

FootHuggers Comfort Socks Newsletter

- February 2009 Issue -

www.foothuggers.com

Congratulations to Lisa Curtis from Tiverton, RI!

Lisa is the February winner of a free pair of socks in our monthly drawing. Each month, we draw one name from our email list and that person receives 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.

In This Month's Newsletter:

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Quote of the Month

"Great job on your socks! I have looked for socks for the past 10 years that did not have elastic in them. Just two weeks ago I started wearing your knee-high bootsocks. The pain and cramps in my lower leg is gone. So many different feelings I have felt and can't believe it. My nights are great. Lots of good rest now. I gave a pair to my sister for Christmas. I'm sure it will help with her diabetic legs also. I love them at work standing on cement for 6 hours a day. Just a total difference. I have not taken them off since I got them, except to wash. Had my son buy 3 more pair the next day. Thanks again! Happy lady and no more leg pain! Love them!"

Patricia
Brighton, CO

Lower Leg Discomfort

From reading this customer's letter above, I have noticed a number of customers telling me the same type of story. Barbara Williams, a good friend and vendor I have known from doing shows around the country, has discovered that her lower leg stops hurting when she wears our Knee-High Bootsocks. The pain she associated with getting older actually stops. She now has several pairs of socks and wears them continually. My own wife, Sarah, has always loved the Knee-High Bootsock for the sheer comfort and support it gives her lower leg. Recently, she has noticed that the small spider veins just above the knee have disappeared. Last year at the Minnesota State Fair, a customer attributed the significant reduction in her varicose veins to wearing our Knee-High Bootsocks. What is going on? How can a sock have this effect on people? Here is a sampling of articles that might shed some light on why FootHuggers Bootsocks might help.

Understanding Leg Pain

(reprinted from the American Heart Association website)

Many people dismiss leg pain as a normal sign of aging. You may think it's arthritis or sciatica or just "stiffness" from getting older. PAD leg pain occurs in the muscles, not the joints. Those with diabetes might confuse PAD pain with neuropathy, a common diabetic symptom that is a burning or painful discomfort of the feet or thighs. If you're having any kind of recurring pain, talk to your healthcare professional and describe the pain as accurately as you can.

What is PAD - Peripheral Arterial Disease

(reprinted from the National Heart, Lung & Blood Institute)

Peripheral Arterial Disease - also known as P.A.D. - is a common, yet serious, disease that raises the risk of heart attack and stroke. P.A.D. develops when arteries in your legs become clogged with plaque - fatty deposits that limit blood flow to your legs. Just like clogged arteries in the heart, clogged arteries in the legs raise your risk for heart attack or stroke.

P.A.D. affects 8 to 12 million people in the United States, especially those over age 50. P.A.D. does not always cause symptoms, so many people may have P.A.D. and not know it. People who do experience symptoms, such as pain or cramping in the legs, often do not report them, believing they are a natural part of aging or due to another cause.

PAD Symptoms and Diagnosis

(reprinted from the American Heart Association)

The pain of PAD usually goes away when you stop exercising, although this may take a few minutes. When muscles are being used, they need more blood flow. That means if there's a blockage due to plaque buildup, the muscles won't get enough blood during exercise to meet their needs. That's what causes the pain, which is called "intermittent claudication". The term comes from the Latin word meaning "to limp". Research has shown that nearly 75 percent of people with PAD do not experience symptoms. Women are less likely to have symptoms than men.

Leg Pain After Prolonged Standing or Sitting

(reprinted from MayoClinic.com website)

New, persistent aching in the legs certainly warrants a visit to your doctor for medical evaluation. It can have many causes. However, new leg pain or aching that occurs after prolonged standing or sitting suggests a possible buildup of fluid in the leg veins (venous congestion). Venous congestion can occur when the valves in your leg veins don't work properly, such as due to prior inflammation of a vein (phlebitis). As a result, these veins don't efficiently return blood from your legs to your heart - allowing blood to leak and pool in your legs and feet. Varicose veins are another common cause of venous congestion.

Signs and symptoms of venous congestion include leg pain or aching, which is usually more noticeable after quiet sitting or standing. This may also be accompanied by swelling. Being in poor physical condition can contribute to these symptoms. Marked changes in the height of the heels of your shoes can also trigger leg pain. A doctor can make a diagnosis based on your medical history and a physical examination. If the cause of leg pain is venous congestion, treatment may include:

- Wearing compression hosiery
- Increasing physical activity
- Elevating your legs above heart level for 15 to 30 minutes when they're aching

Can Poor Circulation Cause Muscle Cramps?

(reprinted from MedicineNet.com website)

Poor circulation to the legs, which results in inadequate oxygen to the muscle tissue, can cause severe pain in the muscle (sometimes known as claudication pain). This commonly occurs in the calf muscles. While the pain feels virtually identical to that of a severely cramped muscle, the pain does not seem to be a result of the actual muscle cramping. This pain may be due to accumulation of lactic acid and other chemicals in the muscle tissues. It's important to see your doctor if you have pain like this.

In summary, proper circulation of blood throughout the leg is

In summary, proper circulation of blood throughout the leg is important to your overall leg health and your body in general. Wearing socks that actually help circulation may have a beneficial effect to a person's discomfort.

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\$\$ SHOW COUPON \$\$

Clip this coupon! Believe it or not, every month's newsletter represents an opportunity to save money on any of our products at an upcoming show in your area. Simply print the 1st page of this newsletter and bring it to any of the shows listed below. You will receive an additional **\$2.00 off your purchase**, in addition to any other show specials available. Therefore, if you are planning to attend a show - **PRINT THIS PAGE!**

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Upcoming Shows

Rocky Mountain Horse Expo
Denver, CO
March 13-15

Nebraska Horse Expo
Lincoln, NE
March 13-15

Equine Affair
Columbus, OH
Celeste Center, Booth C609
April 2-5

Spring Festival
Shakopee, MN
Canterbury Race Track, located in big tent
April 3-5

Midwest Horse Fair
Madison, WI
Alliant Energy Center, Booth 2607
April 17-19

Minnesota Horse Expo
St. Paul, MN
Coliseum Arena, West Entry, Booth C181
April 24-26

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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!!!

*Remember: Print the 1st page of this email for an extra
\$2.00 discount at any of our shows!!*

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