

March 2011 Newsletter
Reply for a FREE French Manicure Set!

CONGRATULATIONS C. Chag!

Congratulations to C. Chag! He is the winner of our February Give Away: **a FREE pair of slippers!**

February Give Away: How many color choices do HFAA slippers come in?

February Answer: HFAA offers 3 different color choices for our slippers. Camel- a sandy light brown, chocolate- a rich, deep dark brown, and pink- what every woman loves! These extra depth ultra comfort slippers have a non-skid sole, a separate toe box to reduce the chance of stubbing your toe, and come with a complimentary pair of extra depth inserts.

YOU could be our next big winner. Dr. Lockwood wants to reward our readers with FREE giveaways, EVERY month! HFAA is giving away 1 **FREE French Manicure Set** for the month of March, to welcome in Spring! **All you have to do is reply to this e-mail with the correct answer to the question listed at the bottom of this newsletter to be entered to win.** One lucky winner will win the prize. The drawing will be held at the end of each month, so every reader has a chance to reply. There will be a different question each month, with a different prize. The answer can usually be found in the context of the newsletter itself. So, good luck and get reading for your chance to win a FREE French Manicure Set!

Be Prepared for Sandal Season

It's true! The frozen tundra we have been bearing will soon give way to sunny skies! Local weather stations have predicated temperatures up to the mid 50s for March. We all know what this means: sandal season will soon be upon us! And, with Spring Break beginning in less than 1 week, sandy beaches are in the horizons for many HFAA patients.

Don't be embarrassed to sport the latest sandal or open-toed shoe this season, be prepared with HFAA's Dr.'s Remedy Nail Polish! This is not your ordinary nail polish- it is a doctor-formulated healthier alternative! Dr.'s Remedy enriched nail polish has tea tree oil and garlic bulb extract which are naturally anti-fungal and anti-bacterial. It also has Vitamins C and D which promote healthier, stronger looking skin and nails. Wheat protein is also found in Dr.'s Remedy nail polish, which contains amino acids to naturally increase shine.

Regular nail polish can be extremely harmful to your nails and your health. They usually contain formaldehyde which is a chemical that has been proven to cause cancer. Nail polishes usually have DBP which is a potential developmental and reproductive toxin that may cause birth defects. Because of its effects, DBP has even been banned in Europe to protect their citizens. Toluene is also found in nail polishes, which is a chemical the EPA restricts in our drinking water, which causes nervous system disorders and damage to the liver and kidneys. All of the above listed chemicals are NOT in Dr.'s Remedy enriched nail polish, making it GREAT for pregnant women and children!

Stop in anytime during regular office hours to find your new favorite color from a selection of over 2 dozen colors ranging from pinks to bronzes to purples. We even offer acetone-free

Remedy Remover. Or, stop by before your spring time mani or pedi to purchase our base coat to wear under all your favorite salon colors, while still protecting your nails promoting healthy growth. And, the more you buy the more you save! Buy two or more bottles of polish and you receive 1 bottle of remover free! Remember, be prepared for sandal season this year and stop by HFAA today!

Shellac Attacks!

Nail polish enthusiasts have started to hear about this new phenomenon: a nail polish that lasts for 2 weeks with no chipping! This new product is *Shellac* by CND, Creative Nail Design. This lacquer paints on like a polish, but wears like a gel- up to 2 weeks. Sounds great, right? Well one of our own employees 'went under the knife' to try out this product to see how it could affect our patients nails.

After 1 week of wear and tear, with no chips or scratches to her nails, our employee loved the way her nails looked. One week later, at the noted '14 flawless days of high gloss shine', she was enjoying the glossy finish, but had a notable portion of the nail root that was bare. Yes, the polish lasted 14 days, but with natural nail growth, the portion of the nail that had no color was rather noticeable.

The aftermath of the experiment is what opened our eyes to this new lacquer. After making *another* nail appointment (you are unable to remove the intense polish at home) our employee saw what the Shellac left behind: dry brittle nails that were extremely dehydrated. The polish had such strong resistance to chips and nicks, that it inhibited the nail from receiving moisture. The Shellac left behind dry nails, with the top layer of nail actually peeling away.

Ella has been a licensed nail technician in Massachusetts for over 21 years. This is what she has to say about the product:

"I have been using Shellac since its inception in May. Some people, my mother included, developed "white" spots on their nails. Reading the blogs on CND's website, this is caused from dehydration. They suggest using Solar Oil to combat this and assure us that it will "penetrate" the Shellac. I'm skeptical at best about that."

This is what some Shellac users have to say about the product:

Cheryl says, "I used the product for about 2 months. My nails started throbbing, so I decided to soak off the shellac and give my nails a break. To my dismay, my nails were brittle and weak underneath. Too bad, I thought I had found something great."

Nicole says, "I'm having a horrible experience using the Shellac! It looked great at first but within 3 days 2 nails had chipped. Went back to the salon and got those 2 fixed. 1 week later I have had 3 nails break in half and 1 more nail chip! I glued my nails back down to the nail bed and now I'm not sure what to do...Do I go back and have this Shellac removed or have it redone?? I feel like the hardening of the shellac is making my real nails break..."

So before you Shellac, think about the potential attack!

Extended Office Hours

Heartland Foot and Ankle is growing rapidly. So, to respond to the growing needs of our patients, HFAA is expanding office hours. Our new office hours are as follows:

Monday: reserved for emergencies only
Tuesday: 8am-12pm
Wednesday: 12pm-6pm
Thursday: 9am-6pm
Friday: 12pm-6pm
Saturday: 8am-12pm

We created this new schedule to open up more convenient appointments for you. This also allows for varying appointment times, ranging from early morning to late evening. As always, if you have a comment or suggestion, please email our office manager, Sam Fowler, at sam@heartlandfootandankle.com or call (309) 661-9975. We would love to hear from you!

Upcoming Events

2011 Women's Health Night

-Tuesday March 8, 2011

-3:00-7:30pm

-Illinois State University's Bone Student Center, 100 N. University St. In Normal

Learn how to properly care for yourself and all the women in your family. Enjoy bone density screenings, strength training, and skin cancer screenings at this FREE event. The fun will include Zumba, yoga, hula dancing, and Wii tournaments. This afternoon will be filled with various informational presentations including breast health, child obesity, and strokes. Click here for additional information.

(<http://www.ihlf.org/womens-health-night.html>)

Be Content at Home Expo

-Monday May 2, 2011

-9:00am- 3:00pm

-Parke Hotel & Conference Center, 1414 N. Towanda Rd, Bloomington

Be Content at Home Expo is all about choices- YOU have the choice to stay at home as you age. This expo will connect those people who wish to stay in their homes as they age to those organizations and providers who can assist them to do just that. For more information about this free expo, call Faye or Larry Andris at (309) 452-9646, or email them at llandris@aol.com. We look forward to seeing you there!

HFAA is proud to be active in community involvement. If you have an event you would like HFAA to be a part of, please e-mail our office manager Sam Fowler at sam@heartlandfootandankle.com.

Become a Fan of HFAA

Did you know you can follow HFAA on Facebook, Twitter, and on our blog? Click below to check us out online!

Become a fan of HFAA on *Facebook*.

Check out our 'tweets' on *Twitter*.

Read our informational *blog*.

Or, visit our *website* anytime to learn more about podiatric care, to schedule an appointment, or to find out about upcoming events.

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Question: What is 1 toxin or chemical that is usually in regular nail polish, but not in Dr.'s Remedy nail polish?

Good luck!