



FOOT SENSE

A monthly newsletter from your podiatrist

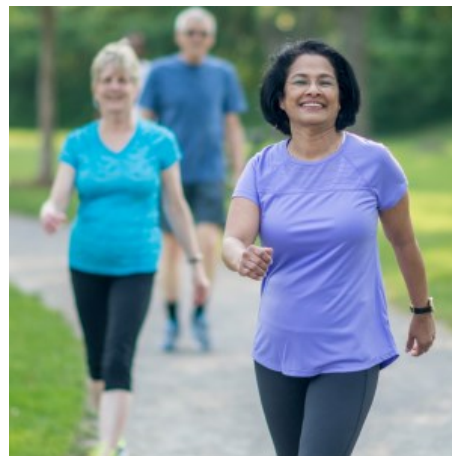


Dr. Rion Berg

May 2023

Get Back To Your Favorite Outdoor Activities with MLS Laser Therapy

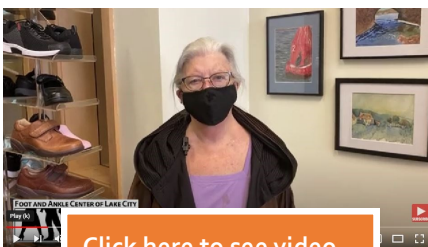
With the weather getting warmer, I bet you're itching to get outside and do some of your favorite activities, right? Maybe you love taking walks in the park, checking out the Farmer's Market, playing a game of tennis or pickleball, or even going for a run around Green Lake or hiking in the Cascades.



I know it can be a real bummer when conditions like foot arthritis, neuropathy, or an old injury put you on the sidelines. You've probably tried a bunch of different treatments already to try and heal it, but so far nothing seems to work very well.

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One of our patients recently went through treatment with MLS laser therapy for foot arthritis and she was amazed at the results.

"I couldn't even wear shoes or socks--I had to wear sandals in the snow. I had 7 treatments of MLS laser therapy. Now I can wear shoes and socks again and enjoy going for walk without pain. It's miraculous."

-Sharon B.

Learn more about MLS laser on page 3....

**Redi-thotics Semi-Rigid
for Outdoor Activities
\$50**





The team had a glorious day visiting the Tulip Fields!



Lynn and I spent the day at the Healthy Living Fair in Edmonds

Chicken Shawarma (Middle Eastern Dish)

If you'd like to spice up your life, you can start with this Chicken Shawarma dish. You can cook this meal to eat in pita bread like a sandwich or you can add it to a plate of rice and have it for dinner.

- | | |
|--|--|
| - $\frac{3}{4}$ tbsp ground cumin | -8 boneless, skinless chicken thighs |
| - $\frac{3}{4}$ tbsp turmeric powder | -1 large onion, thinly sliced |
| - $\frac{3}{4}$ tbsp ground coriander | -1 large lemon, juice of |
| - $\frac{3}{4}$ tbsp garlic powder | - $\frac{1}{2}$ cup extra virgin olive oil |
| - $\frac{3}{4}$ tbsp paprika | -6 pita pockets |
| - $\frac{1}{2}$ tsp ground cloves | -Plain yogurt |
| - $\frac{1}{2}$ tsp cayenne pepper, more if you prefer | -Baby arugula |
| -Salt | -Kalamata olives |



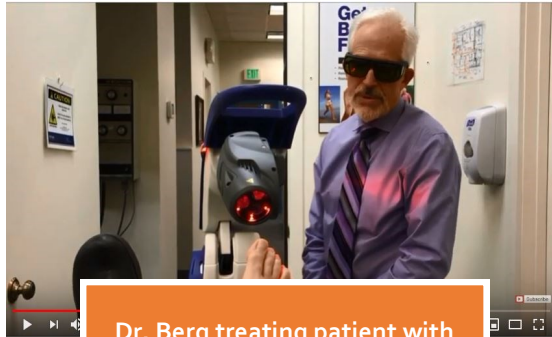
1. In a small bowl, mix the cumin, turmeric, coriander, garlic powder, sweet paprika and cloves.
2. Pat the chicken thighs dry and season with salt on both sides, then thinly slice into small bite-sized pieces.
3. Place the chicken in a large bowl. Add the onions, lemon juice and olive oil and toss to coat followed by the shawarma spices. Toss again. Cover and refrigerate for at least 3 hours or overnight.
4. When ready, preheat the oven to 425 degrees F. Take the chicken out of the fridge and let it sit in room temperature for a few minutes.
5. Spread the marinated chicken with the onions in one layer on a large lightly-oiled baking sheet pan. Roast for 30 minutes in the 425 degrees F heated-oven. Remove from the oven.
6. To serve, open pita pockets up. Spread a little yogurt, add chicken shawarma, arugula, and olives.

