



## Give Your Valentine the Gift of Beautiful Toenails

As Valentine's Day approaches you're probably thinking of getting your sweetie chocolate, flowers, or a tennis bracelet. However, she might prefer you give her a set of beautiful toenails.

I'm not talking about a set of fake toenails, but rather a way to get rid of the ugly, fungal nails that she's reminded of every time she takes off her socks.

How do you know she'd prefer pretty nails over flowers? Very likely she's complained about her toenails to you more than once. If she hasn't you might have heard her complain about how gross they are to her girlfriends or her mother. After all, for many women having fungal toenails is darn embarrassing and you may be the last person she wants to tell. (More on other side)

## Whole Wheat Strawberry Beet Muffins

Healthy, delicious, and perfect for all your Valentine's big and small.

- 3 cups strawberries
- 1 cup beets
- 3 1/2 cups flour, whole wheat
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 3 cups applesauce, unsweetened
- 1/2 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract



### Instructions

1. Preheat oven to 350 degrees. Grease or line a standard muffin tin.
2. Rinse and dice strawberries into very small pieces. Rinse, peel, and grate 1 cup of fresh beets.
3. Mix dry ingredients: flour, baking powder and soda, cinnamon, and salt.
4. In a large bowl, combine applesauce, sugar, eggs, and vanilla. Stir in 1 cup beets and all but about 3/4 cups of the strawberries (this is reserved for topping). Smashing the strawberries as you mix is a great way to release their juices into the batter.
5. Slowly add dry ingredients into the applesauce mixture.
6. Spoon mixture into muffin tin, filling each about 3/4 full. Top with sprinkles of set-aside strawberry chunks. Bake for 20-25 minutes, until a toothpick inserted into the center comes out clean. Allow to cool to room temperature before eating.

### **Problems with Toenail Fungus Besides the Ugliness Factor**

Not only are fungal nails ugly, but can become painful and be transmitted to other people including you or your children.

### **When To Treat Fungal Toenails**

While fungal toenails can be difficult to treat, the earlier they're treated the better. The longer someone goes without treatment the thicker the toenails get, the harder it is to get a positive outcome. Long term nail fungus can also cause toenails to become misshapen.

### **Best Treatment for Fungal Toenails**

Although there are several ways to treat toenail fungus, at the Foot and Ankle Center of Lake City we've found for most people a combination of therapies works best to give the fungus a one-two punch. Treated early nail fungus can often be treated with laser, topicals, and a UV shoe sanitizer. More difficult cases will often need a short course of oral medication. For more information about comprehensive toenail fungus treatment, visit our [www.bergdpm.com](http://www.bergdpm.com) and click on fungal toenails.

So don't leave your valentine hiding her piggies when she wants to wear sandals in the Spring. Gift her the best treatment now, not when summer is here. She can get a head start since it takes time for nails to grow out clear and fungus-free.

### **Don't Ruin A Perfect Ski Day with Painful Feet**

Perfect snow in the Cascades! Now that you've figured out how to get out of your driveway, you want to head to the slopes to ski your heart out. And the last thing you want to worry about is foot pain. However, the last time you went skiing your feet were killing you. You want to get out there but you don't want to ruin a perfect ski day.

So what could be the problem?

#### **Your feet have gotten larger**

Many adults experience an increase in shoe size as they get older. Oftentimes pregnancy or other weight gain can be the culprit. If you're wearing ski boots that are too tight you're going to experience a lot of foot pain and possibly lose a nail. Of course the solution is to purchase a new pair of boots.

#### **Your ski boots are the problem**

Ski boots are often the culprit when it comes to foot pain while skiing. It's very important to choose a store like REI or a ski shop you trust that knows how to properly fit ski boots. While the shop will have specific techniques for fitting your boots, come prepared for the boot fitting. REI suggests you wear thin, synthetic ski socks and try on the boots in the afternoon or evening since feet tend to swell during the latter part of the day.

#### **Your foot mechanics are off**

You may already experience foot pain when you walk around in regular shoes, or perhaps it's just when you're skiing. If it's the latter, keep in mind you're exerting a lot more pressure on your feet and ankles when you ski making some foot problems more likely to show up such as plantar fasciitis and ball of foot pain. If you find your feet still hurt after buying a properly fitted boot, make your way down to my office. I'll assess your feet to determine whether you need additional support, such as custom orthotics. For more information about how we treat



Call us today at 206-368-7000. We'll appoint you the same day for emergencies and within 2 weeks for chronic foot pain.