

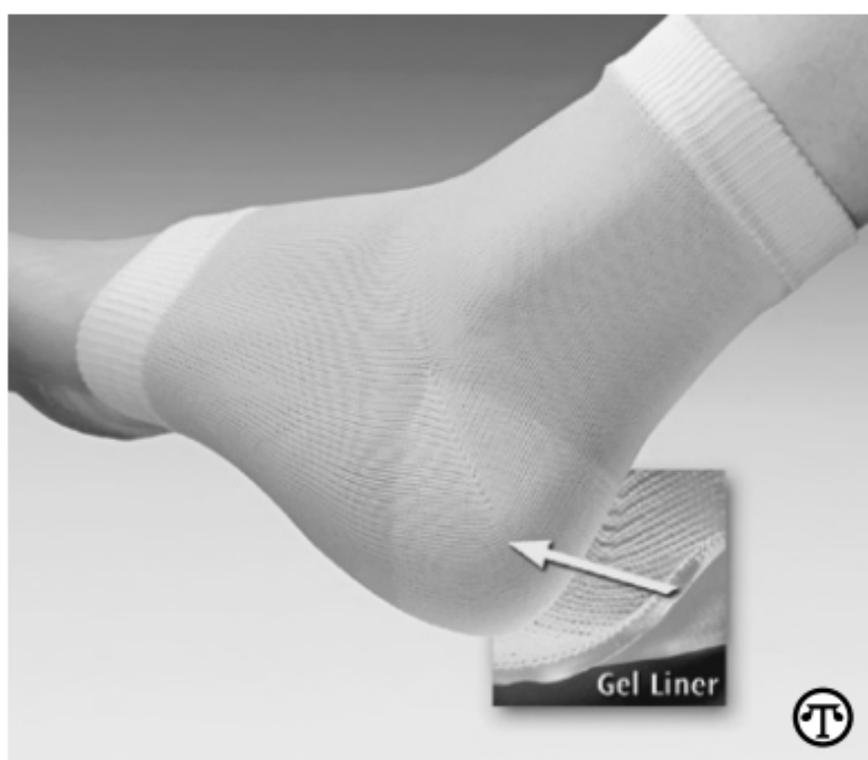


Health And Well-Being

Helping Heel Health

(NAPSA)—Most Americans walk over 100,000 miles in their lifetimes, so it may not be surprising to learn that 75 percent of people in the U.S. will have some type of foot problem in their lives.

One of the most common foot problems involves heel pain. The pain is generally caused by overstretching or stressing the muscle



There are a number of ways to treat heel pain, such as using pads, cushions, heel cups or arch supports.

on the bottom of the foot. However, heel pain can also result from skin irritation. The skin on heels frequently becomes dry or cracked, causing foot pain and leaving people vulnerable to infections.

Irritated heels are sometimes treated using a foot sleeve such as Visco-GEL Heel-So-Smooth. The sleeve is lined with a vitamin-enriched gel that releases mineral oil to soothe skin. The product is made by PediFix. The company, which has been in operation since 1885, works with doctors and consumers to develop an extensive line of foot care products for medical and cosmetic purposes. For more information or coupons, call 1-800-PediFix or visit pedifix.com. Products can also be purchased in drugstores or at amazon.com.