

Table of Contents

Exercise Considerations.....	3
Disclaimer.....	3
Preface.....	4
7 Best Foods for Plantar Fasciitis.....	5-10
4 Worst Foods for Plantar Fasciitis.....	11-14
About Rick Kaselj.....	15-16
About Healing Through Movement.....	17-19

10 Best & Worst Foods for Plantar Fasciitis

Title:

10 Best & Worst Foods for Plantar Fasciitis

Edition:

1st edition (January 2015)

Author: Kaselj, Rick, 1973 –

Key words: plantar fasciitis, heel pain, foot pain

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical, or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

Published by:

RK Exercises For Injuries

Suite #2289 - 3151 Lakeshore Rd

Kelowna, BC V1W 3S9

Canada

E-mail: support@ExercisesForInjuries.com

Webpage: www.ExercisesForInjuries.com

Phone: (888) 291-2430

Fax: (604) 677-5425

Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

10 Best & Worst Foods for Plantar Fasciitis primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

A handwritten signature in black ink that reads "Rick Kaselj". The signature is written in a cursive, flowing style.

7 Best Foods for Plantar Fasciitis



OUCH!

What is that pain in your heel?

Could it be a plantar fasciitis?

The number of people who are living with plantar fasciitis conditions and symptoms are astounding. Consider the following statistics: Do you know that in outpatient settings, plantar fasciitis is the most common cause of heel pain and **10% of the population in the United States may complain of heel pain during their lifetime** with a majority of these people being active adults [1]. It's quite an unfortunate statistic to consider, especially when we think about the pain people are enduring or trying to endure.

Well, let's see what plantar fasciitis is?

10 Best & Worst Foods for Plantar Fasciitis

In simple terms, plantar fasciitis relates to a thick shock-absorbing tissue band known as the plantar fascia that is situated under a person's foot and when this tissue is not performing as it should due to wear, overuse or overstretching ... guess what?!!

You've got problems and big one too if you plan to USE your feet but are also in pain. I mean ... the feet can be quite important if you ask me. Overstretching and overusing this thick tissue under the feet can lead to pain and mobility issues [2].

You and many people around you have probably used your feet TODAY. So, imagine what happens when the shock-absorber for the feet is ineffective – well, you get pain, **PAIN** ... and more **PAIN**! Despite losing the feet's shock absorber, another shock you've learnt about is just how common plantar fasciitis is.

Unfortunately, plantar fasciitis can be very dilapidating. Without the shock absorber to capture the stresses and strains that feet endure, feet CAN BE more prone to inflammation and potential injury too.

There are foods which help to lessen the pain and other symptoms associated with plantar fasciitis. Hence, my GOAL is to help shed more light on what these foods are. We'll look at 7 of the best foods for people who have plantar fasciitis. So, if you have this condition or have been looking for a way to handle the symptoms and pain, you are in LUCK! Introducing these foods into your diet or beginning to eat more of the foods could see you entering a brand new chapter – YES, a chapter free from pain or one with a reduced state of plantar fasciitis pain!

10 Best & Worst Foods for Plantar Fasciitis



1. **Fish.** Fish like sardines, salmon, mackerel and herring can tackle inflammation that occurs in the body. For those with plantar fasciitis, this can be a REALLY good thing! Why, you may ask ... well ... the pain you get as a result of the lack of the shock absorbers on the feet is directly related to inflammation that is occurring within the feet because these are no shock absorbers to bear the brunt of the forces exerted on the feet. Fish oil SUPPRESSES the production of inflammatory mediators [3]. So, fish like sardines come in to save the day by providing sufficiently high doses of OMEGA-3 fatty acids. This type of fatty acid is particularly great for addressing inflammatory conditions.
2. **Berries.** This category of foods includes strawberries and blueberries. These fruits are high in ANTI_INFLAMMATORY properties. In addition, berries are rich in vitamins, minerals and anti-oxidants. These colorful fruit go a long way in protecting the body, including feet that have lost the plantar fascia tissue. As inflammation occurs in the feet and begins to cause pain, the nutritional, anti-inflammatory and anti-oxidation properties in these fruits come into effect and can provide the much needed relief for plantar fasciitis.

