



WINTER 2025



Bethel Foot and Ankle

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FEATURED ARTICLES

Start the Year on the Right Foot: Resolutions for Healthier Feet in 2025

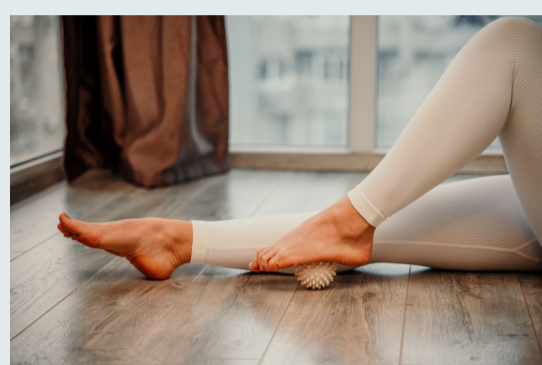


As the new year begins, many of us make resolutions to improve our health and well-being. While fitness goals, healthier eating habits, and stress management often top the list, it's easy to overlook one of the most important parts of our body: our feet! After all, they carry us through life, day in and day out, yet they often receive little attention when it comes to self-care.

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5 Easy Exercises to Improve Foot Strength and Flexibility

New year, new exercise routines! Many of us are revamping our fitness goals as we step into 2025, but oftentimes, our feet are left out of the equation. Read on for five easy exercises to improve foot strength and flexibility so you can start the new year off right!



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MEET OUR DOCTORS



DR. MICHAEL Z. FEIN

[Read More Here](#)



DR. JAMIE A. OTFINOSKI

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RECIPE OF THE MONTH

Healthy Detox Soup

This easy, healthy soup recipe makes the best detox soup! It's comforting, flavorful, low carb, & loaded with healthy veggies & chicken.

Ingredients:

- 2 tbsp olive oil
- 1 medium onion (diced)
- 3 cloves garlic (minced)
- 1 tsp fresh ginger (minced)
- 1/2 cup bell peppers (diced)
- 1 tsp italian seasoning (optional)
- 1/4 tsp red pepper flakes (optional)
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 lbs boneless skinless chicken breasts
- 6 cups chicken broth, reduced sodium
- 1 cup broccoli (cut into florets)
- 1 cup cauliflower (cut into florets)
- 2 tbsp lemon juice



Directions:

1. Heat the olive oil in a Dutch oven over medium-high heat.
2. Add the onion, garlic, and ginger. Sauté for 3-4 minutes until the garlic is fragrant and the onions are translucent.
3. Add the bell peppers, Italian seasoning, red pepper flakes, sea salt, and black pepper. Cook for 3 more minutes.
4. Add the chicken breasts and chicken broth. Simmer for 20 minutes.
5. Remove the chicken breasts from the pot and shred using two forks. Add the shredded chicken back to the pot.
6. Add the broccoli and cauliflower florets. Simmer for 10 more minutes, until the cauliflower and broccoli are tender.
7. Remove from heat. Stir in the lemon juice.

Recipe Courtesy of wholesomeyum.com

THIS MONTH IN JANUARY

INTERESTING DATES

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 1 New Year's Day
- 15 National Bagel Day
- 20 Martin Luther King Jr. Day
- 23 Measure Your Feet Day
- 28 Fun at Work Day
- 31 National Hot Chocolate Day

HISTORICAL FACTS

- ★ **January 1, 1908:** The Times Square Ball Drop became an annual New Year's Eve tradition in New York City.
- ★ **January 2, 1929:** The United States and Canada reached an agreement on preserving Niagara Falls, ensuring its natural beauty would remain for future generations.
- ★ **January 12, 1966:** The TV series "Batman" premiered, becoming a cultural sensation with its campy fun and iconic performances.
- ★ **January 15, 1967:** The first-ever Super Bowl was played between the Green Bay Packers and Kansas City Chiefs, starting a beloved sports tradition.
- ★ **January 25, 1924:** The first Winter Olympics opened in Chamonix, France.



Book Your Appointment Today!



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Fri: 8:00am - 1:00pm



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