

Superior Foot & Ankle Care Center



IN THIS ISSUE

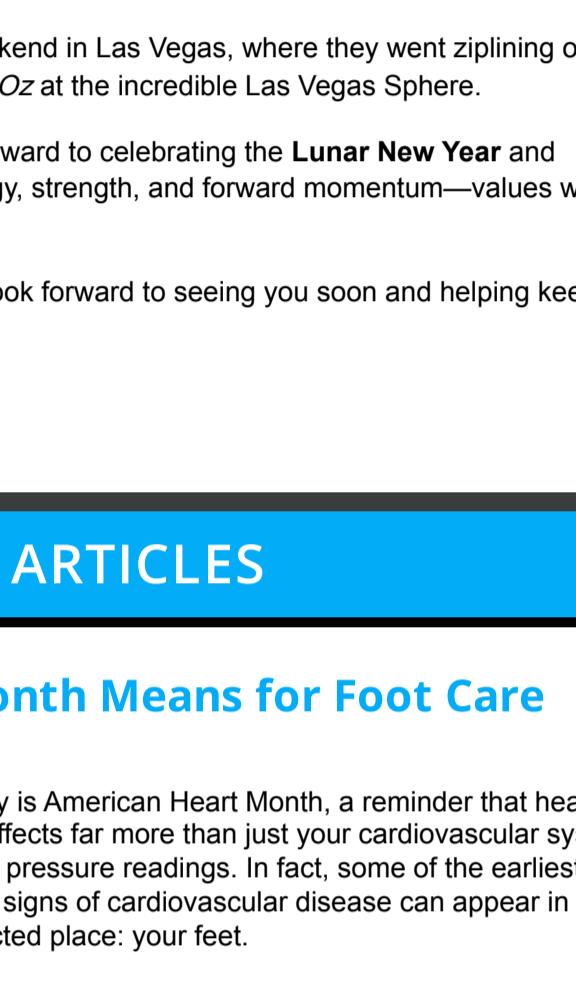
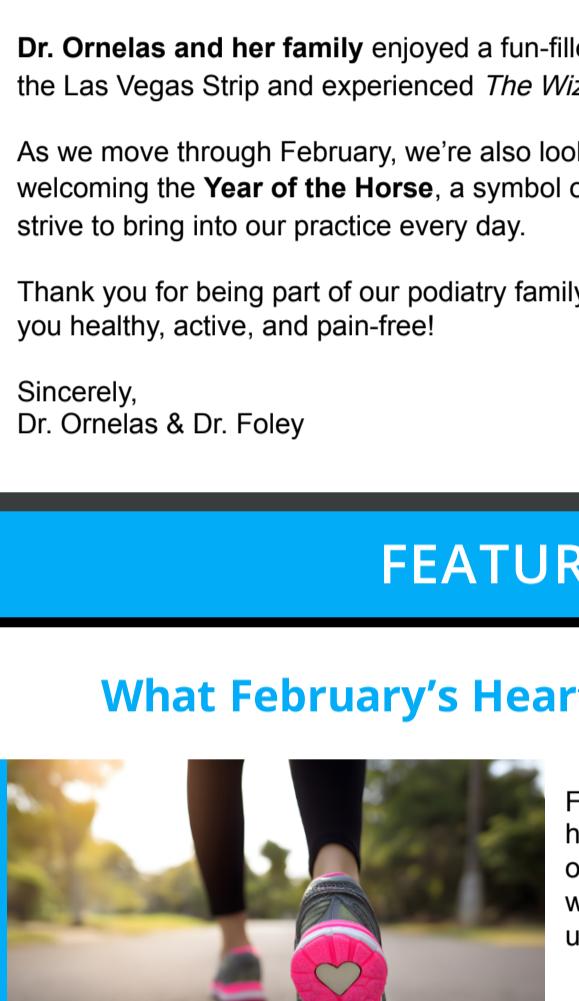
- Welcome To Our February Newsletter!
- What February's Heart Month Means for Foot Care
- 5 Foot Symptoms You Should Never Ignore
- Treatment Spotlight: No Wonder Wart Therapy
- This Month in February
- Recipes of the Month: The Original Marry Me Chicken

Welcome To Our February Newsletter!

