



Newsletter

January 2024

Here for Your Enjoyment Our Monthly Newsletter

Multiple Pulitzer Prize-winning authors and highly sought-after editors were tasked with creating this masterpiece of literature. Even before we sent it to you, a trophy from the National Newsletter Society of the World (NNSW) was awarded to those associated with the project amid hails of "BRAVO" and "Encore".

We here at **Pueblo Ankle and Foot Care** amazed ourselves at how hilarious the joke of the month is. Five-star restaurants are petitioning for the rights to the recipe of the month. Following the festivities, a hush fell over the office as our TEAM collectively pressed the "Enter" key on the computer sending this newsletter to your inbox for your reading pleasure. It truly has been an amazing experience getting this newsletter to you, and we hope you enjoy reading it as much as we enjoyed making it!

In this Issue...

- 4 Easy Exercises For Flexing Your Feet
- From Our YouTube Channel: Dr. Marble discusses fungal toenail laser treatment
- Start Off on the Right Foot: 5 Problems to Prevent with Regular Screenings
- Deal of the Month
- Recipe of the Month: Egg Drop Soup

I was a patient here 6 years ago. It was a very positive experience then, so when I had issues again I didn't hesitate to get in to be seen. I always prefer the Pueblo West office for convenience. The new place is very nice, clean & inviting. Dr Marble was again very kind & thorough. He is sympathetic and covers everything in detail. I have total confidence in him. And his M.A. is amazing as well!!! - S.G.



4 Easy Exercises For Flexing Your Feet



Peloton, Orange Theory, High-Intensity Interval Training...sometimes, it seems like there's a never-ending stream of workout fads to follow. Yet there's one aspect of exercise that often gets forgotten: fitness for your feet! How's one supposed to stretch, flex, and strain the feet like the rest of the body?

[Click Here to Read More](#)

From Our YouTube Channel:

Dr. Marble discusses fungal toenail laser treatment



Start Off on the Right Foot: 5 Problems to Prevent with Regular Screenings

We spend a lot of time glued to screens these days, but we don't spend enough time getting health care screenings. And because our feet spend all their time carrying us around, we owe them a bit of maintenance to prevent the pains of wear and tear.

[Click Here to Read More](#)



JANUARY DEAL OF THE MONTH

3 Laser Nail Treatments

25% OFF

Laser Treatment is a safe and effective procedure used to kill fungus in and around your nail bed.

Initial Doctor evaluation required before treatment.

hello WINTER

Recipe of the Month

Egg Drop Soup

This homemade egg drop soup is a thick and savory chicken soup swirling with egg ribbons. Quick and easy to make in just 15 minutes, and always tastes so cozy and comforting.



Ingredients:

- 4 cups of chicken or vegetable stock
- 2 tablespoons cornstarch
- 2 teaspoons ground ginger
- 1 teaspoon garlic powder
- 1/8 teaspoon white pepper
- 3 large eggs
- 1 teaspoon toasted sesame oil
- Fine sea salt and black pepper, to taste
- Thinly sliced green onions, for garnish

Instructions:

- 1 Make the broth:** Whisk together the stock, cornstarch, ginger, garlic powder, and white pepper in a medium saucepan until smooth. Cook over high heat until the stock comes to a simmer, stirring occasionally.
- 2 Whisk the eggs:** Meanwhile, whisk together the eggs in a small measuring cup or bowl.
- 3 Stir in the egg ribbons:** Once the broth reaches a simmer, use a whisk or two chopsticks to stir the broth in a circular motion, creating a whirlpool. Then slowly pour the whisked eggs in a very thin stream into the soup as you continue stirring, create egg ribbons.
- 4 Season:** Remove the pan from the heat. Stir in the sesame oil until combined. Season with salt and additional white pepper to taste, also adding a dash or two of extra sesame oil if needed.
- 5 Serve:** Serve immediately, garnished with lots of green onions and a twist of black pepper

Recipe courtesy of gimmesomeeven.com/egg-drop-soup

History Footnotes for January

- Abraham Lincoln issued the Emancipation Proclamation in 1863 announcing "that all persons held as slaves" shall be free.
- In 1908, the first New Year's ball dropped in New York City, welcoming the new year.
- Ellis Island opened on January 1, 1892, allowing more than 20 million immigrants to enter the United States.
- Martin Luther King Jr. Day is celebrated on the third Monday of January each year. MLK Day was officially established in 1986, long after attempts at honoring King started soon after his death in 1968.

Fun things to celebrate in January

January 1 Emancipation Proclamation	January 15 Martin Luther King's Birthday
January 2 National Science Fiction Day	January 22 Celebration of Life Day
January 4 World Braille Day and National Spaghetti Day	January 26 National Fun at Work Day
January 14 National Dress Up Your Pet Day	January 27 International Holocaust Remembrance Day

Trivia

When did Alaska become the 49th state in the United States?

- A.** January 25, 1958
- B.** January 3, 1959
- C.** January 4, 1960
- D.** January 10, 1959

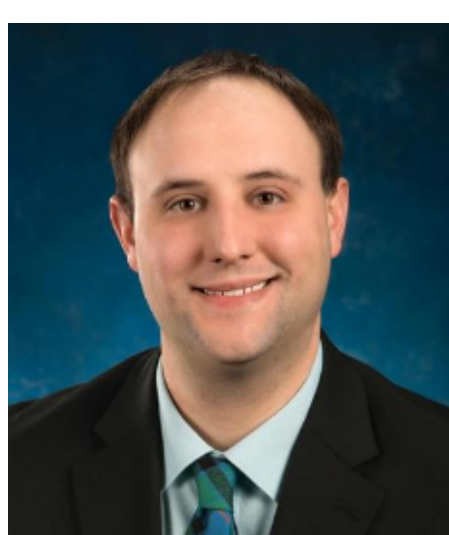
Answer: B

Joke

Why do birds fly south for the winter?

Answer: Because it's too far to walk.

Meet Our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Sarah Thompson, DPM

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Need More info?

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