

FEATURED ARTICLES

Start the Year on the Right Foot: **Resolutions for Healthier Feet in 2025**



As the new year begins, many of us make resolutions to improve our health and well-being. While fitness goals, healthier eating habits, and stress management often top the list, it's easy to overlook one of the most important parts of our body: our feet!

Click Here to Read More

5 Easy Exercises to Improve Foot Strength and Flexibility

New year, new exercise routines! Many of us are revamping our fitness goals as we step into 2025, but oftentimes, our feet are left out of the equation. Read on for five easy exercises to improve foot strength and flexibility so you can start the new year off right!

Click Here to Read More



MEET OUR DOCTOR



STAVROS ALEXOPOULOS, D.P.M.

Read More Here

Don't Let Your Foot Pain Keep You From Enjoying Life! Call us today for your appointment (773) 561-8100



RECIPE OF THE MONTH

Healthy Detox Soup

This easy, healthy soup recipe makes the best detox soup! It's comforting, flavorful, low carb, & loaded with healthy veggies & chicken.

Ingredients:

- 2 tbsp olive oil
- 1 medium onion (diced) • 3 cloves garlic (minced)
- 1 tsp fresh ginger (minced) • 1/2 cup bell peppers (diced)
- 1 tsp italian seasoning (optional) 1/4 tsp red pepper flakes (optional)
- 1 tsp sea salt 1/2 tsp black pepper
- 1 lbs boneless skinless chicken breasts 6 cups chicken broth, reduced sodium
- 1 cup broccoli (cut into florets) 1 cup cauliflower (cut into florets)
- 2 tbsp lemon juice

Directions:

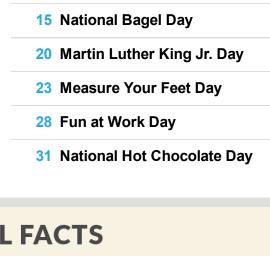
- 1. Heat the olive oil in a Dutch oven over medium-high heat. 2. Add the onion, garlic, and ginger. Sauté for 3-4 minutes until the garlic is
- fragrant and the onions are translucent. 3. Add the bell peppers, Italian seasoning, red pepper flakes, sea salt, and
- black pepper. Cook for 3 more minutes. 4. Add the chicken breasts and chicken broth. Simmer for 20 minutes. 5. Remove the chicken breasts from the pot and shred using two forks.
- Add the shredded chicken back to the pot. 6. Add the broccoli and cauliflower florets. Simmer for 10 more minutes,
- until the cauliflower and broccoli are tender. 7. Remove from heat. Stir in the lemon juice.
- Recipe Courtesy of wholesomeyum.com

THIS MONTH IN JANUARY

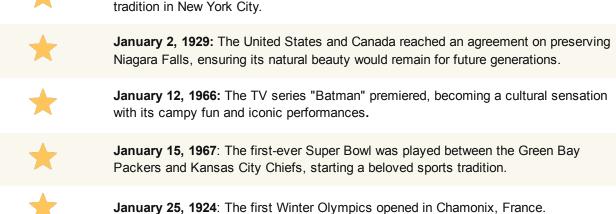
INTERESTING DATES

JANUARY 1 New Year's Day





January 1, 1908: The Times Square Ball Drop became an annual New Year's Eve







2740 West Foster Ave. Suite #107

Chicago, IL 60625

← X B

Phone: 773-561-8100

Need more info?

Our Office

Mon: 9:00 am – 5:00 pm Tues: 9:00 am – 5:00 pm Wed: 9:00 am – 5:00 pm

Thurs: 9:00 am – 5:00 pm Fri: 9:00 am – 1:00 pm Sat: 8:00 am – 1:00 pm Sun: Closed CONTACT US →

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

