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ATLANTIC
 foot & ankle
 specialists

FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to brendan@atlanticfeet.com

SPRING HAS SPRUNG! March 2012

Sterile Pedicure Spa Reopening

With the recent introduction of our new Laser Nail Treatment, we've had a surge of interest from patients asking "How can I keep from getting this fungus again?". Well the simple answer is stay away from the cause, dirty nail salons.

While almost all salons change out the water in their spa chairs between customers, they almost never clean the jets that pump that water! That dark warm space is a veritable hotbed of fungus activity! Not to mention the tools that they use on every other customer, yuck!

Well, have we got great news for you! Atlantic Foot & Ankle is reopening our Sterile Pedicure Spa, with a whole new look and new features. Not only that, but our pedicures will only use equipment that has been medically sterilized. The nail polish is even specially designed to combat nail fungus!

Check out all the new packages coming soon to an Atlantic Foot & Ankle Specialists office near you!



Spa Menu

Out The Door

This express foot revival will get you in and out, feeling fully refreshed.

Sit back, close your eyes and experience a cool antiseptic mist over your tootsies followed by hot steamy towels.

We finish with a hydrating massage.

\$45.00

Aromatherapy Pedicure

This treatment begins with a detoxifying foot soak.

Your feet are then treated to a scented scrub that will exfoliate and remove dead skin.

Following the scrub find pleasure with a sensational moisturizing mask.

The service concludes with a revitalizing and tension relieving foot massage.

\$75.00

Deluxe Pedicure

This deluxe treatment begins using the Diamond Tone Skin resurfacing system. Dead cells and callous are filed, buffed and removed with Microdermabrasion.

A relaxing foot soak using essential oils will soothe the feet.

Next a heavenly scented exfoliated scrub and a deep hydrated mask will refresh your feet.

Finally, slip into the paraffin treatment to replenish the foot moisture.

\$100.00

Luxury Pedicure

This intense callous treatment is designed to restore tired and overworked feet.

This package includes everything from the Deluxe Pedicure with the addition of a lactic acid serum, followed by Alpha/Beta hydroxyl acid peel to treat callouses.

This is an intense therapeutic treatment for great feeling heels.

\$125.00

American Diabetes Association.
ALERT! DAY

March is the ADA's month for ALERT! DAY, an event organized to conduct free diabetes testing.

Early detection is key to combating diabetes. The US has an estimated 7 million residents undiagnosed and another 79 million estimated to have pre-diabetes. ALERT! DAY is an excellent opportunity to help raise awareness.

Atlantic Foot & Ankle Specialists is a proud sponsor of our local ADA and glad to be offering free screening and take home risk tests at several of our locations this year.

FREE SCREENINGS

TUESDAY MARCH 27TH

Statesboro Office

Risk tests, blood glucose screenings and blood pressure screenings

Hardeeville Office

Risk tests

Savannah Office

Risk tests

Diabetic Recipe of the Month

Irish Corned Beef Brisket

Directions

Recipe from
DiabeticGourmet.com

1. Place corned beef and seasoning packet in large heavy pot; add water. Bring to a boil and simmer for 1 hour.
2. Add onions and carrots. Bring back to a boil and skim off fat.
3. Add remaining ingredients, reduce heat to medium-low and cover. Simmer approximately 2 to 4 hours until beef is tender. When brisket pierces easily, it is ready.
4. Drain the water, place brisket on a platter and let stand about 10 minutes.
5. Slice diagonally across the grain and serve with cabbage, carrots and onion.

Serves 8

Nutritional Information (Per Serving)

Calories: 374 **Protein:** 49 g **Sodium:** 1741 mg

Cholesterol: 103 mg **Fat:** 103 g

Carbohydrates: 15 g **Fat:** 11 g **Dietary Fiber:** 2.4 g



Ingredients

- ~ 4 pounds Certified Angus Beef fresh corned beef brisket with seasoning packet
- ~ 1 1-inch cinnamon stick
- ~ 2 bay leaves
- ~ 6 carrots, peeled and halved
- ~ 12 coriander seeds
- ~ 1 large head cabbage, cut into 8 wedges
- ~ 2 onions, halved and stuck with 2 cloves each
- ~ 12 peppercorns, crushed
- ~ 3 sprigs fresh parsley
- ~ 3 quarts water

Our Services

- Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Laser Nail / Wart Treatments
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis ... and more!

WHAT!?!?

YOU DON'T HAVE TO LIVE WITH HEEL PAIN?



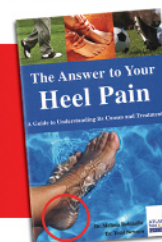
Do Your Feet Hurt Almost Every Morning When You Get Out of Bed?
 Is The Pain in the Morning Sometimes Sharp and Stabbing, but Lessens as you Begin to Move Around?
 Do You Find Yourself Limiting Your Activity Because You Know Your Feet Are Going to Start Hurting?

PAIN IS NOT SOMETHING YOU HAVE TO LIVE WITH
GET THE ANSWERS YOU NEED FOR

FREE!

Call 1-888-398-9525 or go to AtlanticFeet.com to request your copy of "The Answer To Your Heel Pain". In this book you'll get all the answers that you need to live the lifestyle you want.

The call is free and so is the book.



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