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FEATURED ARTICLES

**Why Heel Pain Gets Worse in Summer
(And What to Do About It)**



Summer makes us want to kick off our shoes and enjoy the freedom of flip flops, sandals, and going barefoot. But if you've ever noticed your heel pain creeping back (or getting worse) this time of year, you're not imagining it. In fact, summer habits are one of the biggest reasons patients experience a flare-up in heel pain.

[Click Here to Read More](#)

Propet & Anodyne Shoe Store


If your feet are hurting this spring, it's important to find out why by consulting a professional. Make an appointment with your podiatrist to get to the root cause of your foot pain and identify the appropriate treatment. Get properly fitted in our Propet & Anodyne Shoe Store. The wrong size shoe or boot is not good for your feet and stability when walking.

Treat yourself to shoes that are great for your feet! We now offer a large selection of our new fashion-forward Propet & Anodyne shoe lines. Propet & Anodyne offer a great selection of shoes, boots, and hiking boots

Sizes to accommodate everyone include:

Men's: 7-18 up to 5E wide | **Women's:** 6-14 Narrow-4E wide | **Children's:** 5C-4Y

[Watch our video below!](#)



[I Need New Shoes!](#)

Do You Really Need a Summer Foot Checkup?

Summer tends to sneak up on us. One minute you're in sneakers and socks, and the next, your feet are front and center in sandals, at the pool, or on the beach. It's also the time of year when we're more active, more social, and, whether we realize it or not, putting a lot more stress on our feet.




[Click Here to Read More](#)

Advanced Organic SPA

Advanced Organic Skin Care Suite

Providing custom 100% organic facials. Total relaxation in our beautiful private skin care suite with our esthetician using our 100% organic product line.




Enjoy expert care at our newly renovated Advanced Organic Spa with Michelle, our licensed esthetician with over **15 years of patient care** experience. She exclusively uses doctor-formulated, organic products proudly made in the USA. These treatments are provided in one of our **three dedicated spa rooms**. For our manicures and pedicures, we use only the very best, 100% organic, products, designed to nourish and repair. Doctor-formulated Dr.'s Remedy nail polish is vegan, breathable, and enriched with lavender, garlic, vitamins, wheat protein, ginseng, grape seed oil, tea tree oil, and more.

It is free from formaldehyde, toluene, camphor, parabens, and all the harmful chemicals in everyday nail polish and is animal cruelty-free!!

All tools are sterilized to surgical standards and all equipment is sterilized in between each client, avoiding any chance of contamination.

Our esthetician, Michelle, has also been providing reflexology for over 20 years, helping people heal mind, body, and spirit. Michelle uses essential oils, customizing treatments for each client.




Our belief is organic healing for mind, body & spirit.

**Receive a gift with every gift card purchase
Look forward to seeing you!**

[BOOK MY TREATMENT](#)


MEET OUR DOCTOR



PAUL BETSCHART, DPM

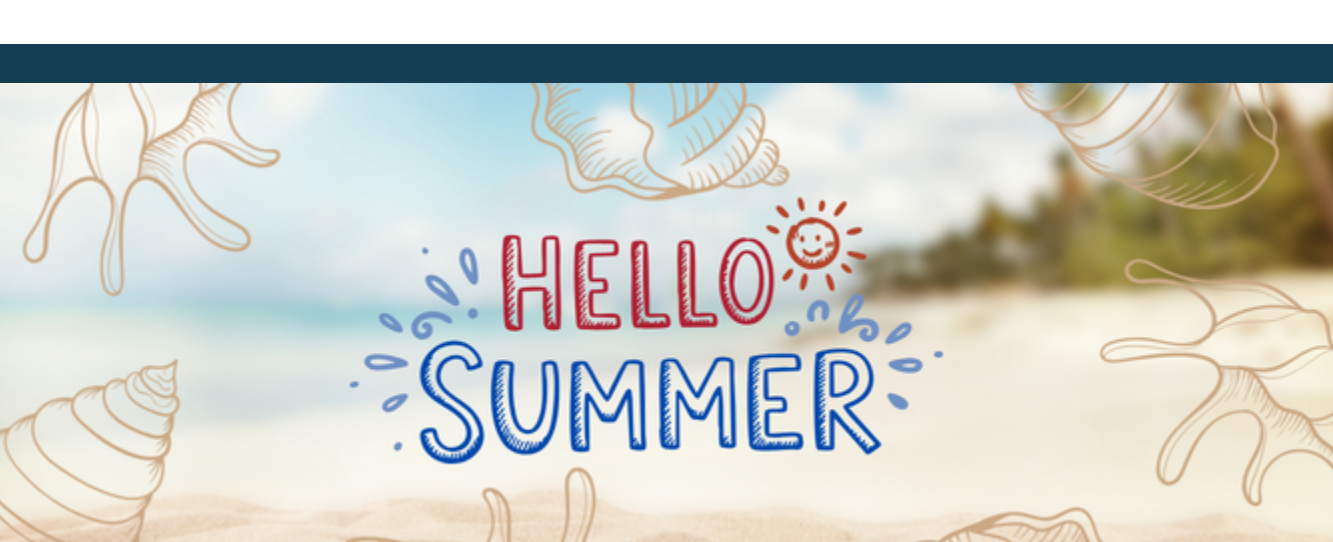
[Read More Here](#)

Check out Dr. Betschart's Foot Books!



Dr. Betschart authored this recently released book and all profits will go to charity.

[Click Here to Purchase Your Book.](#)



RECIPE OF THE MONTH

Lemon Herb Pasta Salad



[Click Here for the Full Recipe](#)

Recipe courtesy of pinchofyum.com

YOUR JUNE CALENDAR HIGHLIGHTS



June 1 – National Cancer Survivors Day: This day honors the 18+ million survivors in the U.S. and celebrates life, resilience, and milestones.

June 1 – 30 - Pride Month: The original 1978 rainbow flag symbolizing life (red), healing (orange), sunlight (yellow), nature (green), serenity/art (blue/turquoise), and spirit (violet).

June 6 – D Day, WWII: Theodore Roosevelt Jr., son of U.S. President Teddy Roosevelt, was the only general in the first wave, landing at Utah Beach at age 56.

June 7 – National Trails Day: There are over 1.069 million miles of trails in the U.S.

June 19 – Juneteenth: It is also known as Freedom Day, Jubilee Day, Cel-Liberation Day, and Emancipation Day.

June 20 – Summer Solstice: The solstice is a precise moment in time, not the whole day, marking when the sun is at its furthest northern point.

June 21 - Father's Day: The oldest known Father's Day message is over 4,000 years old, carved in clay by a Babylonian boy named Elmesu to wish his father health and long life.

Our Office
Advanced Foot and Ankle Center
57 North St. Suite 108
Danbury, CT 06810
(203) 791-0466

Mon 9:00 am - 6:00 pm
Tues 8:00 am - 5:00 pm
Wed 8:00 am - 5:00 pm
Thurs 9:00 am - 6:00 pm
Fri 8:00 am - 1:00 pm
Sat Closed
Sun Closed

[BOOK MY APPOINTMENT!](#)

www.DanburyPodiatrist.com

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