

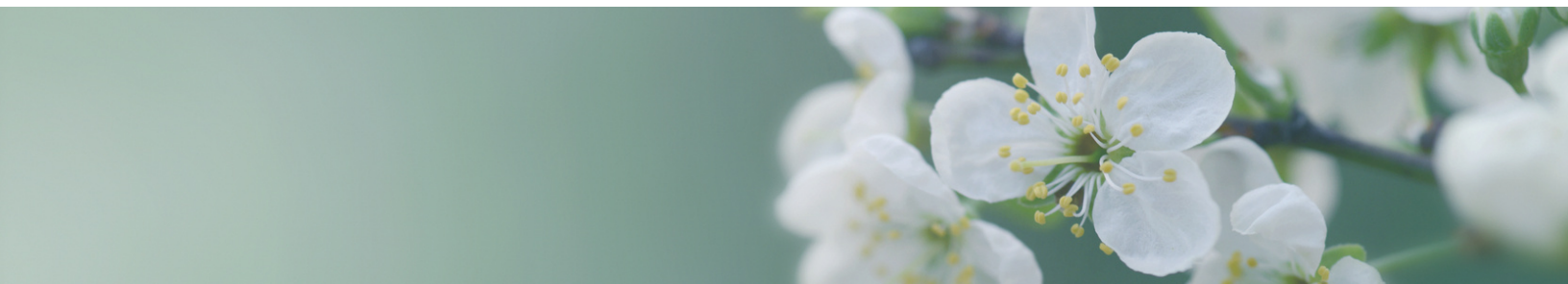
MARCH 2023



# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## *Finally, a Permanent Solution for Ingrown Toenails*

An ingrown toenail occurs when there is pressure between the side of the toenail and the side of the skin. This can ultimately lead to pain, inflammation, and infection. Many people believe improper toenail cutting causes ingrown nails. But often, the real problem is a wide toenail and a narrow nail bed. Typically, the only treatment for an ingrown nail is an in-office surgery. That's changed with the introduction of a new non-invasive procedure that will change how ingrown toenails are treated. We're thrilled to offer Onyfix nail correction system to our Houston podiatry office.

The treatment is done without injections or surgery. It is a completely non-invasive, pain-free solution that supports the nail as it grows from the bed, so that even too-wide toenails won't curve and grow inward. There is no downtime, you can immediately resume all normal activities, and you can take this treatment if you're diabetic, pregnant or even a young child. In fact, it's particularly suited for these patients, who may prefer to avoid surgery, since it's completely non-invasive.

Now, Onyfix is not covered by insurance, but the procedure is very affordable. Give the office a call to schedule an appointment so you can continue to have healthy feet—and toes!

## What is Reflexology?

Reflexology is a type of massage that's delivered by reflexologists who apply pressure to your feet, hands, and ears, based on the theory that these body parts connect to some of your organs and internal systems.

While we have limited scientific evidence on the benefits of this practice, it may help:

- Reduce stress and anxiety
- Reduce pain
- Boost mood
- Improve overall well-being



Want more updates? Check out our blog, website, or social medias, we'll keep you on track!

## Get Rid of Plantar Warts, Without the Pain

Plantar warts—ones that form on the bottom of your feet—often come back with conventional treatments, designed to destroy the infected tissue. But with Swift therapy, we take a different approach: using directed low-powered microwave energy, the system encourages your immune system to resolve the wart, meaning you'll have a less than 1% chance of the wart reoccurring. And it all happens in a matter of seconds.

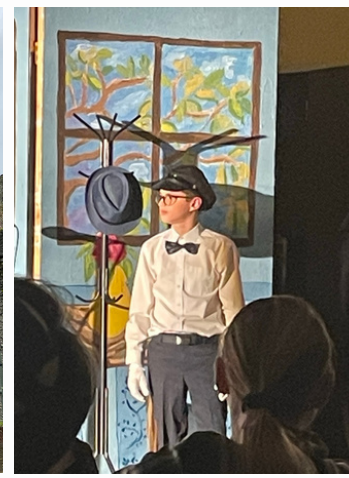
Swift may cause minor discomfort during the brief session, but there won't be pain afterward. You can immediately resume your regular activities, and you won't have to worry about changing dressings or open wounds that are vulnerable to infection. There are no follow up medications to deal with and this treatment is available to anyone who wants it, so call the office today to set up an appointment!

## March with the Schneiders

March was a busy month for the Schneider family. Daniella had spring break and spent it with an epic trip planned by her school. The trip was to England, Ireland, and Scotland. She absolutely loved it! From the many, many castles to Platform 9 ¾ at King's Cross Station (you Harry Potter fans understand), she made so many memories!

Jonah made his theatrical debut in Robert M. Beren Academy's production of *Larceny and Old Lace*. He had a small part but, in my opinion, he stole the show! It was a great start to a budding acting career.

Finally, I took a last-minute trip to Orlando to spend a weekend with my brother at Disneyworld. It was a very enjoyable time away! It gave us a good opportunity to reconnect. We both love Disneyworld and enjoyed all four theme parks in the two days we were there. Highlights were the Star Wars immersive land and the roller coaster themed to *Guardians of the Galaxy*. We even had an opportunity to ride *Tron Lightcycle Run* which was in previews at the Magic Kingdom.





## *Finding Stress Reducing Colors*

When you're feeling stressed, there are many outlets you can turn to, and one of those is surrounding yourself with calming colors. Some of the best choices are blue, which is ideal for calming a busy mind, making it a great choice for bedroom walls. Violet is a great shade for bringing balance and inner peace, as long as it's a soft shade without too much black. Finally, pastel pink can be soothing, so long as there isn't too much red in the shade, since that can cause too much stimulation.




## *Inside the Charcoal Craze*



In the last year or two, activated charcoal everything—from toothpastes to face masks and more—have become the hottest products you never knew you wanted. But what is activated charcoal? It's the byproduct of burning coconut shells, wood, or other plant materials; when applied or ingested, this ingredient can bind chemicals together, removing them from your body.

For years, activated charcoal was used to treat accidental poisonings, drug overdoses and even diarrhea. Now, activated charcoal is a popular ingredient in skin treatments. But be careful with this trend: regularly applying activated charcoal can harm your skin by absorbing natural oils and minerals.



## *New Warning about Artificial Sweetener*

A brand-new study revealed that erythritol, a sugar substitute typically used in keto reduced-sugar products, Truvia, and even Vitamin Water zero, is linked to blood clotting, stroke, heart attack and death. While the results were most dangerous in patients with very high erythritol concentrations in their bodies, these findings should certainly give all of a reason to rethink our relationships with artificial sweeteners.



### *From the Desk of Dr. Andrew Schneider*

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