



## How To Make It Safe For Guests To Remove Their Shoes in Your Home

In the health conscience Northwest, many of us ask our guests to remove their shoes when entering the house. The last thing most of us want is for people to track in allergens, pesticides, petroleum products, and bacteria of all sorts including C Difficile which can cause gastrointestinal problems. Parents with babies who are crawling have even more reason for concern since the risk of exposure for them is much higher and also can have a greater effect on their health.

However, asking friends and family to remove their shoes before coming into your home can present a problem from a foot health

standpoint. See other side—>

## Baja Fish Tacos for Cinco de Mayo

- Cooking spray
- 3/4 pound mahi mahi or other firm white fish fillets
- 2 teaspoons fajita seasoning
- 2 cups presliced green cabbage (about 6 ounces)
- 1 tablespoon fresh lime juice
- 1/2 teaspoon salt
- 3 tablespoons chopped fresh cilantro
- 8 (6-inch) corn tortillas
- 2 1/2 tablespoons reduced-fat sour cream, divided (optional)
- 1/2 avocado, pitted and diced
- Bottled salsa
- Lime wedges



1. Lightly spray grill rack with nonstick cooking spray, and preheat grill.
2. Sprinkle both sides of fish with fajita seasoning, gently pressing into flesh. Grill fish 3-4 minutes on each side or until fish flakes easily when tested with a fork. Flake into pieces with a fork; keep warm.
3. In a small bowl, mix together cabbage, lime juice, salt, and cilantro
4. Wrap the tortillas in paper towels, and microwave 1 minute on HIGH or until they're warm
5. Place taco ingredients on the table for assembly. Spread each tortilla with 1 teaspoon of sour cream, if desired, and top with fish, cabbage mixture, and avocado. Serve with salsa and lime wedges on the side.

## Diabetes

People with diabetes should never go barefoot in any environment. The risk of stepping on an object and creating a bruise or open cut can go unnoticed is great and can lead to ulcer formation which can be difficult to heal. Also people with diabetes often have diabetic neuropathy where feeling their feet on the ground can be difficult. Going without shoes can make a fall more likely.

## Plantar Fasciitis

Friends and family who have heel pain or plantar fasciitis should also refrain from going barefoot. As a Seattle podiatrist I always tell my patients that have this condition to be sure to wear a supportive sandal to prevent their plantar fascia from getting re-injured.

## Fall Prevention in Older Adults

Even if you don't have diabetic neuropathy if you're an older adult and have a fear of falling or have already fallen going barefoot is also contraindicated.

Some solutions to this thorny problem can include:

- advising guests ahead of time that you have a no shoes policy. That way they can bring their own slippers or other shoes that they only wear inside.
- providing slippers with some tread to people who come to your home. Be sure to provide clean sock as well. Guests who have toenail fungus could pass this along to others if they're feet aren't covered inside the slippers.
- providing a clean and safe environment inside your house. If guests opt to go barefoot the last thing you'd want to happen is for them to injure themselves on a tack or other object on the floor.

## Happy Mother's Day: Gift Ideas for Mom

Short on gift ideas for mom? We have some wonderful products for her toes and feet.

Does your mom like to spruce up her toenails in the Spring? If so we have **Dr.'s Remedy Enriched Nail Polish** for \$17. This nail polish comes in fabulous colors, has ingredients that nourish toenails, but none of the nasty toxins that come in ordinary polish.



Often older women have dry, cracked heels. A great solution is a pair of **Moisturizing Gel Socks made by Adessa** for only \$30. It contains vitamins, nutrients, and essential oils to sooth and rehydrate dry, rough feet.