February is off to a great start, and we're excited to share what's new in the office as we head into the heart of the year. With cooler mornings, busy schedules, and lots of time on our feet, this month is a perfect time to focus on foot health, pain relief, and preventative care.

We're also thrilled to offer some **special February promotions** designed to help you feel your best. Our **ExtremeRx CBD Muscle Rub** is a patient favorite for muscle aches, neuropathy discomfort, and arthritis-type pain. For a limited time, enjoy 2 **ExtremeRx CBD Muscle Rubs** for \$100 (regularly \$65 each). In addition, we're offering a **wart treatment package** that includes one **SWIFT** treatment plus the **NO Wonder foot soak** for \$325, a **\$50 savings**, making it easier than ever to tackle stubborn warts effectively.

You may notice a few changes around the office as well. We wish **Michelle** all the best as she returns to school to pursue her nursing degree—an exciting new chapter for her! At the same time, we're happy to welcome **Karla**, who has joined our team as a receptionist and looks forward to assisting you during your visits.



Outside the office, our doctors have been enjoying some well-deserved family time. **Dr. Foley** and **Tom** took advantage of a beautiful Laguna Beach staycation, soaking in the sunshine, beach walks, and stunning sunsets.

Dr. Ornelas and her family enjoyed a fun-filled weekend in Las Vegas, where they went ziplining over the Las Vegas Strip and experienced *The Wizard of Oz* at the incredible Las Vegas Sphere.

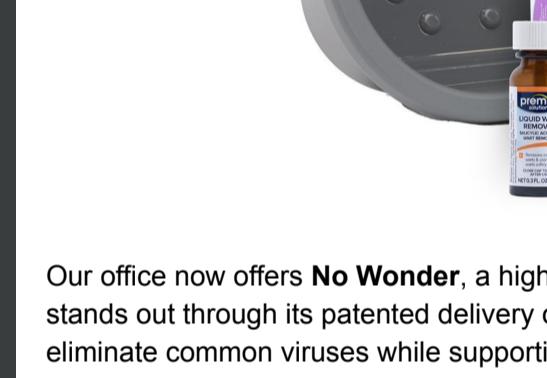
As we move through February, we're also looking forward to celebrating the **Lunar New Year** and welcoming the **Year of the Horse**, a symbol of energy, strength, and forward momentum—values we strive to bring into our practice every day.

Thank you for being part of our podiatry family. We look forward to seeing you soon and helping keep you healthy, active, and pain-free!

Sincerely,
Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

What February's Heart Month Means for Foot Care



February is American Heart Month, a reminder that heart health affects far more than just your cardiovascular system or blood pressure readings. In fact, some of the earliest warning signs of cardiovascular disease can appear in an unexpected place: your feet.

[Click Here to Read More](#)

5 Foot Symptoms You Should Never Ignore

Your feet are with you every step of the way, yet they're often the most overlooked part of your body. While a little soreness after a long day may seem normal, certain foot symptoms shouldn't be brushed aside. In some cases, what's happening in your feet can reveal early warning signs of broader health issues that affect your mobility and overall well-being.

[Click Here to Read More](#)



Treatment Spotlight: No Wonder Wart Therapy

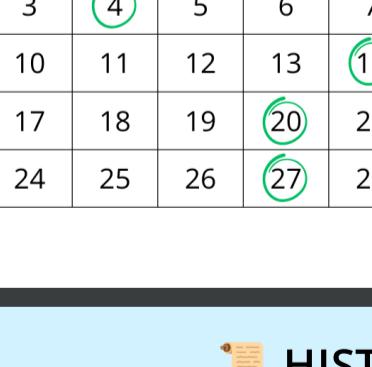


Our office now offers **No Wonder**, a highly effective solution for clearing stubborn warts. This therapy stands out through its patented delivery of **nitric oxide**, a naturally occurring molecule proven to safely eliminate common viruses while supporting your body's natural healing process.

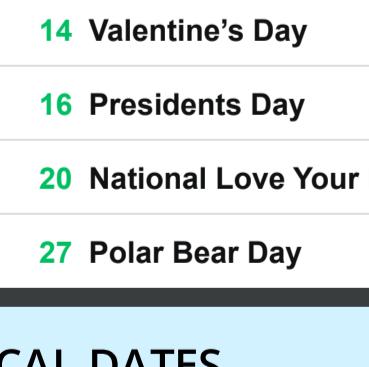
By providing deeper, targeted action, **No Wonder** breaks down persistent plantar warts more efficiently. It serves as a powerful at-home option to accelerate your progress between office visits.

