



## 5 Key Shoe Shopping Guidelines for Pain-Free Feet

Finding and wearing the right shoes is a topic I broach with almost all of my podiatry patients. Whether a person comes to me because they are having plantar fasciitis due to repetitive injuries from running or someone with diabetes is having issues with wounds a discussion of shoes is critical to preventing and treating their foot condition.

Our feet spend most of their waking hours in shoes. That's why it's so important to be sure the shoes we wear are the right size, a good match for our foot type, and complement the activities we engage in.

In addition, shoes need to accommodate our foot condition so we are not making it worse or suffering unnecessarily. Of course many of the conditions I see require procedures, devices, and/or other products to begin the healing process. However, in addition the right shoes are a must for preventing further injury or pain to the feet. (over)

## Grilled Honey Lime Chicken with Pineapple Salsa

Grill up a healthy, tasty chicken dinner.

- Juice of 4 limes divided
- 1/4 c extra-virgin olive oil
- 1/4 c plus 1 tbsp chopped fresh cilantro
- 2 tsp honey
- kosher salt
- 1 lb boneless, skinless chicken breasts
- 2 c chopped pineapple
- 1 avocado, diced
- 1/4 red onion, diced

1. Make the marinade by whisking together the juice of 3 limes, olive oil, 1/4 c of cilantro, and honey and season with salt.
2. Add chicken to a baking dish and pour marinade over it. Keep in the refrigerator for at least 3 hours or up to overnight.
3. When ready to grill, heat grill to high. Oil grates and add chicken, then grill until charred, 8 mins per side.
4. Meanwhile, in a medium bowl stir together pineapple, avocado, red onion, remaining lime juice, and remaining cilantro. Season with salt and pepper.
5. Spoon salsa over grilled chicken and serve.

Recipe from Delish <https://drberg.us/2KlyB66> and photo by Ethan Calabrese

## Grilled Honey Lime Chicken with Pineapple Salsa



The 5 key shoe shopping guidelines for pain-free feet are:

1) Finding the right shoe size, 2) Selecting the right shoe for your foot type, 3) Selecting the right shoe for your activities, 4) Selecting the right shoe for your foot condition, and 5) How and when to shop for shoes (For more detailed information go to <https://drberg.us/2KuaUtY>.)



#### 4 Ways to Improve Focus and Memory

Normal aging leads to gradual changes in many skills associated with thinking and memory. For example, you might find it harder to focus your attention and absorb information quickly. The slowdown in processing can lead to a bottleneck of information entering your short-term memory, reducing the amount of information that can be acquired and encoded into long-term memory.

But the following 4 strategies can help enhance your focus and ability to attend to the information presented to you:

1. When someone is talking to you, look at the person and listen closely. If you missed something that was said, ask the person to repeat it or to speak more slowly.
2. Paraphrase what is said to make sure that you understand it and to reinforce the information. For example, if someone says, "We can see the movie either at Loews Theater at 7:30 or at the Paramount at 7:50," you might respond, "Which would you prefer, 7:30 at Loews or 7:50 at the Paramount?"
3. If you find that you tend to become distracted during conversations, try getting together with people in quiet environments. For example, you could suggest meeting at someone's home instead of at a noisy restaurant. When you do meet people at a restaurant, sit at a table near a wall. If your companions sit against the wall and you sit facing them, you'll be able to focus on them without having your attention wander to other diners.
4. You can improve your ability to focus on a task and screen out distractions if you do one thing at a time. Try to avoid interruptions. For example, if someone asks you something while you're in the middle of reading or working, ask if the person can wait until you're finished. Don't answer the phone until you've finished what you're doing — let voice mail take the call.

From Harvard Medical School's Health Beat

#### Shoe Tip of the Month - Sandals for Travelling

Looking for some sandals that will go the extra mile during your vacation? Ditch your sandals with poor support and climb into a pair that will fit like a glove and keep you going all day long. Here are my top recommended summer sandals.

[Joseph Seibel Tonga 25](#) - for extreme comfort these sandals do the trick. These sandals come with three adjustable straps that will take you from morning to evening (even after your feet swell).

[Wolky Pichu](#) - is another sandal that will give you a personalized fit. Soft leather will prevent rubbing and blisters.

[Naot Cymbal](#) - are perfect for my patients who need a more fashionable sandal that also takes an orthotic.

Happy Travels!

For more information, visit us at [www.bergdpm.com](http://www.bergdpm.com). To make an appointment call the Foot and Ankle Center of Lake City at 206-368-7000.



**Joseph Seibel Tonga 25**