

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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Does It Feel Like You're Walking On Razor Blades

As an active person you prize the time when you can take a stroll in your neighborhood, go for a hike through Discovery Park, or join in with friends for a walk around Green Lake. Then you wake up one day and feel like you're walking on razor blades. Immediately you wonder if you're going to need to stop your much loved activities.

As a Seattle podiatrist with over 30 years of experience, I'm here to let you know you don't need to worry. Every foot problem has a solution. Even the feeling of walking on razor blades.

So what could be causing this problem? It all depends on where you're feeling the pain. Is it located under the heel of the foot, the side of the foot, the ball of the foot, or more specifically between the 3rd and 4th toes? Here are some guidelines for

Spaghetti Squash with Asparagus, Ricotta, Lemon, and Thyme

- 1 small spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil, divided
- 2 cloves garlic, smashed
- 1 pound asparagus
- 3/4 cup ricotta cheese
- 3 tablespoons freshly squeezed lemon juice (from about 1 medium lemon) & tsp lemon zest
- 1 teaspoon fresh thyme leaves (from 4 to 5 sprigs)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons pine nuts, toasted



1. Arrange a rack in the middle of the oven and heat to 375°F.
2. Cut the squash in half lengthwise and scrape out the seeds. Brush the cut sides with 1/2 T of the oil. Place cut-side down on one half of a rimmed baking sheet. Roast for 35 minutes. Meanwhile, trim the woody ends of the asparagus and cut the stalks on a diagonal into 2-inch pieces.
3. Remove the baking sheet with the squash, add the asparagus to the other side, and toss with the remaining 1/2 T. oil. Place a garlic clove beneath each squash half. Return the baking sheet to the oven and roast until the asparagus is tender and starting to char, and the squash is easily pierced with a fork, about 10 minutes. Meanwhile, place the ricotta, lemon juice, zest, thyme, salt, and pepper in a large bowl, and stir to combine.
4. Remove the baking sheet from the oven and carefully remove the garlic cloves from beneath the squash. Add to the ricotta and mix well. Add the asparagus to the bowl.
5. When the squash is cool enough to handle but still warm, run a fork through the flesh to separate and remove the strands from the shell. Add to the ricotta mixture and stir to combine. Divide between plates or transfer to a serving platter and top with the pine nuts.

Source: The Kitchn

Pain Under the Heel of Your Foot

If you feel pain under the heel of your foot, particularly when taking first steps in the morning, you most likely have plantar fasciitis. Plantar fasciitis or heel pain frequently develops in people who have flat feet, are active, have tight calf muscles, or wear unsupportive shoes. Pregnant woman or people who are overweight are also likely to develop it as a result of increased pressure on the plantar fascia. The plantar fascia is the band of tissue that runs from the heel under the arch and connects into the base of the toes. When this tissue gets inflamed you develop plantar fasciitis.

Pain in the Ball of Your Foot

If you feel pain in the ball of your foot you most likely have a condition called metatarsalgia. This condition develops most often in people who have a high arched foot, participate in high impact sports, have a job requiring long hours of standing on hard surfaces, or are overweight. The pain often shows up on one or more of the five bones or metatarsals in the mid part of the foot.

Pain On the Inside of Your Foot

If you're experiencing pain on the inside of your foot at the base of your big toe and you have a bump, you probably have a bunion. Although bunions aren't hereditary the foot type is. Flat feet are known to put people at higher risk of bunions and flat feet run in families. Tight, pointy, and high heeled shoes can also make bunions worse.

Pain On the Outside of Your Foot

Pain on the outside of your foot just above the heel of your foot may be cuboid syndrome. People at most risk have high arches, tend to roll their feet over the outside of the foot, and have tight calf muscles.

Pain Between the Third and Fourth Toes

Another common condition called Morton's Neuroma shows up as pain between the 3rd and 4th toes. Women are eight to ten times more likely to develop this condition. Common causes are tight pointy and high heeled shoes, abnormal foot structure, trauma, and high impact sports.



How to Curb Emotional Eating

We often turn to comfort foods when going through change, uncertainty, and stress. Unfortunately foods that taste good often make us feel worse. The Cleveland Clinic offers five strategies to help us moderate how we eat.

Ask Yourself Why You're Eating

Next time you open your refrigerator door; ask yourself if you're really hungry. Then rate your hunger on a scale of 1 to 5. If you rate yourself a two or lower, try distracting yourself by going for a walk, talking to a friend, or some other activity you love.

Swap Out Your Worst Snacks

Swap out bags of chips for a healthier alternative like popcorn or roasted chickpeas. Swap out sugary snacks for fruit. Grapes and berries are a great alternative.

Choose Foods that Fight Stress

Try adding green tea (contains L-theanine), dark cherries and salmon and other fish (help increase melatonin to improve sleep) into your diet. Other foods to stock up on are whole grains, nuts, legumes, fruits, vegetables, and dark chocolate.

Make Emergency Packages

Create small portions of healthy snacks so you don't end up eating the entire bag. Consider doing this with nuts, popcorn, fruit, and sliced veggies.

Get Down to the Root Cause

We all have everyday worries and concerns which lead us to eat emotionally. But long term stress, anger, and depression often stem from bigger life issues. Getting help from a counselor, learning stress management techniques, and exercising can be part of a comprehensive plan to curb emotional eating.