10 Best & Worst Foods for Plantar Fasciitis

Do you know that you can add berries to a variety of meals and drinks too such as cereal, smoothies and salads? Yeah!! BRING ON the berries!!! Next time you bite into that strawberry or other berry, you'll be doing something really good to deal with the pain!

- 3. Vegetables.** Examples of vegetables that help to fight plantar fasciitis include chard and spinach. The fibre and phytochemicals in such vegetables tackle the symptoms of plantar fasciitis. However, you'd need to consume SUFFICIENT amounts of this food to ensure that you reap the benefits. Consuming four or more portion servings of vegetables a day could help you see the much desired relief from plantar fasciitis. Making salads a part of your daily life is a great way to easily incorporate vegetables into your life and the pain you have been coping with could become positively impacted by this simple and ... really FEASIBLE food choice change.
- 4. Vitamins and Minerals.** You need vitamins and minerals to help the body thrive and heal as needed. Vitamins like Vitamin C are great especially if you have inflammation and pain in your tissues. Vitamin C is particularly good for plantar fasciitis and has been described as being essential for tissue repair. This is a huge deal with regards to plantar fasciitis which targets the missing or worn tissues at the bottom of the feet. Similarly, Vitamin D deficiencies can lead to aches and weakness [4]. The body reacts in pain when it is unable to provide the adequate support and strength in the feet to support forces exerted in response to walking, running or just standing. Minerals such as calcium and magnesium can help with the healing process for your feet too.
- 5. Flaxseeds and Pumpkin Seeds.** Have you every thought of sprinkling flaxseeds or pumpkin seeds over your salads? If yes, then you're also on the right track if you are suffering from plantar fasciitis. There's great benefit when consuming these foods because these foods are high in essential oils and fats. AND, yes ... the body needs these healthy oils to provide the much needed nutrients that help to create a buffer from the occurrence of inflammation. So, DO NOT ignore these foods. The versatility of these seeds also make it easy to insert the seeds into other foods like yogurt, soups, stews, casseroles and MUCH MORE! It's UP TO YOU to take advantage of this!

10 Best & Worst Foods for Plantar Fasciitis

6. **Avocados and Nuts.** These foods are another category of fatty foods with fatty acids that are classified as HEALTHY. Nuts are also a great source of protein with healthy fats and there are a variety of nuts to choose from such as almonds and pecans. Proteins like this can minimize the discomfort that manifests when inflammation begins to occur. Yes, consuming protein can help fight inflammation! So, pick protein and healthy fats as you work towards eliminating plantar fasciitis pain.

7. **Pineapple.** This fruit contains a substance known as bromelain. Ok, WHY is this important? Well, it all really comes back to inflammation and how this translates to pain when suffering from plantar fasciitis. Bromelain is powerful in providing ANTI-INFLAMMATORY properties. Apart from anti-inflammatory properties, bromelain also has ANALGESIC properties as osteoarthritis clinical studies have revealed [5]. In addition, bromelain helps the absorption of nutrients through the proteolytic enzymes. It's such a powerful substance and ... IMAGINE ... you get this substance into your bodies by simply eating pineapples. REALLY!!! How easy is that? Bromelain has also been compared to aspirin or ibuprofen in the way that healing is increased and swelling is reduced.

Wow! A lot of information!! BUTreally useful information if you are suffering with the pain of plantar fasciitis. While treatments for plantar fasciitis vary and range from one expensive alternative to another, do you know that you could also use exercise – careful and safe exercise – to handle plantar fasciitis conditions? True, there could be less expensive exercise routines or programs with tackle the chronic heel pain associated with plantar fasciitis [6]. It is GOOD to note that a nutrient-filled diet is a great idea when tackling the effects of plantar fasciitis and these 7 best foods for plantar fasciitis we've discussed can help you get on track in terms of feeling healthier and fighting inflammation associated with heel pain OR other pains in the body too. The body can heal but WE CAN help this happen. How do we do this, you may ask? We do this by not eating foods that create or propagate inflammation. So, say GOODBYE to inner heel pain by tapping into the truly tremendous benefits of these 7 foods.

