

MAY 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



What's That Pain in Your Arch?

You wake from a good night sleep, get in a good stretch, and put your feet on the floor... OUCH! What was that??

You feel a sharp, tearing feeling through your arch. It wasn't there yesterday... what could have happened when you were sleeping?

Well, the short answer is that nothing HAPPENED while you were sleeping. The cause of your arch pain likely started the day before, or even several days before.

You see, there are A LOT of small muscles, tendons, and ligaments in the sole of your foot. Every step you take, they get stressed. As they continue to get stressed, they become inflamed. Now your body's job is to manage this type of inflammation and heal it. This usually happens while you sleep.

But sometimes it's too much for the body to handle.

This is when your unpleasant wake-up call happens. Your body has done all it can in healing the inflammation in your arch, but when you step out of bed it breaks all that repair work apart and...

OUCH!!!

There's the overwhelming pain. The good news is as you get warmed up and moving, that initial pain dissipates. It may come back when you stand up after sitting for a while. And it may also come back the next morning as well.

What can you do to help?

First of all, you want to help your body with its anti-inflammatory jobs. Take some ibuprofen and apply ice 2-3 times a day for 20 minutes at a time. Don't go barefoot for now either. For many of you that will be enough to take care of the pain.

For the rest of you...well, it's time to schedule an appointment to come into the office and see Dr. Schneider.

5 Tips to Help You Get Better Sleep Now

(BPT) - The fact is, most people don't get enough sleep. Getting the optimal amount of sleep each night not only leaves you feeling rested but has a profound impact on your overall health - affecting immunity, mental sharpness, weight management and much more †. If you find you're struggling to get to sleep, consider supplementing with melatonin, a sleep aid that helps you get better sleep† - enabling you to get the healthy rest you need. Read on to learn five things you can do to prepare for a good night's sleep so that you and your family can feel rested, focused and ready for the day ahead.

1. Exercise - No matter your age, physical activity has been proven to help you sleep better at night. Exercising in the morning can help reset your body's clock so you're sleepier at bedtime. However, keep in mind that strenuous exercise right before bedtime can make it harder to settle down for a good night's rest.

2. Wind down early - When your mind, body and bedtime are out of synch, you need to give yourself more time to slow down and get ready for sleep. Screens flood your brain with the same serotonin-inducing light as the sun that wakes you up in the morning. Turn them off at least 30 minutes before bedtime so your brain can start creating melatonin and get your body ready for sleep. Consider replacing those gadgets with a book, or distress with soothing music, meditation, a warm bath, or any other activity you find relaxing. This is especially important for children, who can be easily overstimulated by electronic entertainment, so avoid leaving them in the bedroom too.

3. Put a cork in it! - Alcohol makes you drowsy, but it can degrade the quality of your sleep. Skip that glass of wine. Instead, try to eat sleep-friendly foods such as sweet potatoes, turkey and broccoli.

4. Create an ideal bedroom environment - For the best night's sleep, most people need cool, quiet rooms that are as dark as possible. A sound machine can help soothe you to sleep and drown out outside noises. The longer days delay the natural production of melatonin. Blackout shades can help.

5. Consider taking a melatonin supplement - If you or your child are having trouble sleeping, consider a low-dose melatonin supplement such as Natrol Melatonin and Kids Melatonin. Melatonin can help you overcome sleep disruptions by resetting your sleep-wake cycle.† It is pediatrician-recommended* and 100 percent drug-free.

Continued Below..

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



To find Natrol Melatonin in a store near you, visit [Natrol.com](https://www.natrol.com). Whether you're coping with symptoms of jet lag from a trip, or just have occasional difficulty relaxing and getting to sleep, remember all of these tips can help you get the rest you need to feel and be your best this summer.