Ready for relief? If you or a loved one are dealing with persistent warts, ask our team if No Wonder is the right fit for your treatment plan!

MEET OUR DOCTORS

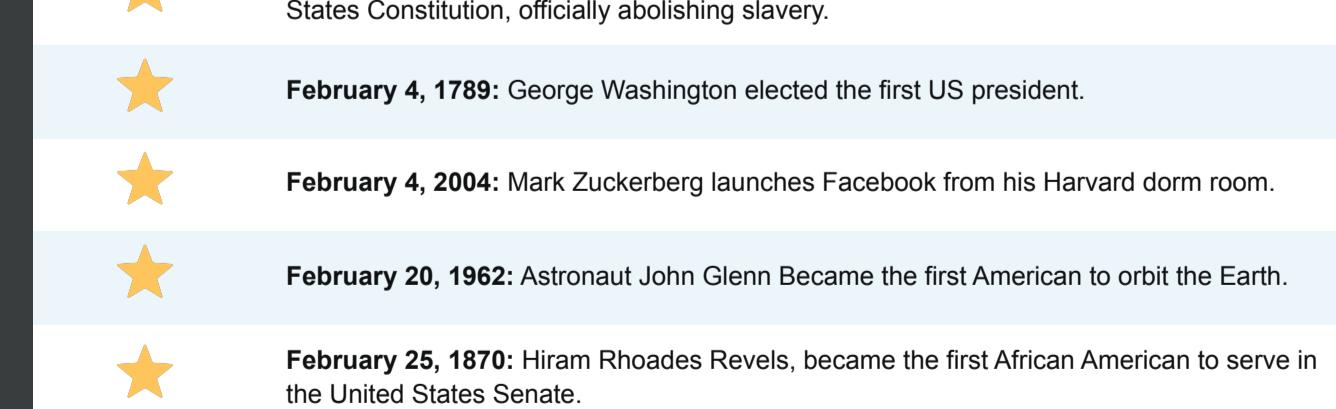


DR. VICTORIA M. FOLEY

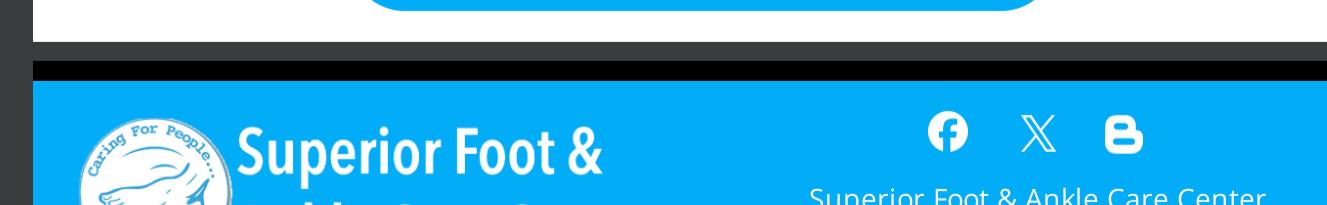


DR. CONSTANCE ORNELAS

[Read More Here](#)



RECIPES OF THE MONTH



[Click Here for the Full Recipe](#)

Recipe courtesy of [delish.com](#)

THIS MONTH IN FEBRUARY

INTERESTING DATES

FEBRUARY

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

2 Groundhog Day

4 World Cancer Day

8 Super Bowl Sunday

14 Valentine's Day

16 Presidents Day

20 National Love Your Pet Day

27 Polar Bear Day

HISTORICAL DATES

February 1, 1865: President Abraham Lincoln signed the 13th Amendment to the United States Constitution, officially abolishing slavery.

February 4, 1789: George Washington was elected the first US president.

February 4, 2004: Mark Zuckerberg launches Facebook from his Harvard dorm room.

February 20, 1962: Astronaut John Glenn Became the first American to orbit the Earth.

February 25, 1870: Hiram Rhodes Revels, became the first African American to serve in the United States Senate.

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[Click Here for the Full Recipe](#)

Recipe courtesy of [delish.com](#)

REQUEST AN APPOINTMENT TODAY!

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