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outine treatments are recommended every three to six months, similar to a dental check-up. It consists of a pain-free half hour session where nails are cut and filed, callous and hard skin removed and cracked heels smoothed. The same treatments are perfect for aging with.

problematic nails, painful corns and stinging skin infections such as athlete's foot.

pending time in public areas such as the gym and hotels can often mean getting verrucae. "Verrucae could be treated

immediately, before having the opportunity to spread further," says Marion, who offers a special treatment called cryotherapy, that freezes the verrucae virus over several treatment sessions. Marion also recommends that flip flops should not be used in any communal areas such as showers, as they are hotspots where the virus is easily picked up.

Complete foot screenings give a valuable insight into vascular and neurological health, with diabetics recommended to go at least once a year. "Diabetes is not a condition that should be taken lightly - it causes

nerve damage, dampens your immune system and decreases the blood flow to your limbs. These three body systems are vital in foot health. If not properly monitored by a professional it can lead to serious complications such as leg amputation, at its worst". It has been reported that in England there are 70 diabetic related amputations a week!

For those who are particularly active, custom-made orthotics can be prescribed to be inserted into their existing footwear to correct their foot posture. These specialised inserts can prevent and benefit those suffering with lower back pain, knee pain, bunions and other ailments that can be traced back to the way their feet move.

Alastair experienced a podiatrist treatment with Marion at The Stress Exchange. "The treatment started with Marion asking me a few questions about my health and any foot concerns that I may have had. She then examined the temperature of my legs and feet, listened to the pulses in my feet with an Ultrasound Doppler device and tested my sensation with a painless pen, before giving me a clean bill of health. Marion noticed that I had



hard skin, even though I had a pedicure not long ago. She carefully removed hard skin I didn't know I had, and buffed the rough areas with a Podiatry drill. After just a few minutes my rough skin was completely gone and my foot felt great!

Marion joins The Stress Exchange team as a fully certified practitioner of Podiatric Medicine and is the official podiatrist for the Premier and Standard Typhoon Dragon Boat Team, that competes in the National League within the UK.

The Podiatry Clinic has been open since early 2010 and all are well-

come. The Podiatry Clinic has already helped 100s of people with their foot problems. Maybe a podiatrist can help with you.

Routine treatment, including Complete Foot Health Screening is £45. For a full list of services visit their website:

www.stressexchange.co.uk click on Clinic Lunch time & evening appointments available advanced booking.

To schedule your appointment call The Stress Exchange on 020 7357 7006.