



Recharge your FEET is the only Herbal Foot Cream specially formulated for Diabetic Feet.

It contains herbal extracts and active ingredients that naturally help to alleviate the following symptoms that occur as a result of poor circulation - numbness or tingling, changes in skin temperature, swelling, changes in the colour of the skin and skin break downs. It has **antifungal properties** to help stop the development of fungal infections.

Recharge your FEET naturally assists with:

- Poor circulation
- Fungal infections
- Cracked heels
- Dry skin

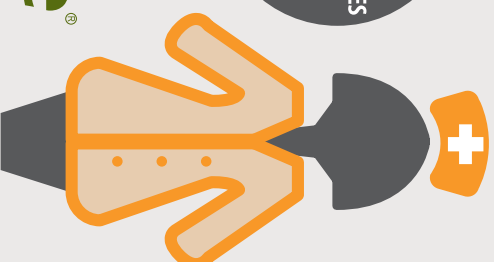
Free from Parabens, Petrochemicals and Synthetic Fragrances.



Recharge is committed to providing effective natural care for diabetics by offering only the best natural products.

Our mission is to educate people on Diabetes as well as offer programmes that help manage it.. We are a proudly South African company who is devoted to Diabetes.

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LOOK OUT FOR THE
RECHARGE FOOT NURSES
AT A CLINIC,
SUPPORT GROUP OR
DIABETIC FUNDRAISER
NEAR YOU!



The Recharge Foot Nurses are registered clinic sisters who are dedicated to helping you follow your healthy foot care guide as well as being available to answer any questions you may have.

 **EMAIL YOUR QUESTIONS TO**
footnurse@rechargeyourlife.co.za

 **GIVE US A CALL**
0861 477 915

 **VISIT US**
www.rechargeyourlife.co.za

[YOUR]
GUIDE
TO HEALTHY
DIABETIC FEET



BROUGHT TO YOU BY



DID YOU KNOW?

Diabetes is the most common cause of peripheral vascular disease. It results in poor circulation in the feet and legs. Essential elements that are critical for tissue vitality and regeneration are carried in the blood. When blood flow is restricted, it can result in problems such as sores, cuts and infections which do not heal. When left untreated, they may develop into gangrene, often leading to amputation.

YOUR GUIDE TO HEALTHY DIABETIC FEET

Recharge your FEET understands that importance of looking after your feet and in doing so, brings you "Your Guide to Healthy Diabetic Feet". Follow the guide to maintaining a healthy foot care regime and help fight the causes and symptoms of peripheral vascular disease.



1. MANAGE YOUR DIABETES:

- Work with your health care team to manage all aspects of your diabetes: diet, exercise, medication & supplementation



2. CHECK YOUR FEET EVERY DAY:

- You may have serious foot problems but feel no pain
- Visually check for cuts, sores, red spots, swelling and infected toenails



3. WASH YOUR FEET DAILY

- Wash your feet in warm water everyday without soaking them as this may cause dryness
- Dry your feet well, especially between the toes



4. KEEP THE SKIN SOFT AND SMOOTH

- Massage a small amount of Recharge your FEET into feet and legs twice daily
- Remember, prevention is always better than cure



5. KEEP IT NATURAL

- Choose the natural product option
- Petroleum based products may lead to clogged pores



6. WEAR SHOES & SOCKS AT ALL TIMES

- Never walk barefoot
- Wear shoes that are comfortable, fit well and protect your feet
- Always wear socks, preferably socks that are designed for people with diabetes. Feel the inside of your shoes for objects and make sure the lining is smooth



7. PROTECT YOUR FEET FROM HOT & COLD

- Wear shoes at the beach and on hot pavements etc
- Wear socks if your feet get cold in bed
- Don't use hot water bottles or heating pads



8. KEEP YOUR BLOOD FLOWING IN YOUR FEET

- Put your feet up when sitting.
- Wiggle your toes and move your ankles up and down for 5 minutes twice a day
- Do not cross your legs for long periods of time
- Use a foot cream that promotes circulation such as Recharge your FEET



9. BE ACTIVE EVERY DAY

- Try to get active daily
- Avoid activities that are hard on the feet
- Wear athletic shoes that fit well and offer good support
- Make sure to call your health care professional if a cut, sore, blister or bruise does not start to heal after 1 day



10. VISIT YOUR PODIATRIST REGULARLY TO:

- Check whether you are at risk of serious foot problems
- Check the sense of feeling and pulses in your feet
- To assess your footwear
- Smooth corns and calluses and trim toenails
- Show you how to care for your feet at home



11. GET STARTED NOW

- Set a time everyday to check your feet
- Make a note of your next doctors appointment

