

October 2022 Newsletter

Can you believe it's OCTOBER! We all say it but...."where did this year go!"

This year I'm still dealing with the fallout of COVID, and I'm making plans for the future that are taking up many hours of my time.

I'm doing a lot more teaching, and I plan on increasing that a good bit in 2023, so that's taking up some time, and I have a new book that is being edited right now.

And....I've decided to get re-involved with Shaklee on a much higher level. More about that in a future newsletter, after I learn about all the wonderful new products Shaklee has developed in the past few years.

Hurricane Ian

If you're here on the West Coast of Florida you are probably still picking up from Hurricane Ian. Fortunately, everyone I know was safe, with most of us experiencing power outages, internet down, and LOTS of trees, branches, and billions of leaves on our property.

My best wishes to my friends in the Fort Myers and surrounding areas. The hurricane was worse there, impacting people and property in ways that will take a long time to resolve.

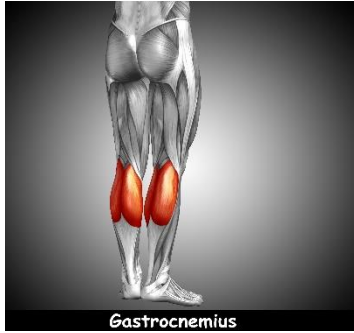
The Topic for This Month.....Plantar Fasciitis

October is a beautiful month for being outdoors whether you live here in Florida, or any of the northern states. I miss the colorful leaves of upstate New York, and the smells of fireplaces drifting through the air. Happily, I'll be going back to NY in October, but most of the leaves will have already fallen. Still, I'll get to enjoy the wonderful foods that abound during this time of the year.

With the cooler, dryer weather, runners are back out on the road, which can lead to our topic of the month. Plantar fasciitis is a condition that is felt in the arch of the foot and can hamper, or even stop, runners from enjoying their sport.

The good news is I've found that there are four muscles that are key to releasing the pain in your arch. And they are easy to self-treat with just a little direction. These muscles are:

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The calf muscles:

Gastrocnemius & Soleus. These muscles both merge into your Achilles tendon and pull up on your heel bone so you can stand on your toes.



The Tibialis Anterior:

This muscle is on the outside of your shin bone. It inserts into the inside of your arch and rolls your foot out toward your little toe.



The Peroneals

Actually TWO muscles that are on top of each other with both of them going along the outside of your shin bone, and behind your ankle. One inserts into the long bone on the outside of your foot, and the other goes across your arch, inserting into the long bone on the inside of your arch.

That may sound a little confusing, but if it does, take a look at the muscle by doing an internet search and it will be clear.

Together these insertion points pull the outside of your foot UP so you roll in toward your arch.

The important point to consider is that all four of these muscles insert into the bones that form your arch.

When your calf muscles are tight they are pulling back on your heel bone, but since your arch muscles originate on your heel bone, they are being stretched backward.

When the Tibialis Anterior muscle is pulling on the long bone on the inside of your arch, it's causing pain on that bone so you feel pain in your arch.

When the Peroneals are pulling toward the outside of your foot, you again feel pain along that bone.

This all sounds confusing but just think about your arch being pulled in three different directions: to the outside, to the inside, and back toward your heel. Of course you're going to have pain in your arch!

It would take the length of a long article to go into the details of how to treat each of these muscles so I'm only going to show pictures of how to treat the muscles on the front of, and next to your shin.



Use either the Perfect Ball that I sell on my website: www.flexibleathlete.com, or a used tennis ball.

Kneel on the floor as shown in the picture to the left, and place the ball to the outside of your shin bone.

Move your leg forward so the ball rolls down toward your ankle. If you start to feel a cramp in your arch, just curl your toes as shown in this picture.

You'll find a tender spot about midway down the muscle. This is the muscle spasm that is putting pressure on the inside of your arch.

Repeat until it no longer hurts.



To treat your Peroneals, sit as shown in the picture on the left. Place the ball as shown in the picture and put your hand so it presses your leg directly into the ball.

Move your leg so the ball rolls down the outside of your leg toward your ankle.

Be sure to always move your hand so it stays on top of the ball.

You'll find a tender spot about midway down your leg. Stay on the point for about 15 seconds and continue to roll down your leg.

Repeat until the muscle no longer hurts.

Next month I'll be talking about Achille's Tendonitis. The treatment for the calf muscles is the same as you would use for Plantar Fasciitis, so stay tuned...

A Suggestion from My New Business Coach

Did you ever hear about S.C.O.R.E.? It's a program offered by the Small Business Administration for the development and assistance for small businesses. I have a new S.C.O.R.E. mentor and we've been going through my business plans. He's really smart and has a huge amount of business expertise, so I'm paying attention.

He suggested that for all new clients I charge \$120 for the first visit because it takes a lot more detective work to find the solution to their problem. Plus, as you know, on the first visit I teach you two or three self-treatments to continue your therapy at home.

He recommended that I LOWER my current rate for everyone else to \$110 because I don't need to be spending time teaching, and for the most part it is just a repeat of previous treatments with just a few additions for anything new that pops up..

So, effective October 1st, and for at least one year, I will be lowering my fee for any existing clients. As we've all seen over the previous few years, a lot of changes can happen in one year, so time will tell what is on my horizon for 2024.

Zoom Consultation

This past month I worked with two people via Zoom. Both were successful at getting a total resolution to their issue. I'll tell you about them next month, but in one case it was a sudden attack of severe back pain that prevented the man from even getting out of bed. In the other case, it was a young woman who is a sub-elite runner who had been in pain for three years, preventing her from running.

I'm happy to say in both cases the individual was able to be up and about in one case instantly, and in the other case it took 3 days for a complete reversal of the painful problem.

If you know anyone, anywhere in the world, who is in pain, please let them know that they can find a solution that isn't offered by traditional pain-relief practitioners. They can read more about it by going to www.FlexibleAthlete.com and searching on the shopping cart for Zoom Consultations.

(Sorry I can't put the full link but right now I'm having technical problems with my computer and it's not letting me do a copy/paste!)

Here's to Your Health!

There is a tremendous amount of information on two of my websites: www.FlexibleAthlete.com and www.JulstroMethod.com. I believe you'll find a lot of answers by going through those sites, and by looking at the books and video programs that I've developed over the years.

There is a saying “God helps those who help themselves.” These websites and my books are the tools you can use to help yourself to *Treat Yourself to Pain-Free Living*.

Next month I’ll also go into more details about Shaklee and the amazing success we’ve had in my family while using the products. I’m still working on the website to show it to you, but it should be ready by next month. 😊

Have a safe and enjoyable month!

Wishing you well,

A handwritten signature in cursive script that reads "Julie". The letters are fluid and connected, with a prominent loop on the 'J' and a long tail on the 'e'.