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Treating Common Fall Sports Injuries



Fall sports like soccer, football, and cross country are in full swing and that means certain injuries associated with these sports are beginning to manifest.

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Tricks and Treats to Help Your Feet

It's almost time for Halloween and little ghosts and goblins will soon be appearing in your neighborhood. In keeping with the spirit of the season, we'd like to offer our own tricks and treats for taking better care of your feet.



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Find a Podiatrist

Your feet work very hard for you and taking care of them is essential for your overall health. At NY Foot Health, we put together a list of highly recommended podiatrists committed to helping you with your foot or ankle issues. Click on the button below to find a podiatrist near you!

[Find A Podiatrist Near You](#)



Recipe of the Month
Butternut Squash and Barley Soup



Ingredients:

- 1 small butternut squash (2-1/2 to 3 pounds), peeled and cut into 1-inch cubes (about 6 cups)
- 4 cups water
- 1 carton (32 ounces) reduced-sodium chicken broth
- 3/4 cup medium pearl barley
- 2 medium carrots, chopped
- 2 celery ribs, chopped
- 1 small onion, chopped
- 2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
- 2 garlic cloves, minced
- 1 teaspoon rubbed sage
- 1-1/4 teaspoons salt
- 1/2 teaspoon curry powder
- 1/4 teaspoon pepper
- 1 cup cubed cooked turkey

Directions:

1. Place all ingredients except turkey in a 5- or 6-qt. slow cooker. Cook, covered, on low 5-7 hours or until squash and barley are tender.
2. Stir in turkey; cook, covered, 15 minutes or until heated through.

Recipe Courtesy of www.tasteofhome.com

Need More info?

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