10 Best & Worst Foods for Plantar Fasciitis

References

- [1] [The Epidemiology of Plantar Fasciitis](#)
- [2] [Plantar Fasciitis: PubMed Health](#)
- [3] [Plantar Fasciitis: Diagnosis and Therapeutic Considerations](#)
- [4] [Aches and Pains in Primary Care: NCBI](#)
- [5] [Bromelain as a Treatment for Osteoarthritis: A Review of Clinical Studies](#)
- [6] [Plantar Fasciitis Relief in 7 days](#)

4 Worst Foods for Plantar Fasciitis



Do you have heel pain?

Perhaps you already know about plantar fasciitis or what's also referred to as the heel pain syndrome. Also, if you're reading this, you probably have some interest in what plantar fasciitis is or want to learn how to cope with it. Suffering from plantar fasciitis pain can be quite unbearable. Yes, sometimes, you may be able to endure the pain for a while, but eventually you'll say to yourself: "There's got to be a BETTER way to deal with this condition!" Have you ever wondered if you were the only person going through this type of pain? When you stand on the floor, do wince and dread your every step? NO, you are NOT alone! There are a LOT of people going through these same issues. Unfortunately, this condition is very common and it has been categorized as the most common cause of chronic heel pain [1]. Also, we learn from the American Chiropractic Association that plantar fasciitis affects approximately 2 million people in the United States [2].

There're various reasons why plantar fasciitis may occur. However, there could also be unknown reasons for its occurrence, which makes the condition even more depressing for many people because they do not quite know what to do to prevent or avoid the situation. Some reasons for the occurrence of plantar fasciitis include wearing improper shoes, carry heavy loads for prolonged periods and being overweight.

HOWEVER, did you know that there's also a role that FOOD plays for those who have plantar fasciitis. There're foods that can make the condition worse. Yes, certain foods can do you more harm than good and there're certain foods that exacerbate certain ailments. Let's discuss some of the worst foods for plantar

10 Best & Worst Foods for Plantar Fasciitis

fasciitis. If you are suffering from chronic heel pain related to plantar fasciitis, you do not want to miss learning about these 4 foods that can simply make the condition much ... MUCH worse. So, let's dive in and take a look.



1. **Junk Food!** Yes, you might have guessed that this would be one of the choices ... and if so, you guessed right. There is not much that comes from junk food that can do much for the body except help us pack on the calories and feel sluggish ... or worse ... really, really sick. Sometimes, a person's body gets accustomed to junk food and this is a bad, BAD ... really bad idea. Why? Junk food typically contains high amounts of unhealthy sugar and fats. These unhealthy ingredients FEED diseases and ailments including plantar fasciitis. Hence, if you're suffering from plantar fasciitis, you need to stop abusing your health with junk food. I mean, to be realistic, small amounts of these substances could be permissible and we do encounter this from time to time in meals. However, DO avoid junk food when dealing with plantar fasciitis.
2. **Meats.** Lean meat is certainly better than meat that has significant amounts of fat. These fats clog the body and prevent the healing and anti-inflammatory processes that help to tackle problems such as plantar

10 Best & Worst Foods for Plantar Fasciitis

fasciitis. Unhealthy fats from meat feed inflammation and this is bad news for chronic heel pain. When consuming this food with high amounts of unhealthy fat, the body is unable to tap into the resources it needs to fight out inflammation as a result of worn or absent tissue on the feet. So, **REDUCING** the consumption of red meat can be helpful. Try using other types of proteins. For example, you could find that fish is quite versatile and rich in omega-3 fatty acids, which is just what the body need to fight inflammation. Say **NO** to unhealthy, fatty meats.

