

# FOOT SENSE

A monthly newsletter from your podiatrist



Dr. Rion Berg

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## Lunula—A Revolution in Fungal Toenail Treatment

We're thrilled to announce the arrival of our new Lunula laser for fungal toenail treatment! This revolutionary technology allows you to see clear nail growth much faster than our previous treatments.



### How Does the Lunula Laser Work?

Lunula uses low-level laser light to stimulate your body's cellular and immune response, eradicating the fungal infection at the source --your nail bed. Unlike other laser treatments for fungal toenails, Lunula uses two lasers to destroy fungus.

- The first laser creates a chemical reaction to target and kill the fungus.
- The second laser stimulates your body's immune response by increasing circulation to the nailbed

### How Does Lunula Compare to the PinPointe Footlaser?

As many of you know, we've been treating toenail fungus with laser since 2012 with the PinPointe Footlaser. And we've seen impressive results with success rates of 80%-90%. In 2025 we learned that the Lunula Laser was even better—this superior advanced laser has two major advantages over our older laser.

Learn why on Pg 3

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\$17





At Fort Worden



Painting for Michele's Birthday!

## Chopped Thai-Inspired Chickpea Salad with Curry Peanut Dressing

### For the salad:

- 1 red bell pepper, diced
- 1 cup shredded carrots (from the bag)
- 1/2 small head of red cabbage, chopped (about 2-3 cups shredded cabbage)
- 1 (15 ounce) can chickpeas, rinsed and drained
- 1/2 cup cilantro, finely chopped
- 1/4 cup finely chopped green onion
- 1 jalapeño, seeded and diced
- 1 tablespoon lime juice or rice vinegar
- 2 tablespoons low sodium soy sauce or coconut aminos
- 1-2 teaspoons yellow curry powder
- 1/4 teaspoon red cayenne pepper
- 1/4 teaspoon ground turmeric
- 3-4 tablespoons warm water, to thin dressing
- Salt and freshly ground black pepper, to taste



Source: [Ambitious Kitchen](#)

### For the curry peanut butter dressing:

- 1/4 cup peanut butter
- 1 tablespoon freshly grated ginger
- 1 clove garlic, minced
- To garnish:
- Extra cilantro
- Sliced green onion
- 1/4 cup roasted cashews or peanuts

### Directions

- In a large bowl, add red bell pepper, carrot, cabbage, chickpeas, cilantro, green onion and jalapeño.
- In a small bowl, mix together the dressing ingredients: peanut butter, ginger, garlic, lime juice or vinegar, soy sauce or coconut aminos, curry powder, cayenne pepper, and turmeric. Mix to combine. Add water to thin to make a dressing like consistency that's easily that's easily pourable. Taste and add salt and pepper, as necessary.
- Pour dressing over salad and mix well to combine. Garnish with roasted cashews and cilantro.

**Faster Treatment**—initial treatment in just 4 weeks vs. 2-3 months with previous program

**Faster Nail Clearing**—clear nail growth becomes visible after 3-6 months vs. 6-9 months.

### Our Fast Start Laser Treatment Program

Our new Fast Start Laser Treatment Program still offers laser combined with topical treatment, and treatment for your shoes. Here's full package!

- Four (30-minute) Lunula Laser Treatments over 4 weeks and two Lunula laser treatments at three and six months.
- Topical medications to treat the infected toenails and surrounding skin. We use Tolcylen products. They reduce fungus on the skin and nails and improve the appearance of nails in just a few months.
- Tolcylen Anti-Microbial Shoe Spray keeps your shoes free of fungus and prevents re-infection.



### Advanced Aftercare Program

While our treatment effectively clears existing nail fungus, fungal infections can return.

That's why our comprehensive program includes a specialized foot soak designed to maintain your newly restored nail health and reduce the risk of re-infection.

It includes:

- Two additional laser treatments at three and six months.
- One Tolcylen Soak Starter Kit to keep nails free of fungus



### Prevent Infection and Reinfection: Spouse/Partner Treatment Recommended

Because toenail fungus can spread between household members who share towels, foot implements, or a bed we advise treating your spouse or partner simultaneously to decrease the risk of reinfection.

### Frequently Asked Question

**Q: I'm currently being treated with PinPointe. Should I switch to Lunula?**

**A:** We recommend completing your current PinPointe treatment plan, as it's equally effective. If you return for follow-up treatments after your PinPointe regimen ends, you'll receive Lunula treatments at the same price as PinPointe.



## Preparing Your Garden for the Spring Growing Season

It's almost time for the annual gardening ritual in Seattle. Here are some essential tips, particularly important for vegetable gardening.

- **Test soil pH:** Seattle soils tend to be acidic and add amendments if necessary
- **Add compost:** Work in 2-3 inches to improve drainage, add nutrients, and retain water.
- **Wait for drier soil:** Prevent compaction by waiting until soil is crumbly
- **Clear debris:** Remove fallen branches and dead plant material
- **Consider raised beds:** Better drainage and faster warming in our wet climate
- **Plant early vegetables:** Peas, spinach, lettuce, kale, and radishes by mid-March
- **Use succession planting:** Schedule every 2-3 weeks for continuous harvests
- **Test irrigation:** Check systems for winter damage
- **Sharpen and clean garden tools**



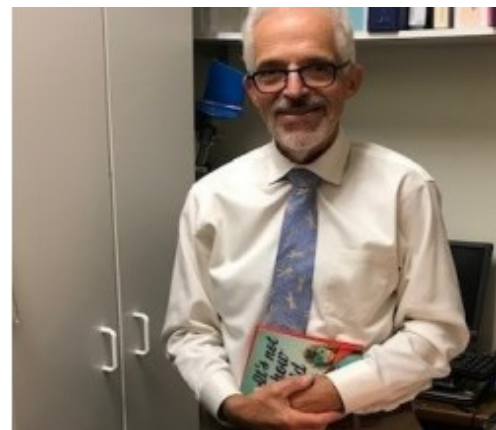
For the best plants and advice try local nurseries, like Swanson's Nursery and Sky Nursery!

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—Dr. Rion Berg



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