

>>>DECEMBER 2024<<<

Superior Foot & Ankle Care Center

IN THIS ISSUE

• Welcome To Our December Newsletter!

• Safeguarding Your Feet During Holiday Travel: Tips for Happy Travels

• Treat Your Feet: The Best Gifts for Comfort and Care at Home


• This Month in December

• Recipe of the Month: Holiday Roast & Healthy Gingerbread Latte

Welcome To Our December Newsletter!

Step into December with healthy feet! As we embrace the holiday season, it's easy to get caught up in the hustle and bustle – shopping, decorating, and attending festive gatherings. But don't forget to give your feet the care they deserve! This month, we're sharing tips to keep your feet happy during this season.

Last month with Thanksgiving was a perfect time to show gratitude. We celebrated our staff with a dinner at Wood & Salt Tavern in Bixby Knolls. We appreciate our staff's hard work in keeping the high standards of our office and giving quality care to our patients. We could not run an efficient office without them!







Dr. Foley is taking some time this month to travel and chase the Northern Lights in Alaska! The dark, clear nights provide the perfect backdrop to witness these dancing ribbons of green, purple, and gold.

Dr. Ornelas took her family to see Back to the Future at the Pantages theatre. The kids loved the bright lights of Hollywood and checking out the historic theatre!

We want to remind everyone of our December promotion. We are offering our **custom orthotics** for \$450 until the end of the year. For those patients that have received a pair of custom orthotics from our office within the past 6 months, a 2nd pair will be \$275. Hurry in before the end of the year as prices for both 1st and 2nd pairs of custom orthotics will increase in January.

Here's to a season filled with comfort, health, and joy!

Cheers!

-Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Safeguarding Your Feet During Holiday Travel: Tips for Happy Travels

Whether you're heading home for the holidays or exploring a new city, one thing's for sure: traveling is synonymous with this time of year! From planes and trains to long road trips, your feet will be working hard to help get you to your destination, so it's important they stay comfortable and protected during your travels.

Click Here to Read More

Treat Your Feet: The Best Gifts for Comfort and Care at Home

As we cozy up for the holiday season, it's the perfect time to think about treating ourselves (and our loved ones) to some self-care essentials—starting from the ground up! Our feet work hard for us every day, so why not give them a little extra love?

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MEET OUR DOCTORS

DR. VICTORIA M. FOLEY

DR. CONSTANCE ORNELAS

Read More Here

Happy Holidays

RECIPE OF THE MONTH

Holiday Roast

THIS JUICY ROAST IS A PERFECT CHOICE FOR YOUR SPECIAL MEAL!

INGREDIENTS

• 1 each bone-in holiday roast

• sea salt

• 3 cloves garlic

• 1 teaspoon rosemary

• 1 teaspoon sage

• 3 teaspoons thyme

• 2 tablespoons freshly ground black pepper

• 2 tablespoons olive oil

• 2 tablespoon butter

DIRECTIONS

1. Preheat oven to 450° F.

2. Place beef, fat side up, on a rimmed baking pan. Sprinkle with sea salt. In a food processor, pulse garlic, rosemary, sage, thyme, pepper, olive oil and butter until paste forms. Rub on top of beef. Roast beef for 15 minutes.

3. Reduce oven temperature to 325° F. Roast until meat thermometer inserted into center of beef registers 130° F for medium rare, about 40 minutes. Remove and transfer roast to platter. Let rest for 15 minutes and serve.

Recipe courtesy of [kroger.com](#)

Healthy Gingerbread Latte

THIS HEALTHY GINGERBREAD LATTE IS PALEO, REFINED SUGAR FREE + EASY TO MAKE WHOLESOMELY DELICIOUS + A MUCH HEALTHIER VERSION OF STARBUCKS HOLIDAY DRINK.

INGREDIENTS

• 1 1/2 cup almond milk

• 1/4 cup espresso (1-2 oz shot)

• 1/8 teaspoon cinnamon

• 1/8 teaspoon ground ginger

• sprinkle nutmeg

• 1 teaspoon molasses or maple syrup

DIRECTIONS

1. Warm almond milk in the microwave or stovetop until it is at your preferred temperature.

2. Whisk together almond milk, spices and molasses for approximately 30 seconds until everything is thoroughly combined. Pour into a mug + top with espresso.

For further instructions, including how to make this Keto, visit [thecleaneatingcouple.com](#)

THIS MONTH IN DECEMBER

INTERESTING DATES

DECEMBER