



# FREELAND Foot & Ankle CLINIC



## Causes of Dry and Cracked Heels

- Lack of Vitamins: vitamin B,E,C, & Zinc
- Fungal Infections: athlete's foot can cause dry & itchy skin
- Compromised moisture barrier
- Walking Barefoot: can cause cracked heels
- Circulation Issues: may lead to dry skin & even ulcers
- Eczema: causes red, inflamed, & itchy skin

## Foods rich in vitamins

### Vitamin E:

Salmon

Avocado

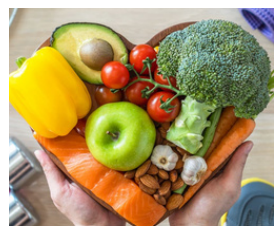
Mango

### Vitamin C:

Bell Peppers

Oranges

Kale



### Pro-tip

**Foot-Soaking** can help cracked heels

### Must Try!

**TOLCYLEN Daily Micro Cleansing Foot Soak** to help repair skin's moisture barrier

10% OFF



## Deal of the month:

## TOLCYLEN

### Good for:

- eczema
- dermatitis
- athlete's foot
- cracked feet
- hyperhidrosis



## 📍 Scottsdale, AZ

The team had a great time at the **Top Practices Marketing & Management Summit!**

Before we left, we checked out the Historic **Old Town** in Scottsdale and the **Botanical Gardens** in Phoenix!



### Pumpkin Cream Cold Brew Foam

#### Ingredients:

- 1 c heavy whipping cream
- 2 tbs pumpkin puree
- 2.5 tbs powdered sugar
- 1 tsp vanilla extract
- 1/2 tsp pumpkin pie spice

#### Instructions:

1. Combine ingredients in bowl
2. Use whisk or hand mixer to whip up mixture until fluffy
3. Pour over iced cold brew drink and **enjoy!**

## Staff Spotlight



FREELAND  
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