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3 Treats for Your Feet in Honor of Foot Health Awareness Month

Easter has chocolate bunnies; Valentine's Day gets flowers and candy—at NY Foot Health we want to promote some gifts and treats for your feet to celebrate April Foot Health Awareness Month. There are many ways to take good care of your feet. Below are a few suggestions that your feet are sure to enjoy along with ways to promote better podiatric health.

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....continued from page 1 **3 Treats for Your Feet in Honor of Foot Health....**

1. **New Walking Shoes**—the average American walks about 2 miles a day but experts recommend striving for about 5 miles per day or around 10,000 steps. Increasing your walking has many health benefits for your feet:
 - Helps maintain or attain an appropriate weight. Being overweight increases the risk for foot pain and several common podiatric disorders such as flat feet, sesamoiditis, and plantar fasciitis.
 - Improves circulations. Your feet are the part of your body furthest from your heart so keeping the blood flowing is key for optimal performance and healing in your feet.
 - Regular exercise keeps joints and muscles in your feet flexible.

If you have any chronic foot issues, talk to your podiatrist about features to look for in walking shoes that will best accommodate your feet. Shop at a fitness footwear store and get your feet professionally measured. Try out the shoes in the store to make sure you've found a comfortable pair.

2. **Foot Massage and Pedicure**—now to reward your feet for all that increased activity, how about a relaxing spa day? Massaging your feet can ease foot pain, reduce swelling, improve blood flow, and help you relax. Regular attention to your toenails is necessary to prevent ingrown nails and injuries caused by nails snagging on socks and pantyhose. Trim nails straight across and not too short. File smooth with no rounded edges. If you choose to get spa treatments for your feet at a salon, make sure it is licensed by the state of NY. Wear flip-flops or other footwear at a salon to protect your feet from contracting fungal infections.
3. **Anti-Fatigue Mat**—if standing for extended periods is a regular part of your day whether at home, school or work setting consider an anti-fatigue mat to reduce the risk of aching feet at the end of your day. These ultra-cushioned mats support your feet and encourage micro-movements even when you are standing in one place to keep your feet from cramping. At the end of the day, you can further relieve foot discomfort by rolling your foot on a frozen water bottle and elevating them at a level over your heart for 20-30 minutes.

These treats will make your feet feel better and, even more importantly, help them be healthier by proactively preventing podiatric problems. If you need to find a podiatrist in your area, use our [online directory](#).

Look at How Amazing Your Feet Are!

- The average person will walk about 115,000 miles throughout a lifetime. That's the equivalent of walking around the world more than four times!
- Did you know that there are over 8,000 nerves in your feet? No wonder why our feet are so ticklish and sensitive to touch.
- Did you know that our feet are natural shock absorbers? During a typical day of walking, the forces exerted on your feet can total hundreds of tons or the amount of a fully loaded cement truck.
- Your feet are home to 250,000 sweat glands capable of producing as much as half a pint of sweat daily.
- Your Achilles tendon is the strongest tendon in your entire body.

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....continued from page 2 **Look at How Amazing Your Feet Are!**

- Did you know that most of us have two different size feet?
- Your feet consist of 52 bones, 66 joints, 214 ligaments and 38 muscles and tendons. The bones in your feet make up just over 25% of the bones in your entire body!

Considering some of these fantastic foot facts just mentioned, no wonder our feet get achy and sore at times.

Your feet work very hard for you and taking care of them is essential for your overall health. At NY Foot Health, we put together a list of highly recommended podiatrists committed to helping you with your foot or ankle issues. Click on the button below to find a podiatrist near you!

[Find A Podiatrist Near You](#)

What a Custom Orthotic Can Do for You

If your podiatrist has prescribed a custom orthotic to address a foot problem you've been having, you may be wondering how it works and what the difference is between it and the shoe inserts you can buy at the pharmacy.

Shoe Inserts vs. Custom Orthotics

You may have seen packaged shoe inserts at the store or online that promise relief from foot pain. Sometimes you can even order inserts that claim to be "custom-made." Only a podiatrist, however, can give you a truly custom-made orthotic device. Shoe inserts are mass-produced and may offer extra cushioning, arch support, or protection from friction between your foot and your shoes. While these may provide some comfort, they are not designed to help with any specific podiatric disorder.



Uses of Custom Orthotics

Custom orthotics can be divided into two categories:

- **Functional Orthotics**—these are prescribed to control abnormal foot motion caused by biomechanical or other issues. They may also be used to treat certain injuries like tendinitis or shin splints.
- **Accommodative Orthotics**—this type of orthotic is designed to give extra support or cushioning and help ease painful conditions such as ulcers, calluses, etc.

How Custom Orthotics are Made

The reason custom orthotics are so effective (and more costly than over-the-counter shoe inserts) is that they are made from a model of your unique foot. A physical mold of your foot may be made, or one can be created electronically from a 3D scan. The podiatrist will then design an orthotic to suit your specific need. The orthotic can be made from a semi-rigid material such as plastic or graphite or a softer material depending on its usage. The podiatrist will then custom-fit your orthotic and check it periodically to make sure it is performing properly and still sized correctly for your foot.

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If you have diabetes or suffer from plantar fasciitis, bunions, arch problems, or other chronic podiatric disorders talk to your podiatrist to find out if a custom orthotic might be a beneficial part of your treatment plan.

If you need to find a podiatrist in your area, use our [online directory](#). To learn more about how to better care for your feet, [contact us](#) and subscribe to our free [e-newsletter](#).

Low Carb Cheeseburger Casserole

Creamy, cheesy, bacon cheeseburger casserole is easy to make and so good. You can assemble it ahead of time and bake it up two days later.

Prep Time 5 minutes
Cook Time 25 minutes
Total Time 30 minutes
Servings 6 servings
Calories 536 kcal

Ingredients

- 1-pound lean ground beef
- Salt and pepper
- 1/4 cup Onion chopped
- 6 slices Bacon
- 1 clove minced garlic
- 1/4 cup chopped dill pickle
- 3 eggs
- 1/2 cup mayonnaise
- 1/2 cup half and half
- 8 oz shredded cheddar cheese



Instructions

1. In skillet, brown ground beef with onion, garlic, salt, and pepper.
2. Meanwhile cook the bacon until crisp.
3. Break the bacon up into bite sized pieces.
4. Drain the fat from the ground beef and the bacon.
5. Blot with paper towel to remove as much fat as possible.
6. Mix the bacon and pickles into the ground beef.
7. Spoon the mixture into a greased 2 1/2-quart casserole dish.
8. Preheat oven to 350F.
9. Combine eggs, mayo and half and half being sure to mix well.
10. Sprinkle cheese over beef mixture in pie pan and pour egg mixture over the whole thing.
11. Bake 30-35 minutes, until top is browned and set.
12. Cool 10 minutes before serving

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Nutrition

Calories: 536kcal | Carbohydrates: 2g | Protein: 32g | Fat: 43g | Saturated Fat: 16g | Cholesterol: 198mg | Sodium: 640mg | Potassium: 408mg | Fiber: 0g | Sugar: 1g | Vitamin A: 590IU | Vitamin C: 0.8mg | Calcium: 315mg | Iron: 2.6mg

Courtesy of Lowcarbology - Author Katherine Peters



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