

# Wellness Wednesday



August 16, 2023

LifeAdvisor.com

**Ulliance**  
Enhancing People. Improving Business.



*Find your path to total well-being!*

## The Dos and Don'ts of Foot Health: Advice from Podiatrists

Our feet are an essential part of our daily lives, supporting us as we move from point A to point B. However, many of us neglect to give them the care and attention they deserve. Foot issues can be particularly debilitating, impacting our mobility and overall well-being. To help you keep your feet healthy and functioning, we've gathered advice from podiatrists on the behaviors to avoid and the habits to adopt for optimal foot health.

### 1. Wearing Crocs Everywhere

Crocs, the colorful rubber clogs, have gained popularity in recent years. While they may be comfortable and convenient for short periods or around the house, podiatrists caution against wearing them for extended periods or in situations that require extensive walking or standing. Dr. Ebonie Vincent, a board-certified podiatric foot and ankle specialist, explains that wearing Crocs for long hours or during activities like walking at Disneyland can lead to foot issues down the line. Instead, opt for a good walking shoe from reputable brands like Brooks, Asics, or New Balance for better support and foot health.



### 2. Living In High Heels

High heels may be fashionable and add a touch of elegance to an outfit, but they can take a toll on your feet. Women who frequently wear high heels are more likely to experience foot pain, bunions, corns, heel spurs, and Achilles tendon pain. While it's not necessary to completely avoid high heels, it's important to find a healthy balance. Dr. Jason Gold, a board-certified podiatrist, recommends wearing high heels in moderation and opting for supportive shoes for at least 80% of the time. Platform heels can help alleviate some stress on the foot and leg muscles.

### 3. Walking Around Barefoot

Walking around barefoot may seem liberating and comfortable, but it can have negative consequences for your foot health. Dr. Gold highlights that during the COVID-19 pandemic, more people started working from home and walking barefoot, leading to an increase in foot and ankle issues. Consistently walking barefoot can result in calluses and fat pad atrophy, making it uncomfortable to walk without support in the future. It's advisable to have a pair of supportive sneakers for walking around at home, especially on hard surfaces like tile and marble.

## 4. Running In Non-Running Shoes

If you're a runner, it's crucial to invest in proper running shoes. Running in shoes that are not designed for running can lead to pain and discomfort. Dr. Jay Spector, an Atlanta-based podiatrist, advises against running in cheap or ill-fitting shoes, which can contribute to foot problems. It's important to change your running shoes every 300-500 miles or every six to eight months to ensure adequate support. Additionally, wear the appropriate shoes for each activity, avoiding using running shoes for sports like tennis and vice versa.

## 5. Going Barefoot In Hotel Bathrooms And Other Germy Spaces

Even if going barefoot in public spaces doesn't gross you out, podiatrists strongly advise against it. Dr. Gold cautions against walking barefoot in hotel bathrooms or other public places due to the risk of contracting plantar warts, also known as verrucas. These viral infections can multiply and cause discomfort or pain, sometimes necessitating medical intervention. To protect your feet, always wear flip-flops or shower shoes in communal areas to minimize the risk of infection.

## 6. Wearing Cotton Socks

The type of socks you wear can have a significant impact on foot health. Dr. Spector advises against wearing cotton socks, as they retain moisture and can lead to blisters and fungal infections. Instead, opt for synthetic materials that wick away sweat and moisture, keeping your feet dry and comfortable. Moisture-wicking socks can prevent the development of blisters and reduce the risk of foot and nail fungus.

## 7. Going To Untrusted Nail Salons

Regular foot care, including pedicures, can help keep your feet in good condition. However, it's essential to choose a reputable nail salon that prioritizes hygiene and cleanliness. Dr. Gold emphasizes the importance of selecting a salon that sterilizes its instruments after each use to avoid fungal or bacterial infections. Poor hygiene practices in nail salons can lead to severe nail thickening, discoloration, and infections. Ensure you see the salon open sterile instruments that have been properly cleaned and sanitized.

## 8. Self-Treating Or Ignoring Infections

While self-treatment might seem convenient, it's not always the best approach for foot infections. Dr. Spector warns against using products like Outgrow for ingrown toenails, as they contain acid that can worsen the infection. Additionally, avoid swimming in lakes or rivers if you have an ingrown toenail, as the water may contain bacteria like E. coli. It's crucial to seek professional medical attention for foot infections, as ignoring them can lead to complications and potentially more serious health issues.

## 9. Forgetting To Take Extra Care As A Diabetic

Individuals with diabetes need to pay extra attention to their foot health. Dr. Vincent emphasizes the importance of never going barefoot, as diabetes can damage the nerves in your feet and lead to a loss of sensation. Without proper sensation, injuries to the feet can go unnoticed and result in serious complications. It's crucial for individuals with diabetes to inspect their feet daily, wear supportive shoes that fit properly, and seek periodic professional foot exams.

Taking care of your feet is essential for overall well-being and mobility. By avoiding certain behaviors and adopting healthy habits, you can protect your foot health and prevent potential foot issues. Remember to wear appropriate footwear, choose supportive shoes, and prioritize hygiene when it comes to nail salons. Regular foot examinations and seeking professional medical advice for infections or foot pain are crucial steps towards maintaining optimal foot health. Start implementing these practices today to keep your feet happy and healthy for years to come.



