



The newly-renovated Foot Solutions store on 73 Grand Parade Street. ALL PHOTOS: FOOT SOLUTIONS

One place has Foot Solutions for you!

With our feet bearing all of our body weight throughout our lifetimes, it's likely most of the population will experience foot problems at some point in life.

Proper footwear and adequate arch support has a definitive effect on your body alignment and posture. Ergonomically designed footwear can reduce, eliminate and prevent pain and trauma in the load-bearing joints of the body, which results in an improvement in alignment, balance and posture.

For almost a decade, Foot Solutions have stepped up with their foot mapping technology, exploring the contours of feet and evaluating the optimum distribution of weight to compliment balance and your posture.

In their newly renovated store on the Grand Parade, Foot Solutions pairs each set of feet to their appropriate footwear match.

"Feet are your founda-



tion for life," says Tony Linehan, owner of Foot Solutions.

"We use the most advanced technology combined with a full understanding of biomechanics of feet and gait, along with the highest quality footwear on the planet to fit

your unique feet. Through our customized solutions, we can improve your comfort and body alignment and help you achieve better health through your feet."

With the entire team extensively trained in the field of pedorthics, foot



problems become foot solutions through extensive foot assessments with a thorough footwear recommendation after.

"The aim is to improve movement and balance using European designed and crafted shoes in combination with advanced

custom arch supports.

"Our arch supports are created with the most current understanding of human biomechanics and combined American and European technology in our own labs," says Tony.

With a combination of custom arch supports and ergonomically designed footwear, Foot Solutions are the experts at delivering support and matching you with your perfect fit.

"Whether you are a youngster or just young at heart, our mission is to provide you with a fuller, more active lifestyle. When you come in, prepare for a 30 minute free foot assessment, which includes our state-of-the-art computerized foot scan. From there, our experts will create a customised solution for your feet and lifestyle. You will feel the difference," he adds.

For more information, call 021-4272711, visit foot-solutions.ie or drop the new store at 73 Grand Parade.

Eat your way to a healthier blood pressure

Blood pressure can be defined as the force of blood being forced through arteries and blood vessels, by the action of your heart.

Blood pressure is measured in millimeters of mercury using a sphygmomanometer and two readings associated with blood force are used. Systolic is the pressure at which your heart is contracting and diastolic is the pressure at which your heart is relaxing. Normal readings of this pressure are expressed as 120/80.

Persistent elevated systolic or diastolic readings usually recorded by your GP over time is termed hypertension or high blood pressure. This is sometimes called the silent killer because it can develop without symptoms.

Chronic persistent high blood pressure is a risk factor in coronary heart disease and if left untreated, it can lead to heart failure, stroke or kidney failure. Hypertension is associated with a number of factors such as excessive salt intake, which reduces the ability of your kidneys to remove water increasing blood volume, which increases blood pressure.

Other factors are stress, obesity, smoking, high alcohol intake and lack of exercise.



How nutrition is key to a healthy blood pressure:

- A healthy balanced diet can play a role in hypertension control. Consumption of certain minerals through food, namely potassium, magnesium, and calcium are needed for dilation or relaxation of blood vessels, which has a blood pressure lowering action. Foods to include in your diet to benefit from these minerals are sweet potatoes, apricots, prunes, green leafy vegetables such as spinach and kale. Other sources are almonds (unsalted), broccoli, mineral water and even 80 per cent dark chocolate in moderation.
- Dietary sodium intake is an important factor in blood pressure. According to the Irish Heart Foundation, over 50 per cent of Irish men and women over 50 years of age have high blood pressure. Evidence research is showing that a moderate reduction in salt intake has important beneficial effects on our blood pressure. In Ireland, it is recommended we have no more than six grams of salt per day. It is important to remember that in the consumption of certain foods, we have no control over the amount of salt we consume. These foods include tinned products, salted foods such as nuts, crisps, and crackers and processed frozen products.
- Some general advice in blood pressure regulation is to cook food fresh and reduce convenience tinned food products. Also, avoid adding extra salt to foods. Increase the consumption of vegetables and fruits as these will also boost fibre intake.
- Limit alcohol and exercise regularly. Any persons on blood pressure medications should continue to do so with the advice of your GP.

This information has been brought to you by Nutritional Therapist and College of Naturopathic Medicine lecturer Marc Murphy, who specialises in weight management. If you would like to find out how you can train at CNM Cork for a new career in Naturopathic Nutrition, the next free open evening will be held on Wednesday 16 March from 7-9pm. Reserve your free place online at naturopathy.ie.