

NATIONAL NEWSLETTER for a podiatrist website

Spring is here and it's time to uncover your feet! If your feet are in need of a makeover for sandal season, treat yourself to a home remedy with our home treatment hints. Common problems like thick toenails and sweaty feet can often be fixed on your own. Check out our below resources for complete self-treatment solutions and recommended products.

To your healthy feet all year long!

[Insert names]

ARTICLES

Don't Be Embarrassed to Show Your Toes

The risk of getting a [fungal nail infection](#) is increased by closed-in footwear, prolonged moist skin, and minor skin or nail injuries. If you have toe pain, thick toenails, or a possible infection, don't let these conditions persist. We have tried a number of products and have found the use of a combination of [two topical nail medications](#) to be the most effective non-prescription method to improve the appearance of fungal nails and thickened nails. *Try this effective home remedy!*

Get Healthy Nail Polish for Mom (or you!)

Have you ever wondered if your nail polish is toxic? [Dr.'s Remedy Enriched Nail Polishes](#) appeals to health-conscious women, including pregnant women, because it removes the potentially harmful additives found in most commercial nail polishes. Created, tested, and prescribed by doctors. [Click here](#) to learn more, including how it protects nails from fungal disease. [*This is a great Mother's Day present!*](#)

Keep Your Feet Odor-Free All Year Long

Smelly and sweaty feet can be an uncomfortable and embarrassing problem. The smell is due to the bacteria and fungi that grow rapidly in the moist environment inside a shoe. Fortunately, most of the time these problems can be treated at home using a [treatment plan to eliminate sweat and odor](#) and our [recommended sweaty feet products](#).

SIDEBAR:

[Download Recommended Shoe List.](#)

We update the list 3 – 4 times per year.

Shoe of the Month: [The Flip Flop](#)

Lindsay Woolman Newsletter Writing Sample

The Orthaheel Wave Flip-flop is a stylish and comfortable sandal with build-in orthotic footbeds to help reduce and prevent foot pain. *Tip: Wear sandals around the house to keep your feet supported!*



[Click here to purchase men's and women's Orthaheel flip flops.](#)

[**CLICK HERE to check out the most common foot complaint that we see in our office.**](#)

[**Podiatrist Recommended Arch Supports**](#)

We've reviewed arch supports for you. Here are our favorites.

[**Shoe Fitting Tips**](#)

Take this list next time you visit the store.

[**CLICK HERE to visit our website and solve all your feet and ankle problems**](#)

[**Foot Care Products and Shoes Recommended by Our Podiatrists**](#)