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Barefoot Medical Spa
**FEATURED ARTICLES**

**The Link Between Breast Cancer and Foot Health**



October is Breast Cancer Awareness Month, which means it's time to talk about the connection between foot and breast health. From cancer survivors to those undergoing treatment, breast cancer affects the feet in many ways, which can be an unnecessary burden for anyone affected.

[Click Here to Read More](#)

**Massage, Nail Care, and Skin Care:  
3 Ways to Handle Chronic Pain**

When pain won't quit, it can significantly impact your quality of life, slowing you down and preventing you from enjoying your usual activities. Many of those affected seek solutions in the form of surgery or medication, but in reality, a combined approach is often the most effective way to manage chronic pain.



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**Ankle Deep in Leaves?  
Don't Fall Behind on Foot Health!**



Fall is a fitting name for the season that covers the ground in piles of leaves, but what that means for our foot health is an increased risk of injury. Our yards are not frozen in time like the winter; the grass gets new divots, driveways crack, and sticks, acorns, and other obstacles weren't there the last time you skimmed the pool on a nice summer day.

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Barefoot Medical Spa
**DR. JULIE'S  
RECIPE OF THE MONTH**

**Spaghetti Salad**

This hearty, flavorful spaghetti salad is perfect as a side dish or entree.



**Ingredients:**

- 1 package (16 ounces) thin spaghetti, halved
- 3 medium tomatoes, diced
- 3 small zucchinis, diced
- 1 large cucumber, halved, seeded and diced
- 1 medium green pepper, diced
- 1 medium sweet red pepper, diced
- 1 bottle (8 ounces) Italian salad dressing
- 2 tablespoons grated Parmesan cheese
- 1 1/2 teaspoons sesame seeds
- 1 1/2 teaspoons poppy seeds
- 1/2 teaspoon paprika
- 1/4 teaspoon celery seed
- 1/8 teaspoon garlic powder
- Chopped fresh parsley, optional

**Directions:**

1. Cook spaghetti according to package directions; drain & rinse in cold water. Place in a large bowl; add tomatoes, zucchini, cucumber, & peppers.
2. Combine the next 7 ingredients; pour over salad and toss to coat. Cover and refrigerate for at least 2 hours. If desired, sprinkle with parsley.

*Recipe courtesy of [Tasteofhome.com](http://Tasteofhome.com)*

**What's Happening in and Around Stratham, NH**

**October 12 & 19**

[Legends of the Haunted Woods](#)  
[Night Time Super scary Walk](#)

James House  
Hampton

**October 25**

[2024 Monster Mash](#)

Epping Elementary School  
Epping

**October 27**

[2nd Annual Fall Artisan Fair & Trick-or-Treat](#)

Bedford Event Center  
Bedford

**November 4**

[Village Craft Fair](#)

First Congregational Church of Salem  
Salem

**November 9**

[Arielle Designs at the Annual Holiday Fine Arts & Craft Show](#)

Great Bay Community College Portsmouth

**November 16**

[Candy Cane Christmas Fair](#)

First Church of Christ  
Bradford

**November 23**

[Auction for the Animals](#)

Wentworth by the Sea Hotel  
New Castle

**November 29 – December 7**

[Carroll County RSV's 9th Annual Festival of Trees](#)

Settlers Green Outlet Village  
North Conway

**December 1**

[6th Annual Christmas Fair](#)

Derry Salem Elks Club  
Salem

**December 10**

[TASTE OF EXETER: An Evening w/ Exeter's Chefs, Brewers, Artists & Musicians](#)

Exeter Town Hall  
Exeter

**MEET OUR DOCTORS**



**DR. JULIE SHAHEEN**  
MEDICAL DIRECTOR & PODIATRIST



**DR. JIM DOLAN**  
PODIATRIST

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**Barefoot**  
Medical Spa

**FROM THE GROUND UP**  
-PODIATRY-

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