



Premier
Podiatry &
Orthopedics
Formerly McDowell Podiatry

News and Updates

February 2020



Make Your Own Foot Scrub

A foot scrub is a great way to exfoliate the skin, keeping it smoother and healthier.

A foot scrub is also not something you have to go out and buy pre-packaged if you don't want to. You can make effective foot scrubs right in your own home!

While we will share a few easy "recipes" here, please keep in mind that not everyone has the same reactions to certain ingredients. If a foot scrub causes you discomfort in any way, stop using it immediately and let us know.

Simple Foot Scrub

For an easy, no-worries scrub mix, combine 2 Tbsp. of sea salt with 2 Tbsp. of baby oil and 2 Tbsp. of lemon juice. You can, of course, multiply these quantities for more. The salt and lemon juice are great natural exfoliants. However, you will not want to use this mixture (or any exfoliant) if you have cuts or sores on your feet!

Peppermint Foot Scrub

Pour 1 cup of granulated sugar into a mixing bowl. Gradually add olive oil or coconut oil and mix together until the consistency is slightly wet but grainy. Add a few drops of peppermint essential oil, then transfer the mixture to a bottle.

You can of course try other fragrant oils if you wish, or forgo fragrance altogether.

Coffee Grounds Foot Scrub

We're not sure whether this scrub will also help you stay alert, but it's worth a shot.

Mix a few tablespoons of brewed coffee grounds with equal parts coarse sugar and a tablespoon of olive or coconut oil.

If you want to use this type of scrub, you may want to put a coffee filter over the drain of your shower or sink—wherever you will be rinsing off. That will help keep the grounds from clogging up your pipes.

Do you have any recipes? Feel free to share them with us!

When an Ingrown Toenail Needs Professional Help



It's a natural part of life for feet to run into minor problems now and then. We put them through a lot of paces, after all!

So, when an ingrown toenail pops up every once in a great while, it's usually not something to worry too much about. Most cases can be treated effectively at home.

However, there are times when it will be much better for your overall comfort and well-being to come see us about your ingrown toenail instead.

Here are some circumstances when you should give us a call about your ingrown toenail. We can either help you with further advice, or recommend you come in so we can address the problem personally.

- Your ingrown toenail hurts too much to touch. Do not feel like you have to endure more pain than you can handle to treat an ingrown toenail. Severe pain can be sign of a deeper problem.
- Your ingrown toenail shows signs of infection. In addition to severe pain, signs of infection can include discharge of pus, the toe feeling exceptionally warm to the touch, red streaks radiating from the sight of the problem, and even a fever.
- Your ingrown toenail frequently comes back. Recurring ingrown nails are often a sign of an underlying problem that needs to be addressed. This might mean changes in footwear or nail trimming habits, or sometimes partial or full removal of the nail.

Do not worry about whether an ingrown toenail is "too little of a concern." If you feel you need to let us know, please never hesitate to do so!

Mark Your Calendars

- February 1** National Serpent Day – Not all are out to get you!
- February 4** National Homemade Soup Day – Make someone's day with a meal from the heart.
- February 7** National Bubble Gum Day – What kind will you "chews"?
- February 15** National Wisconsin Day – The day the Badger State entered the union!
- February 20** National Love Your Pet Day – Another "every day" holiday.
- February 24** National Tortilla Chip Day – Don't forget the salsa!
- February 26** National Tell a Fairy Tale Day – Hit the library if you don't remember any.
- February 28** National Public Sleeping Day – Er, be careful with this one.



Choose These Foods When Illness Strikes

Your choice of meal isn't going to cure the odd cold, flu, or sore throat that may arise, but it can certainly have an influence on how well you recover.

While you should not force yourself to eat if you feel too unwell to do so (keep maintaining fluids, however!), what you do eat when you can will give your body the nutrients it needs to get better. Some choices can even help you be more comfortable.

Some of these foods are known to be effective—but maybe not for the reasons you expect!

