

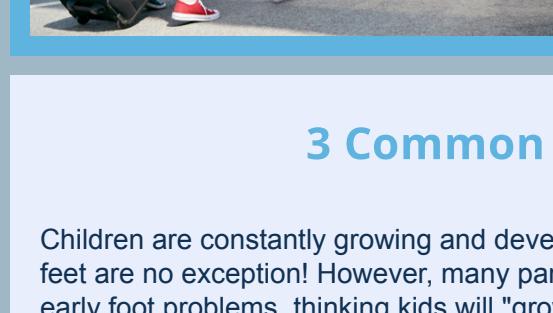


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FEATURED ARTICLES

Summer Travel Tips



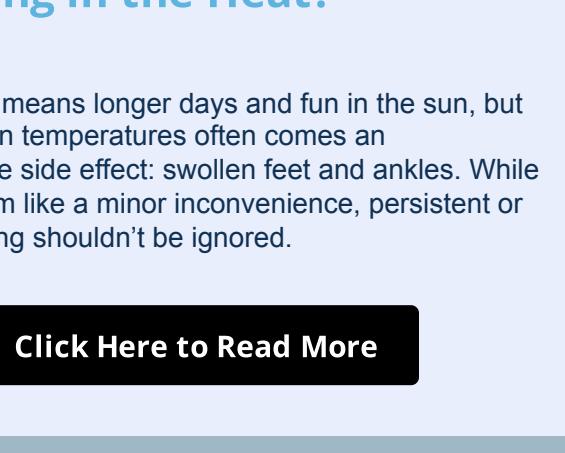
Summer is the season of adventure, whether you're catching a flight or hitting the road. Amid the excitement of planning outfits, packing bags, and crafting itineraries, there's one vital part of your body that often gets overlooked: your feet.

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3 Common Foot Issues in Children

Children are constantly growing and developing, and their feet are no exception! However, many parents overlook early foot problems, thinking kids will "grow out of it." In reality, untreated foot issues in childhood can lead to long-term discomfort and mobility challenges.

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Why Are My Feet Swelling in the Heat?



Summertime means longer days and fun in the sun, but with the rise in temperatures often comes an uncomfortable side effect: swollen feet and ankles. While this may seem like a minor inconvenience, persistent or painful swelling shouldn't be ignored.

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MEET OUR DOCTORS



JASMEET CHAWLA, D.P.M.



BRANDON A. MACY, D.P.M.



DANNY PHAN, D.P.M.

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NEW JERSEY'S
FAVORITE
KiDS' DOCS

RECIPE OF THE MONTH

PEACH, TOMATO & CORN ARUGULA PASTA SALAD



[CLICK HERE FOR
THE FULL RECIPE](#)

Recipe courtesy of [ambitiouskitchen.com](#)

THIS MONTH IN JULY

INTERESTING DATES

JULY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | 1 | 2 | 3 | 4 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

4 Independence Day

7 Global Forgiveness Day

11 All American Pet Photo Day

20 National Ice Cream Day

25 National Hire A Veteran Day

HISTORICAL FACTS



July 1, 1874 – First U.S. Zoo Opens - The Philadelphia Zoo opens to the public. The first official zoo in the United States helping foster love and education about wildlife.



July 5, 1994 – Amazon Founded - Jeff Bezos officially incorporates Amazon.com in Washington state. It begins as a humble online bookstore and revolutionizes shopping forever.



July 12, 1970 – First "Pet Rock" Prototype Created - An ad executive jokingly invents the Pet Rock. It becomes a short-lived but wildly successful U.S. novelty toy and pop culture phenomenon.



July 25, 1978 – First U.S. IVF Baby Born - Following a global breakthrough, the first American "test-tube baby" is born, bringing hope to families struggling with infertility.

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