



July 2017 Newsletter



Gait Way Podiatry is now supplying moonboots to the North Brisbane area. If you have an injury that requires immobilisation and complete rest, come on in and see our range of moon boots. There are kids sizes available and long or short varieties. They are excellent for post operative care or to manage a fracture or stress fracture, severe heel pain or ankle sprain.



Fun Foot Fact: Warts on the feet are called plantar verruca. These are caused by the human papillomavirus and unlike warts on other areas of the body, these grown into the skin due to the pressure applied to them when walking and standing. They are easily picked up from communal showers or change rooms and can take up to 6months after exposure to form. The primary form of treatment is to destroy the lesions by freezing or burning which can be lengthy due to the depth of the wart. They may however spontaneously resolve when the immune system recognizes their presence on the skin.

It's not too late to book in for our Fungal Nail Laser promotion to save \$200 off the price of your initial treatment. The 8th and the 15th July we are providing laser treatments for just \$350 instead of the usual \$550. This is a huge saving on such a successful form of treatment for fungal nail infections. This price includes nail preparation, laser treatment and a post treatment care plan to maximise the success of the treatment. If you would like to book an appointment, do so ASAP as appointments are going fast.





Recipe of the month: Sticky Date Pudding with Butterscotch Sauce

These cool nights require nice hot desserts and few are better than a good sticky date pudding with butterscotch sauce.

Ingredients

- 2 cups chopped dried pitted dates
- 1 teaspoon bicarbonate of soda
- 100g butter, chopped
- 3/4 cup firmly packed brown sugar
- 2 eggs
- 1 cup self-raising flour
- 1/3 cup plain flour
- 1 teaspoon mixed spice

Butterscotch sauce

- 1 1/2 cups firmly packed brown sugar
- 300ml pure cream
- 100g butter, chopped



1. Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 20cm round cake pan. Line base and side with baking paper.
2. Place dates and 2 cups cold water in a saucepan over high heat. Bring to the boil. Reduce heat to medium-low. Simmer for 5 minutes or until dates are tender. Remove from heat. Stir in bicarbonate of soda. Cool for 5 minutes.
3. Process butter, sugar, eggs, flours, spice and date mixture until just combined. Pour into prepared pan. Bake for 1 hour to 1 hour 10 minutes or until a skewer inserted in centre comes out clean. Stand in pan for 5 minutes. Turn, top side up, onto a wire rack.
4. Meanwhile, make sauce Combine sugar, cream and butter in a saucepan over medium heat. Cook, stirring, for 5 minutes or until butter has melted. Simmer for 3 minutes or until sauce thickens slightly.
5. Serve pudding warm or cold with butterscotch sauce.