading cause of inactivity and disability in the United States. "Feet degenerate like tires on cars," says Washington, D.C.-based podiatrist Arnold Ravick, a spokesperson for the American Podiatric Association. "Just like the rest of our body, our feet spread out, muscles weaken and skin thins."

We begin to lose flexibility and elasticity, and our shock absorbers simply don't work as well as they used to. Add arthritis, and you have a double whammy. Joints inflamed and distorted by arthritis find no comfort from a day's pounding in ill-fitting shoes or from feet whose padding has grown thin.

If we pay attention to our feet, we can head off potential problems. If we already have arthritis, more surveillance and care taking of our feet and joints not only makes sense, it's crucial.

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## **8 Ways You Can Protect Your Joints**

*Reprinted from the Arthritis Foundation Website*

1. Maintain your ideal body weight. The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.
2. Move your body. Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage.
3. Stand up straight. Good posture protects the joints in your neck, back, hips and knees. Use the big joints. When lifting or carrying, use largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.
4. Pace yourself. Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA.
5. Listen to your body. If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.
6. Don't be static. Changing positions regularly will decrease the stiffness in your muscles and joints.
7. Forget the weekend warrior. Don't engage in activities your body for which your body isn't prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.
8. Wear proper safety equipment. Don't leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.

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**Quote of the Month**

"I ordered a pair of FootHuggers a week ago to try them out and now I have 12 more pair! They are the most comfortable socks I have tried. I would never have thought that they would make such a difference in my life. I actually have not had cold feet aches since I put the first pair on! I have suffered from Raynauds for the past 10 years and this is the first product I have tried that actually made a difference. Thank you for such a wonderful product! I will be passing this site on to all my friends!"

*Helen - Elkhart, IN*

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### **FootHuggers Anklet Socks**



Summer is far from over and FootHugger Anklets offer wonderful comfort for anyone who desires a low-profile sock with all the comfort of FootHuggers. But can FootHuggers Anklets also keep you cool in the Summer? Yes they can! In June 2006 at the Peoples Fair event in downtown Denver, the air temperature was 98 degrees. People were HOT!! Everyone was wearing shorts, t-shirts and bare-foot sandals. To prove our point, we had people try FootHuggers Anklets in their sandals. Much to their surprise, their feet felt cooler instantly! FootHuggers are a wicking sock which means is they help move moisture away from your skin and promote evaporation. Well, at 98 degrees, evaporation happens fast, and that's cooling to the skin, and that feels great!

When worn with sneakers, Anklets extend over the top of the shoes covering the ankle. Unlike other anklets/footies, FootHuggers Anklets will not slip down under your foot causing discomfort.

If you suffer with Diabetes and/or Neuropathy, FootHuggers may be your best choice for diabetic socks. Especially if your legs near your ankles are swollen, FootHuggers Anklets are a great choice. No tightness and lots of comfort!

We have also discovered people who live with Arthritis, Gout, and Lupus have found significant comfort from wearing FootHugger Anklets. FootHuggers keep your feet so comfortable with no tightness. Aching joints feel better all day.

#### ***Applications for FootHuggers Anklets include:***

- Sneakers: Perfect in the Summer with shorts.
- Sandals: Yes, wearing socks with sandals is now acceptable, especially in Minnesota.
- Exercising: The wicking action helps sweat evaporate keeping you cooler during your work-out.
- Sleeping: Anklets are a popular choice for wearing to bed.

- Lounging: Anklets are great to wear when watching TV or a sports game.
- Berkenstocks: A popular choice. Yes, they become even more comfortable when wearing anklets.
- Crocks: Yes, even Crocks feel better with anklets.

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### **Upcoming Shows**

**Wisconsin State Fair**  
Exhibition Hall  
West Allis, WI  
August 2 - August 12, 2007

**Minnesota State Fair**  
Grandstand Building - Upstairs, SW Corner  
St. Paul, MN  
August 23 - September 3, 2007

**W. Washington Fair**  
Crafts & More Building  
Puyallup, WA  
September 7 - 23, 2007

**The Big E**  
Mass Building  
W. Springfield, MA  
September 15 - October 1, 2007

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**Thanks for all your support and interest. Please forward this newsletter to a friend who might benefit from this information. Have a Great Day!**

**Best Regards,  
John & Sarah Tyree**