FDA Disclaimer: †These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

*Recommended by The Canadian Paediatric Society

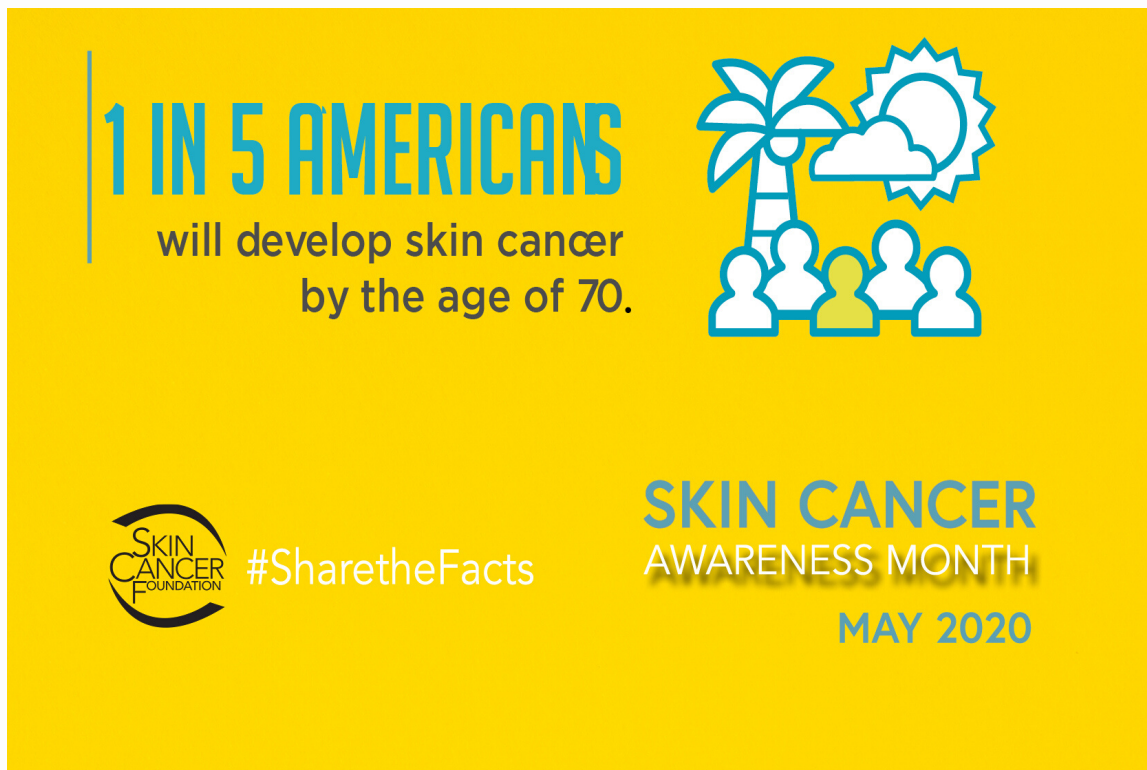


The Schneider's Welcome Their Newest Family Member

The Schneider family is excited to announce the arrival of their newest family member. Juju is a one-and-a-half year old black mouthed cur mix. She started off life in an abusive household and was nursed back to health and happiness by a wonderful, caring foster family. We are honored to give Juju her forever home and love having her as part of our lives.



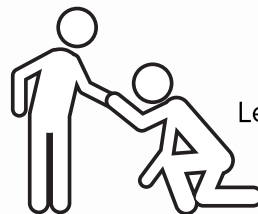
May is Skin Cancer Awareness Month



Skin cancer is the **most common cancer** in the United States and worldwide.

- **1 in 5 Americans** will develop skin cancer by the age of 70.
- **More than 2 people** die of skin cancer in the U.S. every hour.
- Having **5 or more sunburns** doubles your risk for melanoma.
- When detected early, **the 5-year survival rate for melanoma is 99 percent.**

Now is the perfect time to perform a self-check for skin cancer. Get in front of a full length mirror and examine your whole body looking for moles or other marks that look different. If you've noticed one that is a different color, changing sizes, itches, or bleeds, get it checked out by a dermatologist.



How far can you go?

Let us help! Learn more here and start moving toward a pain free life

Still At Home? Be More Like Jonah!

I've had such great feedback from the email I sent earlier this month about my 11-year-old son Jonah and the foot pain he was feeling being barefoot around the house. Haven't seen it?

[You can read it here.](#)

Jonah has since learned that spending all day every day barefoot, especially on wood and tile floors. So as you continue to stay home as much as you can to protect against the pandemic, remember to wear shoes that will offer you support and prevent foot pain from too much barefoot on hard surfaces.



From the desk of Dr. Andrew Schneider

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