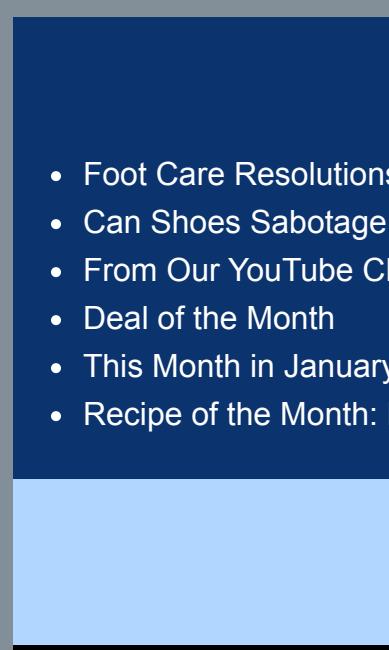




## Step Into Better Foot Health - Every Month!



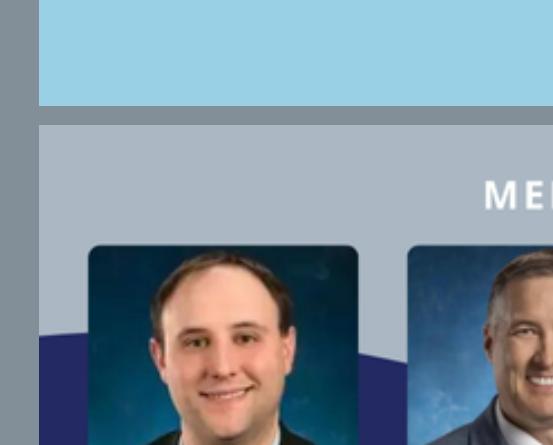
Pueblo Ankle & Foot Care is your monthly source for tips, news, and expert care. Check out our latest Newsletter!

### IN THIS ISSUE

- Foot Care Resolutions for 2026
- Can Shoes Sabotage Your Fitness Goals?
- From Our YouTube Channel: Fungal toenail laser treatment
- Deal of the Month
- This Month in January
- Recipe of the Month: High Protein Breakfast Sandwiches

### FEATURED ARTICLES

#### Foot Care Resolutions for 2026



A new year brings fresh motivation to take better care of your health, and your feet are a great place to start. They support every step you take, yet many people overlook foot health until something hurts.

[Click Here to Read More](#)

#### Can Shoes Sabotage Your Fitness Goals?

New year, new motivation, which often means a renewed commitment to fitness. Whether you're walking more, hitting the gym, or training for your first 5K, the right shoes can make or break your progress.

[Click Here to Read More](#)



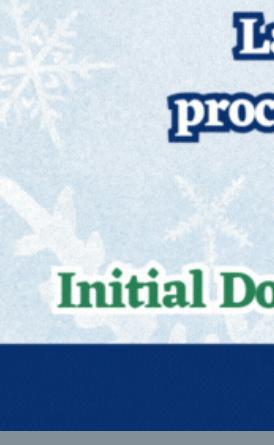
### GOOGLE REVIEW



Dr. Kite is an exceptionally skilled doctor/surgeon. He gives all options with pros and cons and answers any and all questions. He is also quite friendly and a pleasure to work with while going through the medical process.

- C.C.

