

BEST PICKS MAGAZINE *August 13, 2010*

Stepping Out with Pearl Izumi!

--by Dr. Marie Miczak

Pearl Izumi is the first name in athletic shoes. Here's their **SyncroGuide III** running shoe, my gear of choice! Ankle Socks by Pearl Izumi. Remember: The **New York Avon Walk for Breast Cancer** is October 16 & 17, 2010 so get in it to end it!



Newly designed for 2010 the syncroGuide III offers the most stable platform imaginable for proper balance and stride. Many sprains and tendon tears are caused by rolling over your ankle. The syncroGuide III offers excellent motion control, arch support and cushioning your muscles and joints will thank you for! It has just enough padding in the all right places while holding you up with incredible structure for a comfortable ride. Available from **Pearl Izumi Online**



One way to prepare for your morning walk or run is by way of preemptive strike against muscle tiredness and tendon pain. I've found that by using **Topricin Foot Therapy Cream** *before* I head out, I am kink free for my walk and able to fully stretch when I take a break. This is a Homeopathic formula which is recommended by doctors and chiropractors for arch pain, ankle swelling and sports injuries. It does work extremely well and Topricin has no unpleasant odor or greasy feel. It quickly absorbs completely into the skin so you can be on your way. Available at Whole Foods and Wegman's. This is not an area to pinch pennies! Get the best running shoes and the best foot therapy creme for a synergistic energizer for your daily walk or jog!