

# Foot Sense

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## Know Your Own Feet to Make the Best Shoe Shopping Choice

Lately societal pressures are pushing women to wear one shoe over another. Whether it's the Oscars demanding that women hit the red carpet in high heels or Union leaders in Britain telling the Prime Minister, Theresa May, to wear flats for women's rights it can be confusing to women who want to make good choices for their foot health.

As a [podiatrist in Seattle](#), I believe that men and women should have all the facts before making a foot health decision, and that includes buying shoes.

### How to Make an Informed Shoe Purchase

The first step in making an informed shoe purchase is to learn about your foot type for it often dictates the type of shoes you can wear.

Flat feet – if you have flat feet your feet will be more prone to [heel pain](#), bunions and [hammertoes](#). To minimize the chance of acquiring these conditions find shoes with good arch supports and [great stability](#) (video demo). Shoes such as Dansko, Keen, and most running shoes will provide both. High heels will accelerate bunions and hammertoe development. (over)

## Pumpkin Curry Soup

- 1 onion, medium dice
- 1 tablespoon coconut oil, ghee, or clarified butter
- 2-4 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 teaspoon curry powder
- 3/4 teaspoon coriander
- 1/2 teaspoon cumin
- 1/4 teaspoon cloves
- 1 medium-sized (2-pound) pumpkin, cut in half with seeds and pulp removed
- 3 1/2 cups stock, vegetable or chicken
- 1/2 cup coconut milk
- Cayenne pepper, to taste
- Salt, to taste
- 1 7-ounce container Greek yogurt, for garnish
- Toasted pumpkin seeds, for garnish
- Parsley or cilantro, for garnish



1. Preheat the oven to 350°F. Rub pumpkin halves with coconut oil, ghee, or butter. Then place flesh-side down on a foil-lined cookie sheet and roast for 45 minutes or until flesh is tender when pricked with a fork. Once cool enough to touch, scoop pumpkin flesh out from the skins and set aside for later use.

2. Heat a large soup pot over medium-high heat, and melt oil or butter. Add onion and do not stir. Allow onions to brown on one side, then flip them in one move and do not stir again, allowing onions to brown on other side. Add garlic and ginger, stir, and cook for 1-2 minutes, until garlic becomes fragrant and slightly brown. Add curry powder, coriander, cumin, and cloves, and constantly stir until spices become toasted and fragrant, about 60 seconds. Add stock, coconut milk, and pumpkin, and bring to a boil.

- Normal feet – a normal foot type means that your feet have an arch that is neither too high or low and that your feet are stable with little rolling in or out when in motion. Although you'll have a fuller range of shoes you can purchase you'll also need to take into account your level and type of activity and any previous foot injuries.
- High arches – if you have a high arched foot you're more prone to developing pain under the ball of the foot or metatarsalgia and hammertoes. As with the flat foot, buy shoes with good arch support and padding. Make sure the heels are no higher than 1.5 inches in height and that you have enough room in the toe box. Special foot pads for pain under the ball of the foot can also help.

### Your Activity Level

Runners and other very active people are also more prone to developing plantar fasciitis and other foot problems due to the added stress placed on the feet during physical activity. To ensure you purchase the right shoes if you're a runner, go to a store that specializes in running such as Super Jock 'N Jill at Greenlake or Redmond.

### Other Shoe Shopping Guidelines

Getting your feet measured and shopping at the end of the day are two of the seven ["Essential Shoe Shopping Tips"](#) to guide you in ensuring you have a great fitting shoe for your feet.

So instead of being swayed by the media, do your own research about your feet in order to make the best foot health decision.

**If you or a loved one is experiencing foot pain today, call us at 206-368-7000 for an appointment, often same day. You can [request an appointment online](#).**

(Continue.....Pumpkin Curry Soup)

3. Turn off heat, and use an immersion blender to blend the soup until smooth. Alternatively, transfer soup in batches to a blender, and blend until smooth. Once soup is completely smooth, turn flame back on to medium-high heat and bring soup to a simmer.

4. Serve soup with a dollop of Greek yogurt, tablespoon of pumpkin seeds, and pinch of parsley or cilantro leaves.

Source: Anna Monette Roberts, POPSUGAR food

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### Best Socks for Diabetes

As the weather starts to getting cooler most of us are donning warmer socks. But if you have diabetes the types of socks you choose can help prevent your feet from forming ulcers. Use the following parameters when choosing diabetic socks for you or a loved one.

- Socks with extra cushioning
- Do not have elastic tops
- Higher than the ankle
- Made from fibers that wick moisture away from the skin (eg. Bamboo)
- Made without seams



Our office carries diabetic socks that are perfect for your feet.