



Coastal Podiatry Associates



May's Must-Reads: Foot Health Tips + Seasonal Eats!

With warmer weather finally here, May is the perfect time to give your feet a little extra love. In this month's newsletter, we're diving into the barefoot trend, something many of us are tempted to try as the sun comes out. Our featured blog "Barefoot or Not? What You Should Know About Going Sholess Outdoors", explores the benefits and risks of going barefoot, plus expert tips to keep your feet safe if you decide to ditch the shoes.

We're also excited to share **20 easy, healthy summer recipes** to keep you feeling light and energized all season long! Whether you're planning beach days, backyard BBQ's, or just trying to stay on track with your wellness goals, these recipes are quick, delicious, and perfect for warm-weather eating. Scroll down to explore all the foot-friendly tips and feel-good bites packed into this month's issue!

[Request an appointment](#)

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Podiatry Riddle of The Month:

What did the foot say to the blister? (Answer Below)



Do You Wear Shoes in the Summer?

As the temperatures rise, it's tempting to kick off your shoes and enjoy the freedom of walking barefoot on grass, sand, or even pavement. While going shoeless can strengthen your feet and improve balance, it also comes with hidden risks, from painful injuries and burns to infections and foot conditions that can sneak up fast.

Before you ditch your footwear this season, find out what our podiatrists say about the benefits and dangers of barefoot walking, plus expert tips to do it safely (if at all). Whether you're barefoot enthusiast or just curious this blog breaks it all down so you can enjoy the outdoors without putting your foot health at risk!

[Learn More Here!](#)



Easy Summer Recipes You Need

Say goodbye to sweaty kitchen sessions this summer! These 20 healthy summer dinners are fresh, flavorful, and totally oven-free, perfect for keeping things cool while still eating well. From zesty salads to no-cook tacos and protein-packed bowls, this roundup is full of quick and easy meals that'll keep your taste buds (and your AC) happy. Click through and discover your new favorite summer dinner!

[Explore the recipes!](#)

We're here to help you keep your feet feeling their best.

Each doctor with Coastal Podiatry Associates specializes in state-of-the-art foot and ankle care and is Board-Certified by the American Board of Foot and Ankle Surgery. Together they have decades of combined experience and are trained in advanced surgical and nonsurgical podiatric solutions. Their goal is to provide you with gentle, optimum quality foot care at affordable prices and to deliver their care in a compassionate and conservative manner.

Personalized treatment programs are developed to satisfy individual foot care needs.

We look forward to seeing you at any of our five convenient locations in Myrtle Beach, Conway, Little River, Surfside Beach, or International Drive.





Answer to This Month's Riddle: "You're really rubbing me the wrong way."