- 3. White Flour.** This is a common ingredient in things like bread, cakes, cookies and many processed snacks and foods. Sometimes, white flour is simply **EVERYWHERE** we look. Hence, it can be difficult to avoid but **NOT** impossible, though. Yes, there is hope. You could also switch out white flour with wheat flour and get the same desired results in foods and recipes but with a much healthier outlook, especially when treating the pain associated with plantar fasciitis. There're many other meals that people that use white flour too as a major ingredient such as in soups as a thickener or as an add-on to foods that are presented with crispy coatings. Hmm ... these foods may look yummy **BUT** what is the effect on your health and pain levels? **NOT GOOD!** Check the ingredients of foods and cut down or eliminate as much as you can.
- 4. Unhealthy Fats.** "Unhealthy" is the keyword for this category of foods that you should avoid when dealing with plantar fasciitis. While there're fats that are good for us, we should avoid fats that are unhealthy. Essentially, these are the type of fats that just make you pack on the calories with no significant nutritional value! This additional weight can wreck havoc on your feet and add to the torment you're experiencing. **NOT** good at all!!! It is important to note that **EXCLUDING** all types of fats from your diet is the **NOT** solution. **INSTEAD** ... stick to the healthy kinds of fats such as those in nuts and avocados. While consuming these healthy fats, you'll also need to do so in **MODERATION!** So, avoid the unhealthy fats that can be found in many fried or similar foods and eat the healthy fats in moderate quantities. You can also **FIGHT** the effects of unhealthy fats through exercise. Low-impact exercise such as walking has been effective in addressing foot pain [3]. Hence, if you have been consuming unhealthy fats and have added some weight as a result ... there's **HOPE** ... you'll find that exercise could be quite helpful.

10 Best & Worst Foods for Plantar Fasciitis

In general, sticking to healthy foods such as fruits, vegetables, nuts, wheat flour and similar foods can do a lot more for the body than consuming any of these 4 worst foods for plantar fasciitis. Avoiding these worst foods and you may just notice that changes that you have been longing for. Oh ... wouldn't that just be GREAT! YES, IT WOULD!! Yes ... there're ways to treat plantar fasciitis which include the use of medications, soft-tissue manipulation, chiropractic manipulation, shock-wave therapy and surgery.

However, you should note that these treatments have various levels of efficacy [4]. What if I told you that there was a way to get rid of heel and foot pain through EXERCISE!

Is this too good to be true? No, it isn't.

There're effective and safe exercise routines that may help eliminate the need for those expensive surgeries, drugs and medical devices [5]. Really, what do you have to lose by trying out exercise routines, especially if living with plantar fasciitis has become quite unbearable! In addition to lessening the symptoms and resulting pain from plantar fasciitis by eating the right foods, consider exercise as a viable path to healing and improved quality of life too. Life's too short to live with chronic heel pain DAY AFTER DAY. So, STOP the pain – EAT RIGHT and avoid foods that are really bad for plantar fasciitis.

References

- [1] [Journal of Foot and Ankle Research: Ultrasound guided injection of dexamethasone versus placebo for treatment of plantar fasciitis](#)
- [2] [Plantar fasciitis: American Chiropractic Association](#)
- [3] [Plantar Fasciitis: A Concise Review](#)
- [4] [Plantar Fasciitis: Diagnosis and Therapeutic Considerations](#)
- [5] [Plantar Fasciitis Relief in 7 days](#)

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 263 presentations to 5031 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

10 Best & Worst Foods for Plantar Fasciitis

He recently hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit www.ExercisesForInjuries.com

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

10 Best & Worst Foods for Plantar Fasciitis

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Where can Healing Through Movement meet me:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

10 Best & Worst Foods for Plantar Fasciitis

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit www.HealingThroughMovement.com.



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

#199 – 19567 Fraser Highway
Surrey, BC V3S 9A4
Phone: (888) 291-2430 Fax: (604) 677-5425
E-mail: info@HealingThroughMovement.com
Webpage: www.HealingThroughMovement.com