

CrossBay Foot Care Center

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Newsletter April 2018

www.crossbayfootcarecenter.com

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Kill All Nail Fungus and Get Clean Toenails with Laser Treatment



A nail fungus infection can be embarrassing and painful for many people. Nail fungus is extremely contagious and often hard to kill with slower treatments. In 15 minutes, a laser nail fungus treatment is able to kill the pathogens that create "thick ugly nails".

Topical treatments often don't work when trying to cure nail fungus because of how contagious and active this fungus is. A fungus can live in socks, shoes and in bed sheets and jump from toe to toe and foot to foot. A topical medication kills some fungus, but this fungus can just continue to grow and spread when treatment is done slowly. A slow treatment allows for the transfer of fungus, from items like bed sheets, onto feet.

A fast laser treatment will kill nail fungus right away. Afterwards, sheets, socks, and shoes can be washed and sanitized so that it is virtually impossible to get another outbreak of nail fungus. Using a laser, as opposed to topical treatments alone, will get a greater improvement in the look and color of toenails. During your visit, we will go over the best ways to sanitize your things in order to prevent another infection.

Safe, Painless Treatment

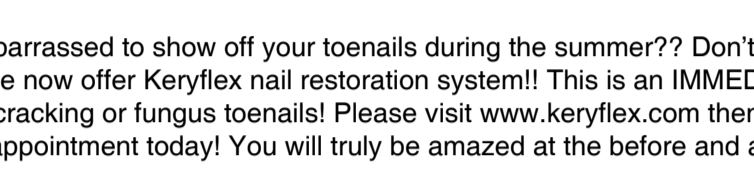
As a podiatrist, I help my patients everyday by curing nail fungus that has plagued them for months, even years. With modern medicine, it is simple, painless, and easy to kill nail fungus. The first thing to do is come in and schedule a consultation with me, Dr. Weinstock. We will discuss all your options for killing nail fungus and how the Laser works to kill the fungus. Funguses are vigilant, and in order to counter it's will to survive, we need an equally strong persistence. For severe conditions, I recommend a "Triple Play" treatment that includes laser treatment plus daily application of topical antifungal medication and a low dose treatment of oral antifungal medication.

After this treatment, you will be able to show off your feet again, wear sandals when you want, and go barefoot without ever feeling embarrassed. You deserve healthy, clean feet and there is a simple solution to this problem.

Call (718) 835-0100 and schedule your consultation.

Cosmetic Corner

****NOW OFFERING****



Are you embarrassed to show off your toenails during the summer?? Don't hide them anymore! We now offer Keryflex nail restoration system!! This is an IMMEDIATE fix to discolored, cracking or fungus toenails! Please visit www.keryflex.com then call and make your appointment today! You will truly be amazed at the before and after pictures.



Prolozone Therapy - Free Yourself from Chronic Pain



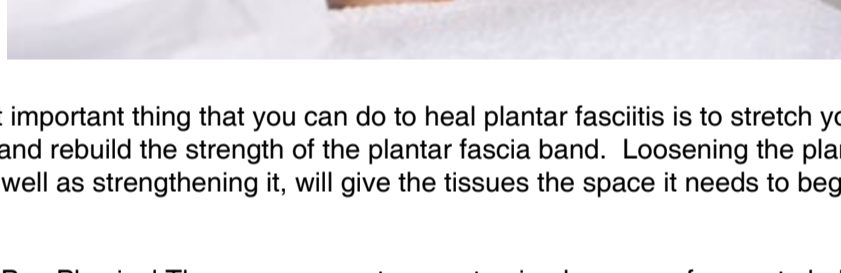
Prolozone Therapy is a treatment for chronic pain. It is natural, non-surgical, and healthy. Ozone is an energized form of oxygen, the second most powerful sterilizer in the world used to destroy viruses and bacteria. Most people know ozone in regards to the "ozone layer" that circles the earth. Ozone (O3) has one extra atom of oxygen than the normal two atoms that we breathe. In short, this natural compound is used throughout nature and benefits mankind.

If you or someone you love is suffering from severe joint arthritis in the back, shoulder, hip, knee or foot; Ozone Prolotherapy with Stem Cell Therapy can improve and possibly cure the chronic painful joint condition. Ozone Prolozone with Stem Cell Therapy stops the constant pain/inflammation cycle and repairs these partially torn ligaments and damaged joints and also improves the circulation allowing for increased transmission of nutrition and hydration to damaged tissues. In this new environment, the injured joint has a much better chance of healing.

