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DECEMBER 2025

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Superior Foot & Ankle Care Center

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Welcome To Our December Newsletter!

Happy Holidays from Our Podiatry Family to Yours!

As we wrap up 2025, our office is filled with gratitude, excitement, and plenty of holiday cheer. December is always a special time to reflect on the year behind us and celebrate the joys ahead.

Dr. Foley returned recently from a wonderful trip to the wine country of Portland, Oregon, where the crisp autumn air, rolling vineyards, and incredible local blends provided a refreshing start to the holiday season. Be sure to ask her about her favorite wineries—she's full of great recommendations!

Dr. Ornelas and her family send their warmest festive greetings to all of you. At home, the kids are finishing up their soccer seasons and counting down the days until Christmas. The energy is high, the decorations are up, and the excitement is contagious!

This month, we're also celebrating our amazing office staff with a holiday dinner at **A PCH Restaurant in Long Beach**. Their dedication and compassion are at the heart of our practice, and we're thrilled to honor them during this season of appreciation.

And as a special December treat, we're offering a **holiday promotion** on one of our patient favorites: **Extreme Rx CBD Muscle Rub – 2 for \$100 (regularly \$65 each)**.

It's the perfect time to stock up for yourself or pick up a thoughtful wellness gift for someone you

Wishing you and your family a joyful, peaceful, and healthy holiday season!

Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Managing Holiday Foot Pain

The holiday season is full of shopping, gatherings, and celebrations, but all the fun activities can really take a toll on your feet. Long hours standing in lines, walking through stores, or preparing for events often lead to sore heels and aching arches.

Click Here to Read More

Smart Holiday Gift Ideas for Foot Health

If you're looking for thoughtful, practical gifts this holiday season, why not give the gift of comfort? Our feet work hard every day, and a little extra care can go a long way, especially during the busy, cold winter months!

Click Here to Read More

New Treatment Spotlight:
No Wonder Wart Therapy

We are excited to introduce **No Wonder**, a highly effective new wart treatment now available in our office. *No Wonder* stands out thanks to its **patented delivery of nitric oxide**, a naturally occurring molecule proven to safely and effectively kill common viruses while supporting your body's natural healing process. This deeper, targeted action helps break down stubborn plantar warts more efficiently, giving patients a powerful at-home option to use between office visits.

If you or a loved one have been dealing with persistent warts, ask us whether **No Wonder** may be the right treatment for you!

MEET OUR DOCTORS

DR. VICTORIA M. FOLEY

DR. CONSTANCE ORNELAS

Read More Here

HAPPY HOLIDAYS
AND HAPPY NEW YEAR

RECIPES OF THE MONTH

SOFT GINGERBREAD COOKIES

Gluten-Free

Click Here for the Full Recipe

Recipe courtesy of [meaningfuldeals.com](#)

GOURMET HOT CHOCOLATE

Click Here for the Full Recipe

Recipe courtesy of [thefedupfoodie.com](#)

THIS MONTH IN DECEMBER

INTERESTING DATES

DECEMBER

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			

7 Pearl Harbor

14 Hanukkah begins

21 Winter Solstice

25 Christmas Day

26 Kwanzaa

31 New Year's Eve

HISTORICAL FACTS

★ December 3, 1967 – The first successful human heart transplant was performed by Dr. Christiaan Barnard in South Africa.

★ December 13, 1937 – Disney's Snow White and the Seven Dwarfs premiered in Los Angeles, the first full-length animated feature.

★ December 18, 1957 – First U.S. Satellite launch, The Explorer 1, marked the beginning of America's space exploration, leading to decades of scientific discovery.

★ December 24, 1923 – The first National Christmas Tree Lighting Ceremony in the U.S. was lit by President Calvin Coolidge, on the Ellipse, just south of the White House, as part of a public holiday celebration.

REQUEST AN APPOINTMENT TODAY!

Superior Foot & Ankle Care Center

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