

Healthy Feet News

Trinity Foot Center • April 2026

Spring Into Beautiful Feet!

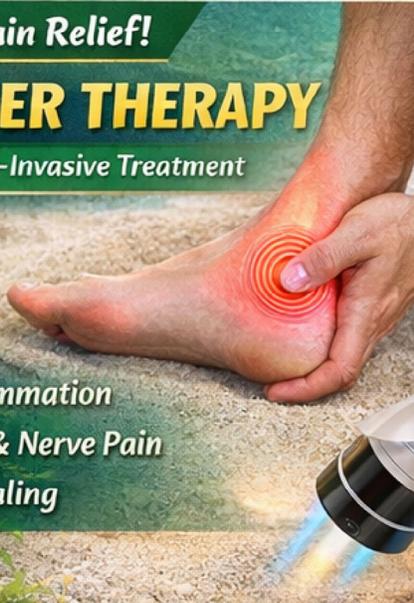
Pain Relief & Toenail Restoration



Advanced Pain Relief!

MLS LASER THERAPY

Drug-Free, Non-Invasive Treatment



- Reduces Inflammation
- Relieves Heel & Nerve Pain
- Speeds Up Healing

NEW! SHOW OFF YOUR TOES AGAIN!

Introducing
KERYFLEX[®]
Nail Restoration



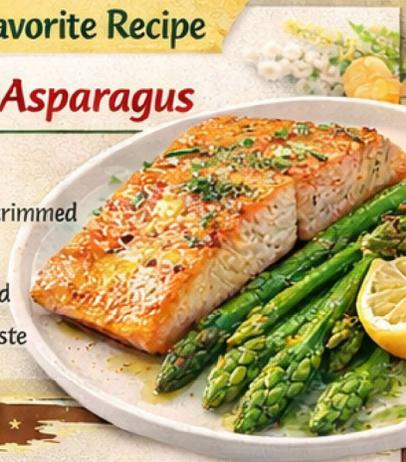
- Transform Ugly, Fungal, or Damaged Toenails in Just Minutes!
- Looks Natural Instantly!
- Perfect for Sandal Season!



Dr. Brandy's Favorite Recipe

Salmon with Asparagus

- 2 salmon fillets
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- 2 garlic cloves, minced
- Salt and pepper to taste



INGREDIENTS *

- Preheat oven to 400°C (200°C).
- Place salmon and asparagus on a baking sheet. Drizzle olive oil over salmon and asparagus, sprinkle garlic, salt and pepper.
- Bake for 12-15 minutes until the salmon is cooked through. Finish with a squeeze of lemon.

April Foot Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
April 7 World Health Day Take a Walk!				6
9 	17 	13	18 	
April 12 Check Your Shoes!	April 16 Stretch Your Feet	22 	22 Go Outside	30

Call Today! (972) 293-9650



**Call Today To Get
Your Feet Sandal-Ready!**

Trinity Foot Center

Dr. Lisa Brandy, DPM

www.TrinityFootCenter.com