

In this issue:

In The News

- Helena Bonham Carter sports Z-Coil® footwear
- The Z-Trek, our newest Z-Coil®, is a limited edition and almost gone!

Specials!

- 20% off the FitFlop Billows!
- Big Foot/Little Foot sale on overstocks and discontinued styles
- Sidewalk Sale at Camden Park Shopping Center March 28

To Your Health

- Foot Care Myths

Happy St. Patrick's Day!!

- Recipes to celebrate the Irish in us!



In The News

Helena Bonham Carter Sports Z-Coil® Footwear!



Pictured to the left wearing a pair of Taos Clog Straps is Helena Bonham Carter, the actress that has starred in hits such as *Harry Potter and the Order of the Phoenix*, *Charlie and the Chocolate Factory* and *Planet of the Apes*.

"I am indeed a fan and an evangelist of Z-Coil® shoes! I have barely taken them off since buying them in July. They are so comfortable! It's like walking on grass, barefoot, and I feel I have much more stamina. They cushion you from the exhaustion of everyday life. Everywhere I go I get asked about them and complimented about their look. Some find them a source of mirth, but I'm the last one laughing 'cos they don't know how blissfully comfortable they are. I am a true Z-Coil® die-hard."

So, to those of you who think they look a bit odd, think again! There are many more celebrities in our shoes, and it will only spread more as the word gets out.

The Z-Trek is going, going...!

When we got the Z-Trek in, we knew it was going to be a good seller. It is designed to be between a hiker and an athletic shoe for those casual day hikes. It has a nubuck leather upper and rubber toe and heel guards to protect the shoe from damage. It is lined with breathable spandex and has a padded tongue for comfort. It is a gorgeous natural earth tone and is available in women's sizes 6-10 and men's sizes 8-13.



We sold out of all of the women's within the first two weeks but a second shipment arrived so we are fully stocked at this moment. If you want a pair of these limited edition shoes, come get them now while they last!

Specials



GET 20% OFF BILLOWS
JUST THINK: FAT WALLET, SLIMMER THIGHS.

The FitFlop Billows at 20% Off!

If you want a really comfortable shoe to wear around the house or to take those quick jaunts to the store, these are it! The FitFlop Billows is built with the same patent-pending leg muscle loading technology that made the original FitFlop sandal famous! Engineered to help tone, firm and tighten your thighs while you walk in them, wearers also report relief from backache, reduced plantar foot pain and re-energizing of tired and aching legs!



Put on a pair and get a workout while you walk while reducing the impact to your body significantly. Summer fitflops are still on sale while supplies last at 20% off!

Not all sizes and colors are available!

Sidewalk Sale at Camden Park Shopping Center in San Jose!

The management of our shopping center has finally agreed to allow the have a sidewalk sale, which is scheduled for Friday March 28 from 10-7. we cannot sell Z-Coil Footwear on the sidewalk due to the fitting required, we will be giving away a pair of Z-Coil branded socks to everyone that tries on a pair of shoes (while supply lasts!). We will be offering free foot analysis using the Aetrex i-Step technology and will have available different shoe care products and accessories at a reduced price. For our newsletter customers, bring in this gift certificate on March 28, 29, or 30th for 10% off of **one** pair of Z-Coil footwear (not good with any other discounts and one per customer!) We still have lots of details to figure out, so you never know what we will have on that day so come and join us! Our San Jose store is located in Camden Park Shopping Center on the corner of Camden and Union Ave.



NOTE: Coupon changed to valid the whole month of March!

Big Foot/Little Foot Sale!

We are down to the bottom of our discontinued items and have size women's 5, 6, 10 and 11's left along with men's 13 and 14's. We need to get rid of them so **we are cutting the price even further to \$100!** They are odds and ends and must move as soon as possible. So, if you happen to be in that size range, come check us out and see what we have left!

This does not include the Men's Anniversary or the men's synthetic sandal which are still priced at \$125 (already incredible deals!)

There are NO additional discounts given and NO returns or exchanges!



To Your Health

Foot Care Myths (from Z-Buzz - The Z-Coil® Monthly Newsletter)

"Step on a crack and you'll break your mother's back." Growing up we believed this and other old wives' tales or myths. We found them to be quite funny. But there are other myths that are no

laughing matter, especially when they involve your health.

From bunions to broken bones, doctors with the American College of Foot and Ankle Surgeons (ACFAS) have heard it all. Here is a small collection of myths about foot care and the realities behind them.

Myth: I can't get skin cancer on my feet.

Reality: Skin cancers can occur anywhere on the body, regardless of sun exposure. Foot and ankle surgeons recommend routine foot self exams to spot suspicious moles, freckles and other spots on your feet that show the signs of melanoma.

Myth: Duct tape can remove a plantar wart.

Reality: Although there are many folk remedies for warts, patients should be aware that these remain unproven and may be dangerous. Patients should never try to remove a wart themselves - this can do more harm than good.

Myth: Putting cotton under an ingrown toenail will relieve the pain.

Reality: Cotton placed under the nail can be harmful. It can easily harbor bacteria and encourage infection.

Myth: A doctor can't fix a broken toe.

Reality: Broken toes that aren't treated correctly can make walking and wearing shoes difficult. A foot and ankle surgeon will x-ray the toe to learn more about the fracture. If the broken toe is out of alignment, the surgeon may have to insert a pin, screw or plate to reposition the bone.

For more myths and to follow Z-Coil® Pain Relief Footwear® on Facebook, [Click here!](#)

Happy St. Patrick's Day!

Although many of us do not have Irish in us, we all seem to get into the Irish spirit once a year around this time! So, here is a link to some healthy Irish recipes to help celebrate this special day! [Click here.](#)

Don't forget to wear green!

Until next time...

Caesar...



Z-Coil® Pain Relief Footwear™

www.ez-shoes.com

2077 Camden Ave
San Jose, CA 95124
At the corner of Camden and Union in the Camden Park Shopping Center
Store hours: Monday-Saturday 10-7, Sunday 11-6

637 Irving Street
San Francisco, CA 94122
In the Inner Sunset District between 7th and 8th Ave
Store hours: Tues-Sat 10-6, Sun 11-6. Closed Monday

