



# FOOT SENSE

A monthly newsletter from your podiatrist



*Dr. Rion Berg*

April Is National Foot Health Awareness Month!

*April 2025*

## Need to Get Your Feet Ready for Sandals? Here's How!

As the sun comes out and temperatures warm up, so does our desire to get out of our shoes and boots and into some sandals. At this time of year, I usually take a trip to Sole Perfection Shoes in Shoreline and talk to Jason Brown about the latest styles, so I can pass that information on to you as a video! So, be on the lookout.



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In this newsletter, I'll go over how to buy the right sandals for your feet and other foot care essentials to get you through the spring and summer months with ease.

### How to Buy the Right Sandals

What do you think of when you think about sandals? My patients' views of what is a sandal can be everything from a Teva water shoe with fully adjustable straps to a flip-flop and everything in between. While flip-flops, open-backed heeled slides, and 3-inch or higher strappy pumps can all qualify as sandals, if you wear them to walk around Green Lake, you'll eventually be in a world of hurt.

It's important to buy and wear sandals and other footwear for the activity for which they're intended. Flip flops are fine when going to the beach or pool. Sturdier, supportive sandals are essential for longer walks and even hikes. Some great brands are Aetrex, Dansko, Keen, Merrill, Taos, and Naot.

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Mr. Cool!



Whidbey Chilling Out!

## Matzo Ball Soup

Here's the classic recipe for Passover. Prepare one day ahead.

### Soup

- One whole chicken (about 4 lbs) can be cut into parts
- 1 onion cut in quarters
- 1 bunch of parsley chopped with stem removed
- 3 carrots peeled and cut into 2 inch lengths
- 1 turnip
- 1 parsnip
- 3 celery stalks cut in thirds
- 2 cloves garlic

### Matzo Balls

- 1 cup boiling water
- 1 cup matzo meal
- 2 tablespoons chicken fat from soup
- 1 egg, slightly beaten
- 1 tsp salt
- ½ tsp nutmeg
- ½ tsp pepper
- 1 chopped sprig of parsley



Matzo Ball Soup Photo Canva 2025

### Soup

1. Day 1—Cook chicken in water on high, and then once boiling turn down to simmer for 2 hours.
2. After cooking, let soup cool. Remove chicken and refrigerate. Refrigerate soup separately.
3. Day 2—Use the schmaltz or fat that rises to the top of the soup to prepare matzo balls.
4. Tear up enough chicken into bite sized chunks (2-3 cups) and add to soup.
5. Boil soup and add matzo balls for 15 minutes. They should rise to the top.

### Matzo Balls

1. Pour boiling water over matzo meal and let sit until water is absorbed, add fat, egg, and seasoning. Stir until combined.
2. Chill for 20 minutes and then roll dough into the size of a walnut.

## Get Your Toenails Ready for Summer!

The first thing people notice about your feet are your toenails. Many women, but also men, go to salons to get pedicures. And I don't blame them. It's much easier than doing it yourself. The downside is that you can't trust all salons to clean their implements properly or know their limits in treating foot issues like calluses and ingrown toenails.

First, don't allow salons to treat your foot conditions. It's OK if they do some skin exfoliating, but if they bring out the cheese grater, just say no.

Trimming calluses, ingrown toenails, and cuticles can also lead to an infection. These should only be done by a podiatrist or other medical professional.



Second, you should ask questions about their sterilization practices to avoid a fungal nail infection. You can learn more in my blog, "[10 Hacks for Avoiding Toenail Fungus at A Nail Salon.](#)"

If you want to be completely safe, do a [home pedicure](#).

### 3 Tips for Beating Dry, Flaky Heels

When we wear sandals and go barefoot, our heels become dry and cracked. They're not just ugly, but can leave us open to skin infections and even ulcers. Of course, going barefoot can lead to other foot problems as well (see right). Here's what to do:

- Proper use of a pumice stone – when used properly, a pumice stone can keep your heels feeling smooth. [Learn more here!](#)

- Use of foot soaks – foot soaks can be helpful for dry skin, eczema, dermatitis, and keeping fungus at bay. These [Tolcycen products](#) can be very helpful.

◇ Tolcycen Therapeutic Foot Soak

◇ Daily Micro Cleansing Foot Soak

- Choose the right moisturizer – regularly applying a moisturizer after using a pumice stone, soaking your feet, or showering will keep your heels hydrated and smooth. If you have very dry skin, consider a product at our office with a high percentage of urea.



◇ Amerigel

◇ Gormel Crème – 20% urea

◇ Probetic-20 – 20% urea

◇ Adessa Heel Liniment --30% urea

◇ Heel by Mod Pod – 40% urea

### Avoid Going Barefoot

There are too many hazards to make going barefoot a good practice inside or outside.

- Thorns, nails, glass, and hair can get embedded in your feet, leaving you open to pain and infection.
- Plantar warts, athlete's foot, and fungal infections can result from contact with a virus or dermatophyte.
- Heel pain can flare up if you're at risk for it. Instead wear shoes or sandals that provide support and wear orthotics consistently if they've been prescribed.

## Earth Day Essentials: DIY Cleaners for Your Home & Planet

In recognition of Earth Day on April 22 and the need to do some Spring cleaning, I'm focusing on some green cleaning recipes you can make at home.

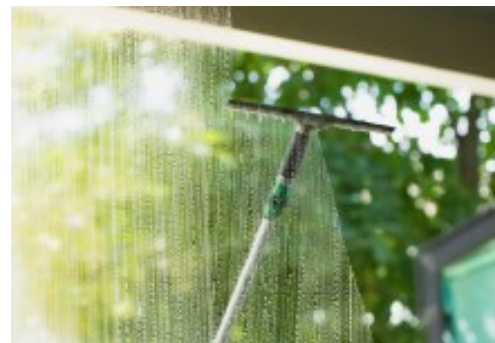
### All-Purpose Cleaner

Basic Recipe: Mix equal parts white vinegar and water in a spray bottle

Enhanced Version: Add 10-15 drops of lemon, tea tree, or lavender essential oil to mask vinegar smell and boost cleaning power

Use for: Countertops, sinks, appliances, and most non-porous surfaces

Tip: Avoid using on marble, granite, or stone surfaces as vinegar can etch these materials



### Glass & Mirror Cleaner

Recipe: Mix 1 cup water, 1 cup white vinegar, and 1 tablespoon cornstarch

Use for: Windows, mirrors, glass tabletops, and other glass surfaces

Application tip: Use squeegee instead of paper towels for streak-free shine

### Bathroom Scrub

Recipe: Mix ½ cup baking soda, ¼ cup liquid castile soap, and 1 tablespoon hydrogen peroxide

Optional: Add 10 drops tea tree or eucalyptus essential oil (both have antimicrobial properties)

Use for: Tubs, toilets, tile, and grout

Application: Apply with a damp sponge, let sit for 10 minutes, then scrub and rinse

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—Dr. Rion Berg



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