

Foot Sense

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7 Steps to Pamper Your Feet for Valentine's Day

After hiding your dogs away all winter, wouldn't it be great to give them a treat for Valentine's Day. We've put our heads together to come up with the perfect plan for pampering your feet and making them feel special.

Step 1 Soften Your Skin and Nails

Try this DIY foot soak--1 gallon or more of warm water with 3 tbsps of epsom salts and baking soda per gallon with your favorite essential oil. Soak for about 10 minutes to soften skin and nails.

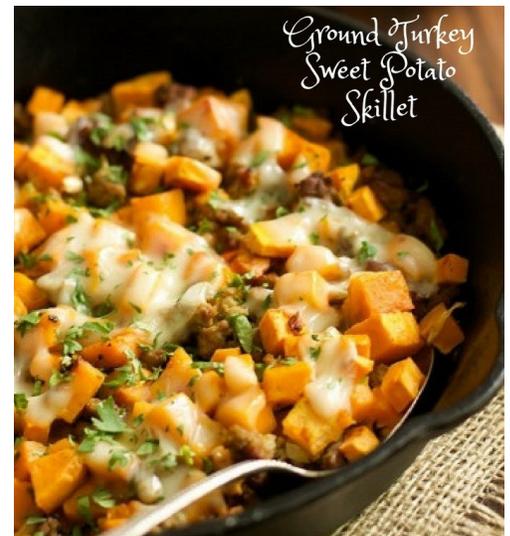
Turn over to learn the other 6 steps...

Ground Turkey Sweet Potato Skillet

Try this quick and delicious recipe to make your heart happy

- 2 tbsp avocado oil
- 1 lbs extra-lean ground turkey
- 1 tsp garlic clove, minced
- 1/2 cup onions, diced
- 1/2 cup yellow pepper, diced
- 1 1/2 cups sweet potato, diced
- Salt and freshly ground pepper to taste
- Pinch of red chili flakes
- 1/2 cup shredded mozzarella cheese (may leave out if dairy-free)
- Fresh parsley for garnishing

1. In a skillet, heat avocado oil over med-high heat.
2. Add ground turkey and garlic. Use a wooden spoon to break up turkey while it cooks. Stir occasionally and cook about 5 minutes until done.
3. Add onions and yellow peppers and cook until onions are soft
4. Add the sweet potato, chili pepper, salt and pepper.
5. Cover the skillet and cook until sweet potatoes are tender. Stir occasionally and add more water or oil to cook the potatoes faster.
6. Add mozzarella cheese and cover until cheese is melted.



Adapted from : Primavera Kitchen (www.primaverakitchen.com)

Step 2 Smooth Your Feet and Remove Calluses

After you soak your feet, gently rub your heels or wherever the skin is rough and built up with a pumice stone and Adessa-30 Heel Liniment to get rid of dead skin cells and calluses. The latter product is available at our office. Warning: Diabetic patients should ask their podiatrist if they can use pumice stone on their feet.

You can also use Exfoliating Foot Scrub from Gilden Tree which is infused with aloe vera, deep skin moisturizers, and pumice for a real treat.

Step 3 Cutting Your Nails

Although you might want a particular shape for your toenails, it's important to cut them straight across so that you don't develop an ingrown nail. Toenails should be trimmed just enough so that you can see a few millimeters of skin just beyond the nail margin.

Step 4 Caring for Your Cuticles

Once your nails have soaked, gently push them back with an orange stick. Never cut your cuticles. You're welcoming in bacteria and fungus if you do.

Step 5 Painting Your Nails

Use a nail polish such as Dr.'s Remedy Enriched Nail Polish free of formaldehyde, formaldehyde resin, toluene and DBP. It's vegan friendly and organic ingredients such as tea tree oil. Regular nail polish can weaken your nails. Available at our office.

Step 6 Get a Foot Massage

The muscles in our feet get tight from walking on them and cramming them into shoes. You can massage your own feet using your hands or a foot roller and a foot lotion such as Earth Therapeutics Foot Repair Balm. Or better yet ask your sweetie to do it. Want a trained hand? Try a foot reflexologist.

Step 7 Keep Your Feet Soft All Year Long

To keep your feet feeling good all year long try Amerigel which contains a unique ingredient called Oakin. This ingredient acts to calm skin irritations, hydrate dry, cracked skin, and restore skin to its natural healthy form. You can purchase at our office.

National Heart Month - Tips for Women

Although many women are concerned about dying from breast cancer, the truth is that heart disease is the number one killer of women. Although men and women can both experience tremendous pressure in their chest, women are more likely to have other symptoms that can be more subtle such as:

- pain or discomfort in one or both arms, the back, the lower part of the chest, neck, jaw or stomach
- shortness of breath with or without chest pain
- dizziness or lightheadedness
- extreme fatigue
- breaking out in a cold sweat
- nausea and vomiting

Call 911 if you're experiencing any of these symptoms. To learn about risk reduction and lifestyle changes, visit the American Heart Association website (<https://healthyforgood.heart.org/>).