



3 Reasons Why Fall Shoe Shopping Make Some Women Cringe

After hanging out all summer in sandals, some women cringe at the thought of going back to close-toed shoes. While most women look forward to shopping for new shoes, for women with foot problems new kicks are the last thing on their mind.

Here are the three most common foot conditions that make certain types of closed-toed shoes a problem.

Bunions

While you can have [bunions](#) when you're young, most women develop bunions as they age. Faulty foot mechanics (e.g. flat feet) and bad habits such as wearing high heels, pointy-toed shoes, or shoes that are too tight take their toll over time. Bunions don't form overnight, but after many years of putting more weight on the ball of the foot will cause them to progress. (over)

Nutty Wild Rice and Shredded Brussel Sprouts Mini Pumpkins

- 1 1/4 cups uncooked wild rice
- 2 1/2 cups water
- 6-8 mini pumpkins
- 2 tablespoons olive oil
- 3/4 pound brussels sprouts halved and then shredded, about 2 cups
- 2 tablespoons fresh thyme chopped
- 1 cup raw pecans chopped
- 1/4 apple cider
- 1 cup dried cranberries
- salt + pepper to taste
- 1 cup manchego cheese shredded (optional)



Bring water to boil and add wild rice. Cover and cook for 35-45 mins or until rice is fluffy. Preheat oven to 400 degrees. Slice the tops off your mini pumpkins and scoop out seeds. Save seeds for roasting. Place the pumpkins on a baking sheet and rub each with olive oil, salt and pepper. Roast for 15-20 mins or until pumpkins are tender.

Heat large skillet over medium heat and add a drizzle of olive oil. Add brussels sprouts in single layer and season with salt and pepper. Let sit 1 min and then stir. Cook for another 8-10 mins, until tender and caramelized. Stir in thyme, pecans and cider, cooking another 5 mins. Remove from the heat and add the wild rice. Stir in the cranberries and manchego cheese.

Arrange the pumpkins in a large baking dish and stuff each pumpkin with the wild rice mixture. If desired, sprinkle the top of each pumpkin with a little manchego cheese. Place in oven and bake for 10-20 mins.

The important thing is to catch them early so that they don't get worse. Choose shoes with heels once inch or lower that provide wiggle room in the toe box.

Hammertoes

[Hammertoes](#) affect the joints of the baby toes by bending abnormally. Toes look like an upside down "V" and cause pain when rubbing up against the top of shoes, ball of foot pain at the base of the hammertoe, and corns and calluses between the toes.

My shoe advice is the same as for bunions. In addition, look for shoes with more depth in the toe box so toes don't rub against the top of the shoe.

Morton's Neuroma

Women experiencing burning, numbness, or tingling in the ball of the foot and between the 3rd and 4th toes most likely have [Morton's neuroma](#). Again, wearing shoes with a wider toe box and avoiding high heels are essential to prevent aggravating this condition.

For more information about shoes with a wider toe box, check out [Barking Dog Shoes](#). Check out each of the links above for treatment information.

For more information about treatment for these conditions, visit each of the links above. **Call us today at 206-368-7000 for an appointment. Often same day for emergencies and less than 2 weeks for chronic foot pain. You can also [request an appointment online](#).**

Keep Kids Safe While Trick or Treating

As Halloween approaches here are some helpful reminders about how to keep kids safe while trick or treating.

- Always walk on sidewalks when possible. In areas where there are no sidewalks walk facing traffic as far to the left as possible. Pick routes for kids that have the fewest street crossings.
- Teach children to make eye contact with drivers before crossing in front of them.
- Children under 12 should trick or treat with an adult. Those who are older should go out with groups in familiar areas.
- Use reflective tape to decorate costumes and make sure kids carry a flashlight so they can be seen.
- Make sure costumes are the right length so that kids can't trip.
- Go with face paint rather than a mask which can obstruct a kid's vision.
- Go earlier for safety instead of going when it's pitch black.
- Talk to kids about the route they plan to take, what time they should be home, and have them carry a cell phone.
- Tell older kids never to go inside a house or take a ride from a stranger.

