

MARCH 2024

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



GET YOUR FEET SPRING-READY WITH TOLCYLEN

Spring is officially here, which means it's only going to get harder to cover up dry, cracked foot skin or unattractive fungal toenails. Want to enjoy the season with feet that look and feel their best? Swing by the office and ask us about our Tolcylen foot soaks, designed to nourish and soothe your feet.

First, we have the 5 Day Therapeutic Foot Soak, a product packed with a proprietary blend of moisturizers, exfoliators, protectants, cleansers, essential oils, and salts. The combination delivers a therapeutic, spa-like experience for your feet. And, at the same time, it removes dirt, oils, and sweat, simultaneously banishing bacteria and fungus from your skin while leaving your feet silky-smooth and healthy.

Looking for a new product to add to your daily skin care rotation? Try the Tolcylen Daily-Use Foot Soak! Combining moisturizers, cleansers and conditioners in a soothing crystalline salt base, it's a great long-term product to use after completing the therapeutic foot soak: it will keep your feet feeling clean and soft, and looking rejuvenated. And, in combination, these two Tolcylen foot soaks are your one-stop solution to Spring-ready feet. So pick up your new favorite foot soaks in the office today!

YAY! DR. SCHNEIDER APPROVES THESE 3 SHOE TRENDS FOR SPRING 2024

Every year, the Spring runways are littered with crazy fashions that hurt your wallet—and your feet. But here's some good news for this year: We asked Dr. Schneider to review the hottest shoe trends of the season, and let you know which ones will allow you to move into summer without upping your odds for foot pain. Enjoy!



1. Satin heels are huge—but be smart about them. Satiny dress shoes of all heel heights and shapes were making a splash this season, but the ones on Dr. Schneider's list look like the pairs from Prada: with a slight kitten heel and a square toe box that leaves you with lots of wiggle room. Wear them in moderation and you'll be on-trend without the pain later on.

2. So-called 'Almond pumps,' designed like a podiatrist's dream with kitten heels, roomy rounded toes, and well-fitted shoe uppers that provide additional support when you walk.

3. Fish-net flats. Dr. Schneider likes this trend because it allows your feet to breathe, helping reduce your risk for athlete's foot and other fungal infections. But look for pairs that have a decently thick sole to help with shock absorption. And don't plan to walk for miles in this trend, since they don't have enough arch support to protect you through extended wearing.

ENJOY THE BEST OF HOUSTON THIS SPRING!

Want to get out and enjoy our incredible city this season? Check out two exciting upcoming events: the Herman Park Conservancy's Kite Festival, on Sunday April 7, for a full day of kite flying, live music and other interactive activities. Or grab your spot along Allen Parkway on Saturday April 13 for the legendary art car parade, an unparalleled display of creativity featuring more than 250 creatively decked out motorized vehicles!

ANSWER TO TWO TRUTHS AND A LIE FROM LAST WEEK'S EMAIL

Last week I played a little game called Two Truths and a Lie. Here's how it works. I'm going to put 3 statements below about foot health. Two are true and one is a lie.

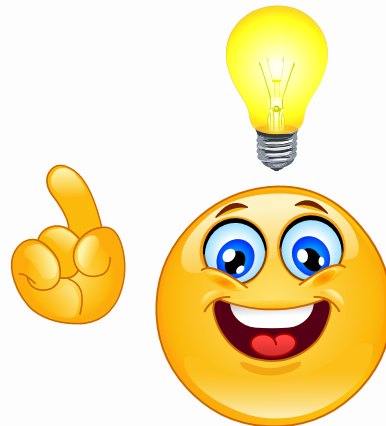
Get it? Ready?

Let's Play!

- 1. Custom orthotics used to be made out of stainless steel**
- 2. Soaking your feet in Epsom salt water is beneficial.
Soaking your feet in table salt water is not.**
- 3. It is crucial for diabetics to moisturize their feet daily,
especially between the toes.**

And Now the Answer....

The lie is "C." While it is important for people with diabetes to apply cream, it should never be used between the toes. It can cause a fungal infection since the interspaces are already at risk for being too wet.



"A" is correct. Believe it or not, orthotics used to be made from stainless steel. Imagine how hot they'd get if you left them in the car during the Houston summer! Fortunately, we have better materials now!

"B" is also correct. It's fine to soak in an Epsom salt solution. Table salt would be too irritating.

LEVEL UP YOUR SPRING-CLEANING GAME

Want to give your house a seasonal freshening without losing your mind? Simplify the task and start with the heart of the home—your kitchen—using this simple checklist. Then get outside and enjoy nature before the weather heats up too much!

Kitchen cleaning checklist:

In addition to basics like dusting surfaces, cleaning baseboards and mopping the floors, make sure to:

- Dust refrigerator coils
- Defrost the freezer
- Clean out pantry
- Deep clean oven
- Deep clean inside refrigerator
- Clean cabinets
- Clean small appliances



SAFE AND PRETTY PEDICURES FOR SPRING

Did you know that traditional nail polishes and removers can damage your nails, and even contain toxic chemicals that may be damaging to your overall health? That's why our office proudly carries the Dr.'s Remedy line of better-for-you polishes, infused with tea tree oil, wheat protein and vitamins c and e to nourish your nails while making them look their best. Don't see your dream color in the office? Not to worry: just tell us what you're looking for and we'll be happy to place your order!



HAVE A DIABETIC FRIENDLY EASTER WITH THESE SIMPLE HOLIDAY SWAPS

1. Chocolate: When you're tempted to reach for that plate of chocolate eggs, grab a piece of dark chocolate instead. Dark chocolate has far fewer carbs than baked or processed treats, and it's packed with flavonoids that may provide additional heart-healthy benefits.
2. Cookies: Instead of snacking on decadently frosted cookies, switch to shortbread treats. A square of shortbread has just 9g of carbohydrates: a frosted sugar cookie's carb count is almost double that! And if you want to be really virtuous, choose a shortbread with nuts for some added fiber and protein.
3. Potatoes: Make this side better for you by dry-roasting your starch or prepping them with a spray oil.
4. Dippers: We love crackers and dip as appetizers, but that can blow your whole carb count before a meal even begins. Go for raw veggies instead: you'll still get the experience of dipping, but you'll get more bang for your buck (in terms of carbs, you can get two-and-a-half cups of veggies or one ounce of crackers!)
5. Avoid sugary drinks like soda this holiday season, and try this fresh blend: mix 4 ounces of fresh lemonade with 8 ounces of sparkling water, slashing your carb and sugar intake by two thirds!



FROM THE DESK OF DR. ANDREW SCHNEIDER

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family!

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call. tanglewoodfootspecialists.com
713-785-7881