

**Idea!** Take a stress-reducing dish and recipe to your next support group meeting.

## STRESS

Stress is a normal part of life. In small quantities, stress is good – it motivates people and can help them be more productive. However, too much stress can actually harm the brain and body. Persistent and unrelenting stress often leads to anxiety.

It's widely believed that most illnesses are related to unrelieved or unmanaged stress. Eating well and relaxation techniques are two things readily accomplished without much time and effort.

If you find that your stress won't go away regardless what you do, beware!

This may be a sign of a hidden illness, such as:

- ◆ Thyroid disease (low or low normal)
- ◆ Calcium imbalance (high or low)
- ◆ Anemia (low iron)
- ◆ Diabetes (too much sugar, not enough insulin)
- ◆ Manic depression (Bi-polar disorder)
- ◆ Liver disease
- ◆ Kidney malfunction
- ◆ Vitamin deficiency
- ◆ Hormone deficiency

If your symptoms and stresses are not getting better, be sure to see your doctor for a complete physical examination, including blood and urine tests.

- National Institutes of Health (NIH)

## Mozo Shoes: Easy on the Sole

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Shoe shopping can be a major headache for polio survivors with different size feet, not to mention that it can be a major expense. Jim Agnew, founder of Mozo Shoes, is willing to give you some relief by eliminating the expense of buying two pair of shoes to get one pair that fits. The shoes offer stylish, all-leather uppers with cushioned soles that can be ordered in any size for any foot. Polio survivors can order separate sizes at no additional cost, or purchase a single shoe.

After an auto accident in 1972, Agnew was unable to walk on one of his feet for many months. In an effort to help solve his orthopedic dilemma, Agnew, an experienced shoemaker, invented his own self-molding silicon footwear. He made and sold his footwear for years, but eventually returned to work for a major company where he created athletic shoes. He became disillusioned and branched out on his own again. He knew that people who work on their feet all day are just as important as athletes; yet no one was addressing their specific needs.

The production of Mozo shoes began in 1998 with the goal of making a shoe that helped the foot to function properly. Agnew states, "When we decided to make Mozo Shoes, our one rule was that all design and materials serve the purpose of supporting the foot, absorbing shock, and helping the foot work properly. If it doesn't do that, we don't have it." His major challenge has been in educating people on how the feet should work properly in shoes.

The shoes are built on a last that is shaped like a human foot providing extra room for toes and metatarsal movement. Each shoe comes with a fully molded leather-lined orthotic that can be modified or replaced easily with a prescription one. The company will also "customize modularize" a product, meaning they can assemble each shoe for the particular needs of the foot. "Fit plates" can be sent to help people create a customized fit.

After making shoes for a polio survivor in Taos, he decided to offer his footwear to people with special size needs. Visit [Mozoshoes.com](http://Mozoshoes.com) or call 877-834-6696.

Mozo will accommodate people who have limited resources. Please contact *Post-Polio Health* at 314-534-0475 or [info@post-polio.org](mailto:info@post-polio.org) for more details. ●

*\*From Debbie: "I found a doctor who was interested in post-polio and after many months of treatment, he insisted that what would help me most would be a change in lifestyle, i.e., retirement. I hate to admit it, but I do feel so much better now. I have cut the medication I was taking to one-fourth. All of a sudden, I have tons of free time, and I would like to use the time to give something back and do something that is meaningful to me."*