



Spring 2026



Barefoot Medical Spa



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www.fromthegrounduppod.com/spa/

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OFFICE UPDATES:

EFFECTIVE APRIL 1, 2026, WE WILL BE TRANSITIONING TO A DIRECT CARE - SELF PAY PRACTICE.

Over time, insurance companies have created more red tape, shorter visit times, and higher patient costs — all while limiting what services we can offer. By transitioning to a direct-care model, we can eliminate the middleman and focus solely on what matters – you and your health.



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FEATURED ARTICLES

April Focus: Why Foot Health Deserves Attention



April is Foot Health Awareness Month, a time dedicated to recognizing the essential role our feet play in overall health and mobility. Despite carrying us through thousands of steps each day, feet are often overlooked until pain or dysfunction appears. Prioritizing foot health is not simply about comfort.

[Click Here to Read More](#)

The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles

As winter fades and spring activity ramps up, many people return to outdoor runs, field sports, court games, and weekend recreation. With longer days and better weather comes a surge in movement, and unfortunately, a rise in foot and ankle injuries.

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RECIPES OF THE MONTH

**Rack of LAMB**

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)

**MACAROONS**

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)

What's Happening in and Around Stratham, NH

April 23

[Richard Shindell](#)  
The Wood Barn  
Stratham, NH

May 2

[John Legend](#)  
The Historic Theater  
Portsmouth, NH

May 8-17

[Spitfire Grill Musical](#)  
Newmarket Millspace  
Stratham, NH

May 9

[6th Annual Great Bay Food Truck Festival](#)  
Stratham Hill Park  
Stratham, NH

May 17

[Stratham 5k & Kids Run](#)  
Memorial School  
Stratham, NH

May 22

[603 Diesels Season Opener](#)  
New England Dragway  
Epping, NH

May 29

[David Lee Roth](#)  
Hampton Beach Casino Ballroom  
Hampton Beach, NH

MEET OUR DOCTOR



DR. JIM DOLAN  
PODIATRIST

MEET OUR STAFF



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