



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

Why Diet Matters for Your Foot Health

Most people can probably think of multiple ways the food we eat can affect our bodies. Something that might not make many lists, however, is the role dietary choices play in foot health.

Naturally, the foods you eat are essential for ensuring health tissue—bones, muscles, nerves, etc.—in your lower limbs. Adhering to a proper diet keeps these tissues strong and able to perform their intended functions.

Whereas some foods provide benefits, others have consequences like:

- **Increased inflammation throughout your body**
- **Greater levels of pain (from certain conditions)**
- **Systemic damage in your body**

In your feet specifically, you can potentially have painful gout attacks or heightened risk for dangerous diabetic foot ulcers because of the foods you eat.



REQUEST AN APPOINTMENT 

OUR OFFICE

74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260

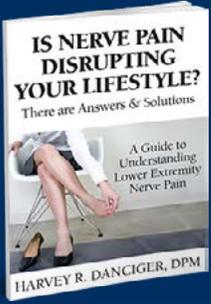
VIEW MAP 

OUR WEBSITE

CoachellaValleyPodiatrist.com



CALL NOW: (760) 568-0108



GET FREE BOOK NOW 



How to Keep Feet Healthy with Smart Dietary Choices

There are definitely foods you should avoid (or at least limit), but let's start with the ones you need to incorporate into your regular diet.

Your feet contain more than one-quarter of all the bones in your body **and** are responsible for supporting your bodyweight, so you need to eat foods containing calcium and vitamin D (both of which play a role in bone health). Dairy products like **low-fat cheese, milk, and yogurt** are all great sources for those essential nutrients.

Fresh fruits and vegetables—and especially leafy, green veggies (spinach, broccoli, etc.)—provide an array of vitamins that body tissues need for optimal functionality. To ensure you get ample amounts of nutrients, try to eat as many different colors of fruits and vegetables every day.

Inflammation is an important defense mechanism, but it causes problems when it persists. You can lower your risk for chronic inflammation by making sure you include omega-3 fatty acid-rich foods like **whole grains, eggs, and salmon** in your diet.

One particularly nice source for the foods you should be eating is the **Certified Farmers' Market**. Started by the Palm Springs Cultural Center, this market was established as a place where Coachella Valley residents can have access to nutritious food produced right here in our community. Food is always best when closest to its actual source, so this is an outstanding option if you care about your health—and your loved ones' health!

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

LEARN MORE



READ OUR BLOG

Avoiding Sugar in Your Diet

Along with eating the right foods, you also need to limit or outright avoid others. Sugar, in particular, is one the average U.S. citizen consumes too often.

Why is sugar such a problem?

In spite of the sweet taste, too much sugar can harm your body in a variety of ways. With regards to foot health, specifically, it can:

ELEVATE YOUR RISK OF DIABETES

This disease has serious medical problems associated with it, including both Charcot foot and diabetic foot ulcers.

DAMAGE YOUR PERIPHERAL NERVES

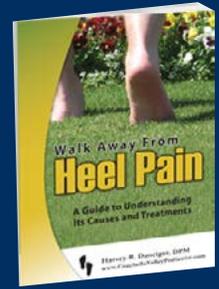
Nerve damage can cause painful sensations in your feet and/or disrupt normal foot function.

LEAD TO WEIGHT GAIN

Sugar increases your appetite and resists your body's receptiveness to leptin (a hormone that tells you when to stop eating). The extra weight places additional strain on your feet.

INCREASE YOUR RISK OF GOUT

Periodic gout attacks often cause sharp, intense pain in the joint at the base of your big toe.



[GET FREE BOOK NOW](#) ▶

“YOU HAVE
COMPLETELY
CHANGED
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

[VIEW TESTIMONIALS](#) ▶

SERVICE AREAS

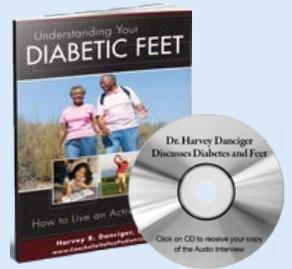
- [HEEL PAIN](#) ▶
- [NERVE ISSUES](#) ▶
- [FUNGAL TOENAILS](#) ▶
- [LASER TREATMENT](#) ▶
- [DIABETIC FOOT CARE](#) ▶
- [BUNIONS](#) ▶

Learn More About Foot Health (So You Can Have Healthy Feet!)

Your diet is an important consideration for foot health—but it's not the only one!

Our website has information you can use to learn what it takes to keep feet healthy and safe. As you check it out, you'll see why some problems develop, learn how Dr. Harvey Danciger can treat them, and even pick up some valuable preventive tips along the way.

Of course, you can also call our Palm Desert office at (760) 568-0108 if you would like more information and a team member will be happy to help!



[GET FREE CD NOW](#) ▶

[GET FREE BOOK NOW](#) ▶

VIDEO LIBRARY



[DR. DANCIGER'S VIDEOS](#) ▶

[EDUCATIONAL VIDEOS](#) ▶

Sudoku

2				7	8		3	
								8
5		9			1		4	
4	5		3	6				1
6			7			2		
	1	2						
	2							5
			1	8				7
		7	5					6

Didn't find what you were looking for?

Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library](#).

4	6	9	3	7	1	5	8	2
8	2	1	5	4	6	9	7	3
3	5	7	8	9	2	4	1	6
5	3	2	9	6	7	1	4	8
1	7	8	4	5	3	6	2	9
9	4	6	1	2	8	3	5	7
6	8	5	7	1	9	2	3	4
7	9	4	2	3	5	8	6	1
2	1	3	6	8	4	7	9	5



QUICK LINKS

[CONTACT US](#) ▶

[PATIENT EDUCATION](#) ▶

[PATIENT FORMS](#) ▶

[OUR SERVICES](#) ▶

[FAQ's](#) ▶