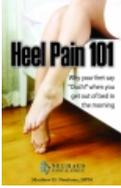




# NEUHAUS FOOT & ANKLE



Click the book to order your free copy of **Heel Pain 101**



Click the book to order your free copy of **Foot Health 101**



**Donate your shoes to the homeless for "Keeping Nashville on Their Feet!"**

We continue to collect shoes in good condition and deliver them to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, & work boots are most needed. Collection locations include: Kroger on Sam Ridley Pkwy., Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Mayfield Rehab Center, and TN Medicine & Pediatrics and in Murfreesboro at Fleet Feet Sports



For more information, visit our [toenail fungus page on our website.](#)

## SHOW OFF YOUR TOES!

*Don't Let Toenail Fungus Keep You From Wearing Sandals This Summer*

Most fungi are harmless until they penetrate the skin. The dark, moist areas created by shoes and stockings make the feet especially susceptible to fungal infection. A fungus can invade through minor cuts, after an injury, or from repeated irritation to the toes. This can cause the nail to separate from the bed. Fungal infections are quite common. Symptoms include the nail thickening and becoming yellow or brownish, foul-smells, moist debris can be seen, pressure from a thickened nail or the build-up of debris, and eventually pain in the toe(s). If you think you have any of these symptoms, call our office at (615) 220-8788 so proper treatment can be done to cure the toenail fungus.

### Thick and Yellow Toenails May Be Toenail Fungus

NeuhausFootandAnkle 22 videos



For more videos, visit our [YouTube channel](#)

**Dr. Neuhaus discusses the possibilities of having toenail fungus as well as various ways fungus can be treated. Both Dr. Neuhaus and Dr. Knox treat patients for toenail fungus.**

*Discover the healthy, doctor-formulated alternative to traditional nail polishes*

Neuhaus Foot & Ankle now proudly sells Dr.'s Remedy Enriched Nail Polish which provides a self-defense against the toxic chemicals found in traditional nail polishes. . With ingredients like tea-tree oil, wheat protein, and Vitamins C and E, the nail polish fights to strengthen and protect your nails from fungus, discoloration, cracking and brittleness. The nail polish is for anyone who suffers from discolored nails, pregnant women, people with allergies to chemicals in popular nail polish brands, children, or anyone looking for a healthier alternative. Feel free to stop by the office any time to view the assortment of colors offered. We offer 20 various colors as well as cuticle oil and acetone-free nail polish remover. The nail polish is \$16.00, the cuticle oil is \$10.00, and the Nail Polish Remover is \$5.00.



## Product of the Month

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**Dr.'s Remedy  
Nail Polish**



**Live or work  
closer to  
Brentwood?**

Schedule an appointment with our Brentwood location to see Dr. Neuhaus or Dr. Knox. We are located in the TriStar Medical Plaza on the corner of Nolensville Rd. and Concord Rd in Brentwood, Suite 220.



Office Hours for the **Smyrna** location have changed:

Mon. 8:00-5:00  
Tues. 7:30-5:00  
Wed. 8:00-5:00  
Thurs. 8:00-5:00  
Fri. 8:00-5:00

Office Hours for the **Brentwood** location are:

Tues. 1:00-5:00  
Thurs. 1:00-5:00  
Fri. 8:00-12:00



**July 15 to 17 - [44th Annual Murfreesboro Antique Show](#)** held at the MTSU Murphy Center beginning at 10am. Proceeds will benefit the American Red Cross. For discount coupons, go to [www.murfreesboroantiqueshow.com](http://www.murfreesboroantiqueshow.com).

**July 16 - Main Street Saturday Market.** Held on the M'boro Square from 8am-12pm. Vendors offer fresh fruit, vegetables, breads, and flowers.

**July 16 - Race Across the Spectrum: 5K for Autism** held at Crockett Park at 7am in Brentwood. To register, go to [www.active.com](http://www.active.com). To learn more info visit [thebrowncenter.org](http://thebrowncenter.org).

**July 23 - Main Street Saturday Market.** Held on the M'boro Square from 8am-12pm. Vendors offer fresh fruit, vegetables, breads, and flowers.

**July 23 - Christmas in July** at the Smyrna Town Centre from 10am - 4pm

**July 23 to 24 - The Music City Triathlon** held in Nashville by LP Field. Click [here](#) for more info.

**July 30 - [Run with Scissors off-road 5K event](#)** at 7:30am is the first of its kind offered in M'boro. The Richard Siegel Soccer will be used as an off-road running and walking course. Registration will be available to the first 200 runners. Contact Jennifer at 615-895-5040 for more information.

**July 30 - FEET for the FEAT of ORPHANS** at 8:30am at the Civitan Park in Brentwood, TN. Click [here](#) for more info or to register.

**July 30 - Main Street Saturday Market.** Held on the M'boro Square from 8am-12pm. Vendors offer fresh fruit, vegetables, breads, and flowers.

**Aug 2 - [National Night Out](#)** from 6:00-10:00pm at the Veteran's Memorial Park in LaVergne, TN. For more information, call 793-7744.

**Aug 5 - Friday Night Live Concert Series** held on the Murfreesboro Public Square. This free concert is from 6:30 to 9:30pm.

**Aug 6 - Main Street Saturday Market.** Held on the M'boro Square from 8am-12pm. Vendors offer fresh fruit, vegetables, breads, and flowers.

**Aug 6 - Smyrna Parks 5K Challenge and Bill Nash Dash for Cash Mile** begins at 7:30am at Sharp Springs Park. Contact the race director, Monty for more info at (615) 300-3753.

**Aug 12 - Movies in the Park** at the Smyrna Rotary Soccer park. Gates open at 5:30pm and the movie, "Rio" begins at dusk. Cost is \$1 per person and food vendors will be available.

**Aug 12 - Howl at the Moon 5K Run** at the Veteran's Memorial Park. To register, go to [www.lavergnetn.gov](http://www.lavergnetn.gov) or [www.active.com](http://www.active.com).

**Aug 13 - Main Street Saturday Market.** Held on the M'boro Square from 8am-12pm. Vendors offer fresh fruit, vegetables, breads, and flowers.

**Want to know  
what events  
are going on  
around town?**

**Here are some  
events to enjoy  
with family and  
friends during  
the next  
month.**

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

[manage](#) your preferences | [opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.



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