

# Z-coil Pain Relief Footwear™

September, 2009

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## In The News

### ***Going, Going, GONE!***



WOW, are the ladies loving this shoe! This fun, stylish shoe is tan and brown, with cranberry accents. It has a split cowhide leather upper with breathable mesh and two adjustable velcro® straps. It has a soft, padded heel and anti-bacterial insole for extra comfort. Available in Women's sizes 6-10.

It is a limited edition and we have only a few pair left. Headquarters will be getting in one more shipment but after that, they are gone forever. So, if you are interested, come on in and try them on before it is too late. They look great!

### ***The SideWinder Sandal has been discontinued.***

The tried and true SideWinder Sandal is being discontinued and a new, updated style of sandal will be released in the spring. We have all sizes still available although not in all colors. I know that there are some of you out there that can only wear our sandal, so if you would like to stockpile some, now is the time to do so. They are fashionable with shorts, slacks or dresses and with some socks, you can wear them pretty much all year round in the Bay Area. Don't miss this opportunity to grab them while they are still available!



### ***bluMjk is a hit with our customers!***

We have had many people come in the store after our announcement of this remarkable product in the last newsletter to really see if it worked and the results have been great!



One customer who lives out of town was skeptical, but decided to try it on my recommendation. I sent him a bottle and he responded "The bluMjk is really something! I've never had a topical pain killer that worked like that before. It's quite good, phenomenal in fact." Another customer's remarks that we received the day after she purchased the product were "Hi Caesar, I was in yesterday to buy the grey z-coils... I do like the pain relief roll on and tried it on my hubby today who has been in intense back pain.....and he really liked it!!!!....so Thank you!" The latest testimonial was from a customer that purchased it one day and came back the next day to buy 3 more bottles for various people he knew. His comments were "This 'stuff' really works!" Although he substituted another word for 'stuff'!

BluMjk is completely safe, with many natural ingredients and no reported side effects. The lotion applies like a deodorant roller, and a little bit goes a long way. **It is an aspirin based product so do not use if you are allergic to aspirin.** The regular price is \$24.95 but right now we are offering an introductory price of \$19.95. We do have a tester in the store so you can try it out. I think you will be impressed with the effectiveness of this product. I know I was!

### ***New Aetrex Styles for Men and Women!***



Several new styles have arrived in our Aetrex line for the Fall. For the men, we have brought in a stylish black stitched toe oxford from their Gramercy collection and a full grain leather oxford in brown. Both are very stylish and will go great for those special events or even in a casual environment with slacks, dockers or jeans.



On the ladies side, we have added a new casual shoe in a mauve/tan color that goes well with many different outfits and different occasions. It has a breathable fabric lining that wicks away moisture and extra depth to accommodate an orthotic. Also, a new athletic shoe joins the line that is perfect for the medium to high arched customers. It has a very breathable upper and a special footbridge to ensure that the foot is supported.



Stylish, comfortable and good for your body! What else can you ask for!

### **Specials**

#### ***Blowout on Round Coils!***



We still have a big overstock on black round coils in small and medium so we are lowering the prices on these coils for the rest of the month. We have priced them at \$35, which is over a 20% savings! These coils can go on any of our Z-Coil footwear and come standard on many of the dressier women's styles. It is a great price to help us clear them out! Price good while supplies last.

### **To Your Health**

#### **Fight Arthritis - Foods that help and hurt!**



Arthritis is one of the most prevalent chronic health problems and the nation's leading cause of disability among Americans over age 15 and is second only to heart disease as a cause of work disability. It limits everyday activities such as walking, dressing and bathing for more than 7 million Americans and results in 39 million physician visits and more than a half million hospitalizations.

Arthritis affects people in all age groups including nearly 300,000 children and baby boomers like me are now at prime risk. More than half those affected are under age 65 and it commonly affects women more than men.

Half of those Americans with arthritis don't think anything can be done to help them but there are great resources out there that can provide valuable information to help ease the pain caused by this disease. I ran into an article that I thought was very informative because many people with arthritis do not realize that their diet can make a big difference in managing their pain. Eating the right foods and staying away from others can help lessen the pain that you incur. So, I hope that you find this article useful! [Click here for the article.](#)

Of course, Z-Coil footwear help reduce the impact on the joints which is yet another way to reduce the pain levels! So, while you are cooking those fabulous foods, wear your coils!

### **Pan Seared Salmon with Strawberry Salsa**



I also found a great recipe loaded with all of the right stuff from the Arthritis Today Magazine which will get you started on your journey to better eating! Bon Appetit!

Serves 4

Prep time: 25 minutes

1 8 oz. container strawberries, tops removed, chopped  
 2 scallions (green and white parts), thinly sliced  
 2 Tbs. chopped fresh cilantro  
 Juice of 1 lime  
 1 small jalapeno pepper, seeded and finely chopped (optional)  
 Salt and freshly ground pepper  
 4 small salmon filets (with or without skin, about 1 1/3 pounds total)  
 2 tsp. olive oil

Salsa recipe: Stir strawberries, scallions, cilantro, lime juice and jalapeno (if using) together in a small mixing bowl, and season to taste with salt and pepper. Set aside.

Pan-seared salmon: Heat a large nonstick skillet over medium-high heat. Pat salmon dry with paper towels, then rub fish on both sides with oil and season with salt and pepper. When the pan is hot, add salmon, skin-side-up if applicable. Cook for 3 to 4 minutes, or until salmon is nicely browned. Gently flip the fish over and cook another 3 to 5 minutes, depending on thickness of filets, until cooked through. As a general rule, fish takes about 10 minutes to cook (total) per inch of thickness.

Transfer fish to a serving plate, and top with salsa. Serve immediately.

*Until next time...*

Caesar...

### **Z-Coil® Pain Relief Footwear™**

<http://www.ez-shoes.com/>

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At the corner of Camden and Union in the Camden Park Shopping Center  
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In the Inner Sunset District between 7th and 8th Ave  
 Store hours: Tues-Sat 10-6, Sun 11-6. Closed Monday