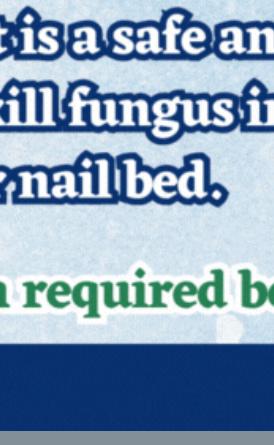
### MEET OUR DOCTORS



ERIC LEWIS, DPM



BENJAMIN K. MARBLE, DPM



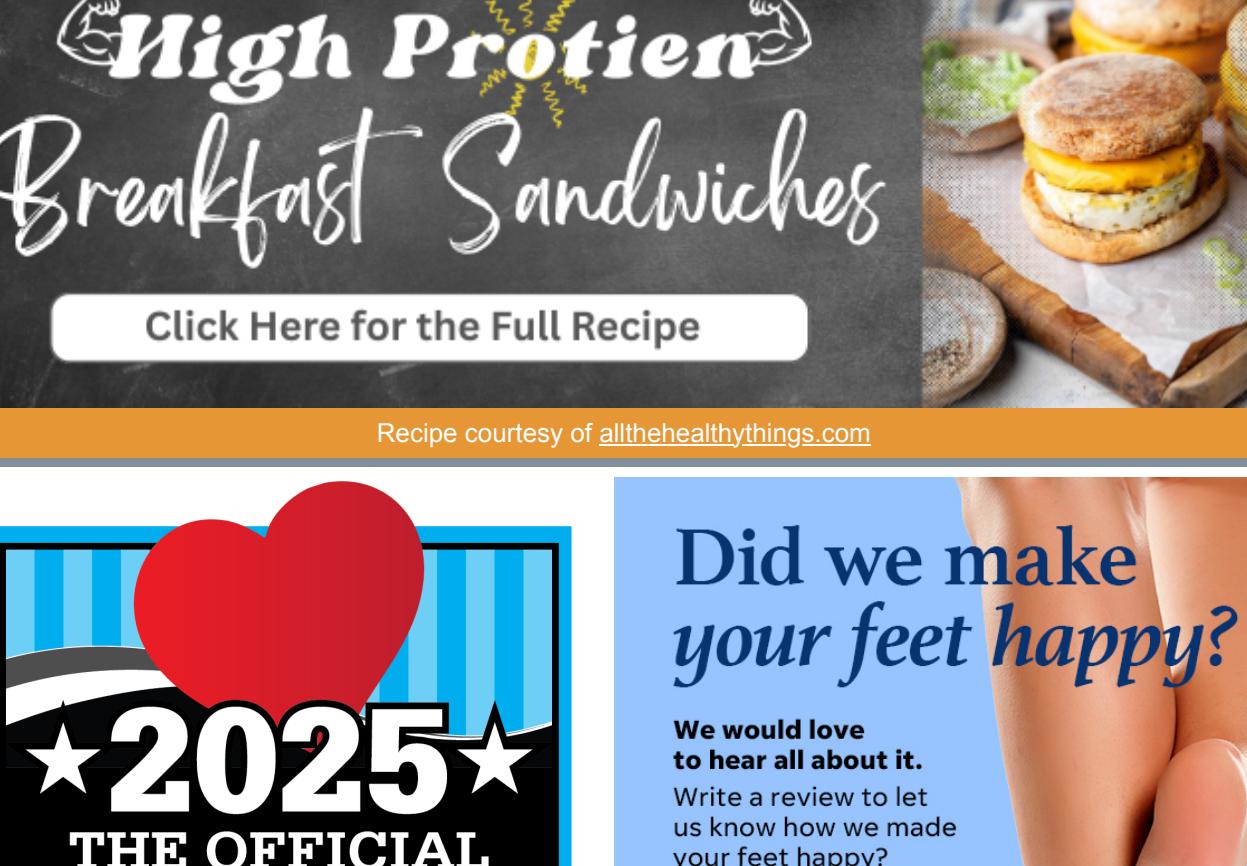
SARAH THOMPSON, DPM



STEWART KITE, DPM

[Read More Here](#)

#### From Our YouTube Channel: Fungal toenail laser treatment



### JANUARY DEAL OF THE MONTH

#### 3 Laser Nail Treatments

**25% OFF**

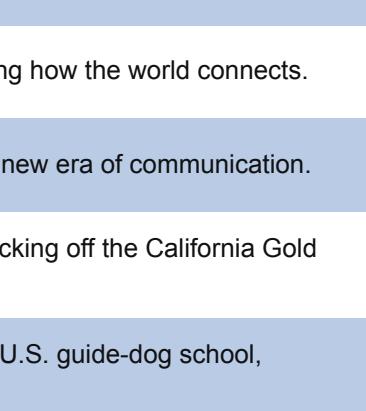
Laser Treatment is a safe and effective procedure used to kill fungus in and around your nail bed.

Initial Doctor evaluation required before treatment.

### RECIPES OF THE MONTH

#### High Protein Breakfast Sandwiches

[Click Here for the Full Recipe](#)



Recipe courtesy of [allthehealthythings.com](#)



We would love to hear all about it.

Write a review to let us know how we made your feet happy?

[CLICK HERE](#)

Surgeons care utilizing evidence based and therapies for all ankle and foot ailments.

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