# ZUCCHINI GNOCCHI



## INGREDIENTS

3 pounds of zucchini, grated

3/4 cup of all-purpose or gluten-free flour

1/4 cup of grated Pecorino Romano cheese (or parmesan)

1 teaspoon of kosher salt

Olive oil spray

2 cups of marinara sauce (store-bought or homemade)

Fresh basil for garnish (optional)

**Freezing Raw Gnocchi:** If you have leftover gnocchi dough or want to prepare it in advance, you can freeze the raw gnocchi. Simply flash freeze the individual pieces on a sheet pan until firm, then transfer them to a zip-locked bag. They can be stored in the freezer for up to three months. Thaw the gnocchi overnight in the fridge before cooking.

Are you looking for a tasty and healthy alternative to traditional potato gnocchi? Look no further than zucchini gnocchi! This homemade dish is made primarily from zucchini, with a little flour and cheese to bind it together. We'll guide you through the process of making zucchini gnocchi from scratch, and share some tips and tricks along the way. So let's get started!

### Why Choose Zucchini Gnocchi?

If you're a fan of Italian cuisine but want a lighter, vegetable-based option, zucchini gnocchi is the perfect choice. By replacing potatoes with zucchini, you'll reduce the calorie and carb content of the dish while still enjoying a flavorful and satisfying meal. Zucchini is also packed with vitamins and minerals.

### Nutrition Information

Serving: 1 /4 of recipe, about 27 pieces, Calories: 216 kcal, Carbohydrates: 38 g, Protein: 7.5 g, Fat: 4 g, Saturated Fat: 1.5 g, Cholesterol: 5 mg, Sodium: 679.5 mg, Fiber: 4 g, Sugar: 13 g





## INSTRUCTIONS



1. Cook the zucchini: Start by placing the grated zucchini in a large, deep skillet or pot. Cover and cook over medium heat until the zucchini is tender and soft, stirring occasionally. This should take about 8 to 12 minutes. Once cooked, set aside to cool.
2. Squeeze out the excess liquid: To ensure that your gnocchi dough is not too wet, you'll need to remove the excess liquid from the cooked zucchini. Place the zucchini in a dish towel and squeeze it tightly until no more water comes out. Transfer the squeezed zucchini to a large bowl.
3. Make the gnocchi dough: Add the flour, grated cheese, and salt to the bowl with the zucchini. Mix everything together using a fork initially, then use your hands to fold and squeeze the ingredients until they form a dough-like consistency.
4. Create ropes: Dust a work surface with flour and divide the gnocchi dough into eight equal pieces, weighing approximately 2 3/4 ounces each. Take one piece at a time and roll it into a half-inch thick rope that is about 10 inches long. Repeat this process with the remaining dough.
5. Cut the gnocchi: Using a sharp knife, cut each rope into 13 equal-sized pieces, gently nudging them apart so they don't stick together. You should end up with around 108 pieces of gnocchi. If the dough becomes sticky, dust your hands with flour to prevent it from sticking.
6. Cook the gnocchi: Spray a large skillet with olive oil and warm it over medium heat. Place half of the gnocchi in the pan, making sure not to overcrowd it. After two minutes, gently flip them over using a spoon or tongs. Sprinkle salt over the tops and continue cooking for a few more minutes until they are golden brown. Remove the cooked gnocchi from the pan and cook the second batch in the same way.
7. Serve and enjoy: Return the first batch of cooked gnocchi to the skillet and pour in the marinara sauce. Stir everything together and let it heat through. Once heated, transfer the zucchini gnocchi to serving plates and garnish with fresh basil and extra grated cheese if desired. Serve immediately and enjoy!

## FEATURED EXERCISE

<https://www.self.com/gallery/lower-body-moves-that-work-your-abs>Featured Exercise ► **Warrior Balance**» **Do it:**

*The Warrior Balance Exercise, also known as the Warrior Pose or Virabhadrasana, is a core posture in yoga that offers a multitude of benefits for both the body and mind. This lunging, standing asana focuses on building strength in the legs, spine, and torso. By practicing the Warrior Balance Exercise, individuals can improve their muscle strength, flexibility, and balance. The exercise also has the potential to provide relief from aches and pains. Additionally, yoga as a whole has been shown to enhance sleep quality and promote mental health. The Warrior Balance Exercise offers a sense of calm and promotes balance not only physically but also internally.*

*One of the key advantages of the Warrior Balance Exercise is its ability to strengthen the upper body while promoting a sense of calm. This exercise engages the arms, legs, glutes, and core, making it a great workout for the upper body. Furthermore, it opens up the groin area, providing a deep stretch that helps improve flexibility. By incorporating the Warrior Balance Exercise into your fitness routine, you can gain strength inside and out.*

- Stand on your left foot and lift your right knee to hip height in front of your body. Reach your torso forward as you extend your right leg behind you.
- Keep your standing leg slightly bent as your torso becomes parallel with the floor. Extend your arms overhead to help with balance.
- Pause for a second, then reverse the movement.
- Repeat on the other side after you've completed this side.

[Click here to view online!](#)

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*



Meet Ulliance Senior  
Wellness Account Manager