Dr. Benjamin Bieber, who has been in practice for greater than three decades, is an expert in Non-Surgical Stem Cell therapies that include Non-Controversial Stem Cell Therapy, Umbilical Cord Tissue, Platelet Rich Plasma and Ozone Prolozone Therapy. Many of our patients have greatly benefited from these noninvasive procedures. You or your loved one can benefit from these non-surgical treatments effective at healing a wide range of injuries that once needed surgery.

I am confident that I can find a treatment that will give you success in healing your injury, relieve your pain, and provide you with normal, pain-free movement. Contact me, Dr. Bieber, today for an in-office or phone consultation at (718) 835-0754.

The Keys to Overcoming Plantar Fasciitis



The most important thing that you can do to heal plantar fasciitis is to stretch your calf muscles and rebuild the strength of the plantar fascia band. Loosening the plantar fascia band, as well as strengthening it, will give the tissues the space it needs to begin healing.

At Cross Bay Physical Therapy, we create a customized program for you to help you cure plantar fasciitis. This includes a plan to stretch and strengthen your calf muscles as well as stretch and strengthen your plantar fascia band. We also perform massage techniques to break up any current scar tissue.

Often seen in chronic plantar fasciitis is a small tear in the plantar fascia band, making this injury difficult to heal. Sometimes, when physical therapy fails to be effective, it is because a tear in the plantar fascia band is not healing. The daily movements of the body keep the small tear intact. For this, we recommend Platelet Rich Plasma Therapy or PRP Therapy to repair the small tear and following with physical therapy.

Correct Footwear and Custom Made Orthotics

Another important aspect of healing plantar fasciitis is wearing the correct footwear and custom made orthotics. You need footwear and custom made orthotics that are comfortable all day and will give your feet the support it needs to heal. This has much to do with the shape of your feet and you will need to buy shoes that match the style of your feet.

If you have high-arched feet, you need shoes and sneakers that are good for high-arched feet. If you have flat feet, you need shoes and sneakers that are good for flat feet. Many people buy shoes without being aware that different shoes are made for different shapes of feet. You must buy shoes that are made for your specific foot shape, whether they are flat or have a high arch.

Further, custom orthotics made by a podiatrist are extremely beneficial to healing plantar fasciitis. They provide the maximum amount of support while walking, relieving stress on your feet, and allowing the plantar fascia band to heal faster.

A physical therapy program is to help you loosen and strengthen your plantar fascia band consistently, which allows the cell tissue to heal quickly. This problem can be quickly overcome with the right guidance.

Call (718) 835-0084 and schedule your initial evaluation.

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Recipe of the Month Beet and Goat Cheese Arugula Salad



This gourmet salad has colors, flavors, and textures that will complement most any meal and will become a staple for any family gathering or special occasion.

Ingredients

- 1/4 cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

Directions

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

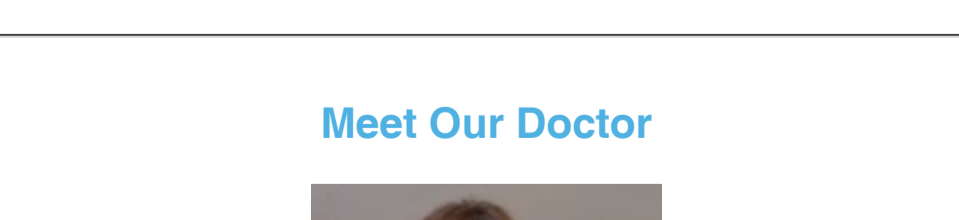
Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.

Recipe courtesy of [Giada De Laurentiis](#)

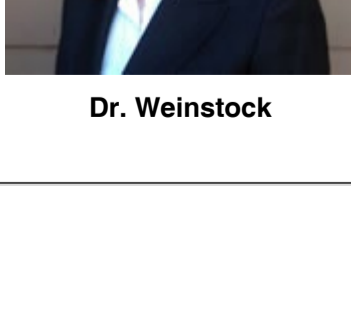
Foot Funnies

😄 It's easy to learn podiatry – the manuals all have footnotes.

Follow us...



Meet Our Doctor



Dr. Weinstock

Our Office

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(718) 843-2233 - Fax
(646) 401-3563 - For after hour emergencies

Office Hours

8:30 am to 7:00 pm

Doctor Hours

Mon: 10:00 am to 6:00 pm
Tue: 1:00 pm to 6:00 pm
Wed: 10:00 am to 6:00 pm
Thu: 9:30 am to 5:00 pm
Fri: By appointment

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