

January 2014



A Pound is a Pound...or maybe not

We have a weight problem in this country, or, more accurately, an overweight problem. This is nothing new. Over the past several years more and more frequent articles discuss this fact. Along with the growth in our overall weight, also grows an entire industry designed (oh sure) to help us deal with it. "New" miracle diets, gym memberships, and always the latest exercise craze continue to present on a seemingly daily basis. This time of year many people start to work on one of the most common New Year's resolutions...lose weight - but it's not so easy.

According to the CDC, as of 2012, in those over 20 years old, obesity sits at 36% of the US population with overweight registering at 69.2% (including the obese). So, 7 out of 10 of us are overweight, and almost 4 out of 10 are obese. OUCH! In Oregon we are at 27% woo-hoo, we are below average. We all know the health consequences of those extra pounds: diabetes, heart disease, high blood pressure, and/or arthritis to name a few, but sometimes we don't really recognize what a load those extra pounds are. To the feet a pound is not a pound, it is **far** more. Due to the simple physics of motion (swinging your foot through the air) when walking the average person's foot strikes the ground with somewhere between 2 and 5 times your body weight. If you are a runner or do any activity with acceleration of the foot, the numbers are higher. The average American walks about 4,000-6,000 steps a day, so do the math and see just what an extra pound (or more) does. Say you are 10 pounds overweight and you walk 5,000 steps a day, that is 50,000 pounds a day in excess that your feet (and then knees, hips and skeletal system) have to endure.

I spend a good part of my days treating painful feet and a frequent questions is "Does my weight cause the pain?" Basically my answer is no, but it significantly contributes, in a big way... no pun intended. It really comes down to the condition and how much over weight a person is. A few pounds overweight and our bodies, in this case our feet, accommodate pretty well. If one is obese or morbidly obese (BMI >40 and severely obese BMI >50) then weight is an increasingly important factor. Weight loss will obviously help to a great degree in reducing stress on the feet, however when your feet hurt it is far more difficult to exercise to help in weight loss, but it is not hopeless. There are many ways to help reduce the pain, so exercise can be increased because any pound lost is not a pound to your feet - but by many, many pounds.

Dr. Gauntt

January Special

Biofreeze

Topical Pain Reliever

\$11.00

Reg. \$13.00



Recipe Corner

Yummy, Healthy Morning Fruit Smoothies

(At least Michelle's daughter says they're yummy.....)

- 1 generous handful of chopped kale
- 1 generous handful of chopped spinach
- 1/2 cup coconut milk
- 1 frozen banana
- 1/2 cup frozen strawberries
- 2T. finely chopped almonds (can use peanut butter also)
- couple of ice cubes

Puree all ingredients in blender until smooth.



January is National Mentor Month Promote Youth Mentoring

*It's easier to
build up a
child than it
is to repair
an adult.
Choose your
words and
actions
wisely.*