Serve immediately!

Adapted from "The Mediterranean Dish"

Colleagues across the country are also getting great results using MLS laser therapy for many different types of foot pain problems—arthritis, neuropathy, Morton’s neuroma, heel pain, and old injuries.

How Does MLS Laser Work?



MLS laser is a type of light therapy that can be really helpful in reducing pain and inflammation caused by certain conditions. It works by using lasers that have two different wavelengths to penetrate your tissues and make changes at the cellular level. Treatment increases circulation and decreases the cells that produce pain, which is great news if you're dealing with a painful foot or ankle condition.

MLS laser works hand in hand with other therapies such as orthotics to re-balance your foot mechanics, shoes to provide the support and level of cushioning you need, oral medication, and physical therapy.

How Many Treatments Will I Need?

MLS laser treatments build on each other. Sometimes patients will notice a change after the first visit but we recommend a minimum of 6 visits to get the full benefit from the treatment. Many patients report long lasting results with the need for an occasional tune-up.

What Are the Side Effects?

The treatment doesn't hurt and there are no known side effects.

A Special Note About MLS Laser for Neuropathy Patients

Many of my patients suffer from peripheral neuropathy resulting from diabetes. Lack of sensation in the feet not only causes problems with walking and other activities, but can also lead to development of diabetic foot ulcers.

MLS laser therapy not only reduces the pain you feel from your numb feet but can help restore feeling to them by improving their function.

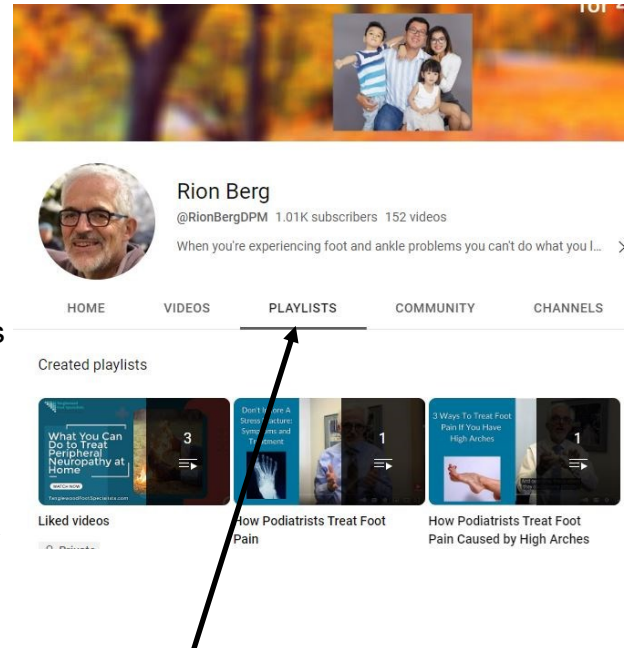
You owe it to yourself to try this new therapy to regain your ability to walk, reduce pain, and restore sensation to your feet.

**Don't put up with painful feet.
Call our office today at 206-368-7000.**

Subscribe To Our YouTube Channel “Foot and Ankle Center of Lake City”

We all have different learning styles. While some of us learn best by reading instructions, others need to watch and listen, and still others need to try it. This is why we prioritize offering diverse learning opportunities to our patients to maintain the health of their feet and ankles.

You may be able to absorb the information you read in our newsletter or the articles and blogs online, or perhaps you learn much better when you can watch a video. If that's the case, we have over 150 videos on our **YouTube Channel “Foot and Ankle Center of Lake City”**. [Click here to go to our YouTube Channel and subscribe today!](#) That way you won't miss a single new video.



If you're looking for a video on a specific topic, check out our Playlists.

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If you want to see us cover a specific topic, please feel free to send an email to info@bergdpm.com. Type “Newsletter Editor” in the subject line.

—Dr. Rion Berg

To make an appointment, call us at 206-368-7000.

