



## BUNIONS STOPPED BY ORTHOTICS USE

*There is a common belief that bunions are caused by poorly fitted shoes.*

In fact they are arthritic changes to the foot caused by un-even weight distribution, says Hannah Kyle owner of Ultimate Foot Solutions at Cleveland.

Bunions are more than an ugly nuisance, they can become painful too. Bunions grow outward and inward causing the foot to spread, increasing the difficulty of finding shoes wide enough to accommodate the foot.

Ms Kyle, from Canada who designs corrective devices for the feet, says lack of foot balance is behind a range of health problems, including bunions.

She said corrective orthotics stopped the growth and pain of bunions as they redistributed weight.

"Rebalancing the foot takes the stress from the area," she said

"Our feet support the entire weight of our body and the weight must be evenly distributed."

"Bunion suffers usually supinate, (Wear on the outside of the shoe). Supination causes unbalance to the body. Our bodies are like buildings- in order for them to be strong, they must have good foundations."

"Our foundations are our feet and they can effect the alignment of the entire body," Ms Kyle said.

"Supination causes pain in the ankles, knees and lower back."

"Aligning the foot to control the range of motion that causes supination, alleviates the pain and stops the resulting wear and tear to the joints."

Ms Kyle said calluses, hard skin on the heels and pain in the feet, knees, hip or back were indicative of foot imbalance.

"Balancing your foot can improve your posture, significantly reducing joint and muscular pain, alleviating many leg foot and back complaints, and make you stronger."

As no two feet are the same, all require individual adjustment.

A caste and imprint is taken of the clients foot and a individually - tailored orthotic is created to provide therapeutic support, control and stability.

European technology enables the orthotic to be slim and flexible, fitting shoes or sandals and is covered by a lifetime warranty.

Ultimate Foot Solutions is located at 36/120 Bloomfield St Cleveland, free call 1800 075 632.

## LIFESTYLE

# Exercise is not a dirty word

DESPITE huge government campaigns such as the LIFE BE IN IT program, research shows that more than 50 per cent of Australians are either overweight or obese, don't exercise regularly and that our inactivity contributes to the deaths of more than 8000 Australians every year.

Leading exercise scientist, Martha Lourey-Bird, who consults to and devises the exercise programs the Duchess of York promotes for Weight Watchers, wants to change our sedentary habits.

Thirty-seven-year-old Martha, who has a Masters in Sports Science and has spent the past two decades

working with the unfit and unmotivated, has launched a book, *Exercise and the F Word - Fun*.

Martha says the benefits of regular exercise are so enormous - from reducing the risk of heart attack and certain cancers, managing stress, improving mental agility, boosting energy and improving sleep.

"The hardest thing for people who don't exercise is to take the first step - and then, it's a matter of building in a strategy so exercise is fun and easy to maintain," Martha said.

"The secret of maintaining that is to have a program that interests you mentally as well as physi-

cally".

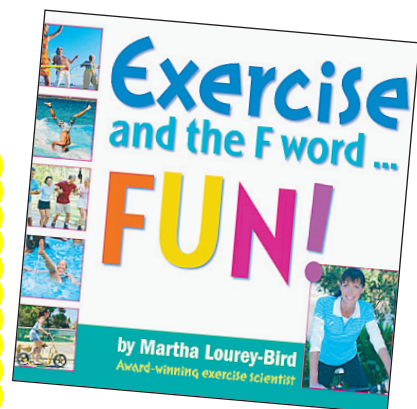
*Exercise and the F Word - Fun* explores the physical, psychological and health benefits of exercise. It's aimed at

people who are time-poor as well as at a broad range of the population from sedentary office workers and young professionals to mums, dads and seniors.

Martha says that everyone needs to find the opportunities in their day to exercise, and covers a multitude of suggestions in her book that simply use

the environment around you.

*Exercise and the F Word - Fun* (Insight Publications) RRP \$29.95 is available from good book-stores.



### WIN BOOKS

We have three copies of *Exercise and the F Word - Fun* to give away to readers.

To be in the draw to win: Send an envelope with your name, address & phone number on the back to the *Bayside Bulletin Exercise and the F Word - Fun* Competition, PO Box 191, Cleveland 4163 or drop an entry in to our office at 135 Queen Street, Cleveland by 5pm this Thursday. The winners' names will be published next week. Prize is not redeemable for cash.

## Miracles Can Happen With Your Help

Sleepless nights, dirty nappies .... It sounds crazy but this is what we long for, the opportunity to have a baby and become a family. We are a happily, married healthy couple who have tried natural conception and IVF without success. Our final hope is to create a family with the help of a miracle. We are looking for a special woman whose generosity in donating some of her eggs would give us a chance of a miracle.

If you are under 35, preferably completed your family and prepared to have treatment with the Queensland Fertility Group please consider our plea.

All enquiries are confidential and medical

If you think you can help us please email or write to Kylie and Glen  
c/o Denise @qfg.com.au or  
c/o Denise at QFG PO Box 327, Spring Hill 4004



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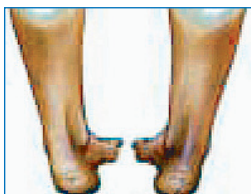
## DO YOUR FEET HURT? ULTIMATE FOOT SOLUTIONS CAN PROVIDE RELIEF

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### PRONATING FOOT

Pain radiating from the hip area and flowing down the exterior of the leg is caused by the pronating foot, which rotates the hip, pinching the sciatic nerve. Orthodontics designed to correct pronation provides relief.



### SUPINATING FOOT

The unbalanced foot can cause spinal distortion. The whole weight of the body rests on the feet. Balancing the foot aligns the body, straightening the spine, alleviating back pain.



### BUNIONS

Customised Orthotics are used to reduce pressure points, relieving pain from bunions and halting the calcification that causes bunion growth.



### HAMMERTOES/CLAW TOES

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- Relieve pain from bunions, hammer toes, heel spurs, plantar fasciitis etc
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Ultimate Foot Solutions

'The Ultimate in Foot and Arch Supports'

36/120 Bloomfield St  
Cleveland House, Cleveland

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