



FOOT SENSE

A monthly newsletter from your podiatrist



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How to Start Running in the New Year Safely

What a year we've had! Most of us are happy that 2020 is behind us and we're looking forward to making 2021 one of our best.

For many of us that means losing weight we've gained after being stuck at home behind a desk and a Zoom camera. Perhaps you've vowed to take up running or you've decided to take it up after some time off.

Either way, running is great sport as long as you can do it safely. Here are my top 5 tips for preventing foot and ankle injuries when you run.

Buy Running Shoes To Match Your Foot Type and Running Style

If you're just starting out, don't resort to wearing any old pair of tennis shoes. Go to a reputable running store like Super Jock N Jill or Brooks and buy a running shoe. Running shoes are designed to support your feet when pounding the pavement. Regular tennis shoes won't cut it.



If you used to be a runner and have an old pair laying around, make sure they aren't worn out. Turn the shoes over and check out the treads. If you see uneven wear patterns, buy yourself a new pair.

Also, running shoes should match your particular foot type and running style.

Build Up Your Training Slowly

Even if your best friend is pushing you to run your first race in three weeks, it's more important for you to train and be ready before taking on your first challenge. You're much more apt to injure yourself if your body and feet aren't prepared. Talk to your physician before beginning any new training program. Runner's World suggests running three days per week to give your body time to recover in between runs.

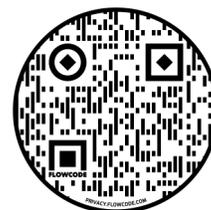
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Been meaning to leave us a review? Now you can. Just scan the QR code below and leave us a review on Yelp.



You Helped Us Celebrate Our 40th Anniversary

Hundreds of you submitted tickets to win one of our many prizes. Here are some of our winners! Over 25 people attended our Zoom party on December 18th. Thank you for helping us celebrate.



Loren Reynolds—Pumpkin pie



Robin Goldston—
sailboat ride

Congratulations to Taryn Sass
Winner of the \$50 Whole Foods
Gift Certificate



Taryn Sass—\$50 gift certificate
Whole Foods

Slow-Cooker Sweet Potato Chocolate Mole Soup

- 2 tablespoons olive oil
- 1 large sweet onion, finely chopped
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon dried tarragon
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon pepper
- 3 garlic cloves, minced
- 2 tablespoons tequila, optional
- 1 carton (32 ounces) reduced-sodium vegetable broth
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 4 medium sweet potatoes, peeled and cubed



In a large skillet, heat oil over medium-high heat. Add onion and seasonings; cook and stir until onion is tender, 5-7 minutes. Add garlic; cook 1 minute longer. If desired, add in tequila, stirring constantly.

Transfer to a 4- or 5-qt. slow cooker. Add broths and sweet potatoes. Cook, covered, on low until potatoes are tender, 6-8 hours. Stir in chocolate until melted. Cool soup slightly. Process in batches in a blender until smooth. Serve with avocado and Cotija cheese.

Freeze option: Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth if necessary. Makes 8 servings. Source: <https://www.tasteofhome.com/recipes/slow->

Warm Up Before You Begin

Your body needs to warm up before you stress it to avoid injury. Although many people warm-up by doing short wall stretches, you'll get more benefit from your stretch when your muscles are warm. I highly recommend starting out with some Dynamic Warm-ups for Runners. These warm-ups help increase the temperature of your muscles and elongate them. You'll be much more ready to put your legs and feet through their paces, enhance your performance, and prevent injury.

Moisturize Your Feet

You wouldn't think this would be at the top of my list, but moisturizing your feet is essential. If your feet are so dry they crack, you'll soon be in plenty of pain when you run. Dry feet can also make you more prone to blisters. There are many options out there. Try one of the following: Gold Bond Ultimate Softening Foot Cream with Shea Butter, Curel Foot Therapy, or Aveda Foot Relief. For more severe cracking, I'd recommend Gormel Cream. It contains 20% Urea, a sure-fire way to soften up and repair your feet.



Buy Socks That Wick Away Moisture

The right socks will help prevent blisters. Avoid cotton socks that retain moisture and instead choose brands that contain Merlino wool, nylon, acrylic, polypropylene, or polyethylene fibers. It may seem ironic that with one stroke of the pen I say to add moisture

to your feet and the other stroke says to avoid it. But the truth is that while your feet need moisture to stay supple and avoiding cracking, too much moisture will lead to chafing and blisters.

Try one of these highly rated brands: Nike, Asics, Injiji, Belega, Swiftwick, and Feetures.

Safety At Night

Make sure you're visible. Our dark, rainy afternoons and evenings can be a deadly combination for runners. Wear gear that is bright and neon colored. Purchase bright yellow, turquoise, and even white clothing at Brooks or Road Runner Sports. You should also consider purchasing a reflective vest, belt, lights or snap bands. These items are available at REI and other sports stores.

Easy Ways to Cut Back on Sugar in the New Year

If you've decided to cut back on sugar in the New Year, you need to know that many of the foods on your grocery shelf have added sugar. And not just cereals.

Sugar sneaks into the most unsuspecting foods. A good example is ketchup. While we all know there are tomatoes in ketchup, most ketchup contain a ton of sugar as well. A tablespoon has 4 grams of sugar, which is more than your average chocolate chip cookie.



How do you cut down on sugar? Start by being a detective. Read the labels on any prepared food you plan to buy to really know how much sugar you're getting.

One clue there is too much sugar are words that mean the product contains sugar even if it doesn't say so. Some of these are: cane sugar, evaporated cane juice, honey, maple syrup, agave nectar, molasses, fructose, lactose, maltose, malt syrup, and, of course, high fructose corn syrup.

Another clue is placement. If sugar is 1, 2, or 3 on the nutrition facts list you can be sure the item is loaded with sugar. While it's nearly impossible to avoid all sugar, unless you cook everything from scratch, you can at least gravitate towards healthier options. Sometimes organic brands have less sugar, but you really have to read the label.

Here are some other unsuspecting foods with loads of sugar:

- Granola
- Salsa
- Spaghetti sauce
- Apple sauce
- Flavored yogurt
- Canned soups (particularly those that are tomato based)

Source: happyhealthmama.com