- **Chicken Soup.** Yes, the old go-to really is a pretty sound choice. Some studies have suggested that ingredients in chicken soup have anti-inflammatory effects, as well as the ability to help loosen mucous. And even if these don't work for you, the broth will help with your fluid intake.
- **Garlic.** There have not been a ton of studies on the benefits of garlic, but those we do have shown promise. Studies suggest an increase in immune system performance and a decrease in the severity of colds and flu.
- **Ginger.** Has ginger ale been a tradition when you're sick? That's because it is linked to keeping nausea at bay. Just make sure whatever ginger-infused items you have use actual ginger, and not just the flavoring.
- **Honey.** Honey has historically been used for its antibacterial properties (part of why it lasts so long) and is also a good choice for sore throats caused by bacteria. Mixing about 2.5 teaspoons of honey with a warm glass of milk, water, or tea can have soothing effects and help reduce coughing. However, honey should not be given to children less than 1 year old.



Double Chocolate Banana Muffins

Surprise your sweetheart with a treat that's healthier than a box of chocolates (but still really tasty)!

Ingredients

- 3 medium-sized ripe bananas, mashed
- ¼ cup honey
- 1 tsp. vanilla extract
- 1 large egg
- 2 Tbsp. extra virgin olive oil
- ½ cup 2% or nonfat plain Greek yogurt
- 1 cup whole wheat pastry flour
- ½ cup unsweetened cocoa powder
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ cup chocolate chips

Preparation

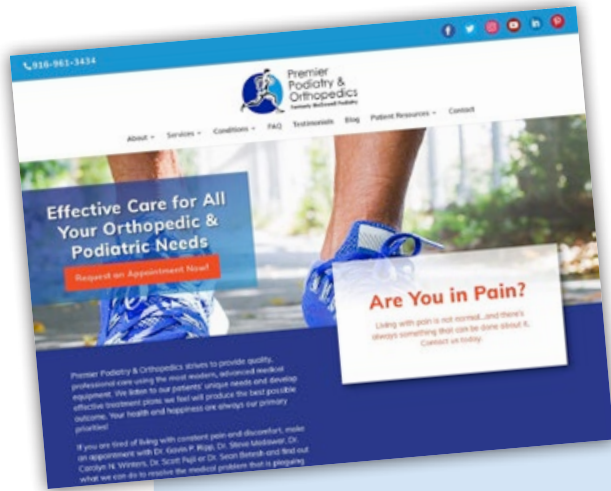
- Preheat oven to 350 degrees F.
- Mix ripe bananas, honey, vanilla, egg, oil, and Greek yogurt until well combined.
- Add pastry flour, cocoa powder, baking soda, and salt to the mixture. Mix until combined, then stir in 1/3 cup of your chocolate chips.
- Pour batter into greased muffin cups. Sprinkle your remaining chocolate chips on top, then bake for 23-27 minutes until a toothpick inserted into the muffins comes out clean.





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Cold Feet? May Be Your Circulation

Have you ever wondered why your feet tend to be one of the first parts of your body to get cold? It's largely due to circulation.

Our feet are the farthest from the pump of our heart, making it more challenging for blood to reach them. Then, it has to make a return trip against gravity straight up back to the heart!

It makes sense for feet to become cold when they are in cold conditions, but what if it happens when you're stressed, or at seemingly random times?

That may be a sign of Reynaud's disease, a disorder in which the blood vessels in the extremities narrow at certain times. The skin tends to turn white or blue, as well as become numb.

Chronic circulation problems, such as plaque buildup within the arteries or complications of diabetes, can also lead to cold feelings in the feet more frequently. If you regularly have this symptom, it may be well worth checking out!

If you are looking to warm up cold feet, many people will turn to chemical warming packets when outdoors. They're not a bad idea, but don't apply them directly to cold feet if you want that warmth to go further.

Applying the heat where it can access your circulation can help blood vessels open up and send that warmth through your feet from the inside. Try heat against the inside of your ankle or the back of your knee and see how it goes!

If you are having trouble with cold feet on a regular basis, let us know about it. We can help you get to the root of the problem and help you find a warmer future.