

NOVEMBER 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



Cast Your Vote: Full or Partial Length Orthotics

At the start of the month, we cast our votes for President. And whether or not you're happy with the results of that election, we have good news: you get another chance to vote now, but this time for your favorite orthotic length!

While this decision doesn't hold as much sway for the future of our country, it is a big deal for the future of your feet. So here's what you need to know about your orthotic candidates!

Custom foot orthotics typically come in three lengths: to the ball of your foot, to the sulcus beneath your toes, and full length. In some ways, choosing between the three is a personal choice. Because the part of your orthotic that's actually functional is the plastic shell, which ends before the ball of your foot in all pairs. Any length past that is just about the padding.

So, how can you guide that preference? Choose an orthotic with partial or full-length extensions if you need some extra cushioning, or help with painful calluses. The downside of this vote? It will fill up more of your shoe, so it may not fit in every pair in your closet. Now, if we make an orthotic that stops at the ball of your foot, it will still have all the function of a full length orthotic. And you won't need to choose a longer or wider shoe. So, for versatility reasons, you may cast your vote for a partial length orthotic.

Again, either way the choice is yours. Just consider me your non-partisan podiatrist: **I'll support your feet, whatever choice you make!**

How to Supplement Runs with Other Exercise

When you're in the running zone, you may run every day, so you don't lose your energy and drive for training. But over-running can also be a bad habit. Because it can cause soreness, injuries, irritable moods, and decreased immunity.

Rest is an important part of any training program because it allows both your body to recover and to rebuild. When we allow our body to recover we enhance our performance, letting our cardiovascular and muscular systems rebuild themselves. Which ultimately increases your power and endurance. So by incorporating a few rest days, you will improve your performance and your body mechanics. But if you have to be active, take a rest day to cross train.

What, you may ask, does cross-training look like? Basically, cross-training means including many activities in your training schedule. This is especially important for runners, since your sport-specific training puts so much pressure on your weight-bearing joints (think ankles, knees, feet and more) That's why I always want you to add in some other forms of exercise to your routine, like biking, using the elliptical or—our favorite—swimming. This will help build up the muscles that support your joints. Which can help take pressure off those sore spots the next time you run.



Foods that Trigger Anxiety

It's no secret that we're living through anxious times. Want to stop your diet from making things worse? Cut these 7 items from your diet. They spike your blood sugar without offering much nutrition. And without curbing your hunger. Which can trigger mood swings, mood drops and, you guessed it, anxiety!

1. Fruit juice
2. Soda (diet and regular)
3. White bread
4. Sweeteners with aspartame
5. Light or full-sugar ketchup
6. Coffee
7. Energy drinks

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

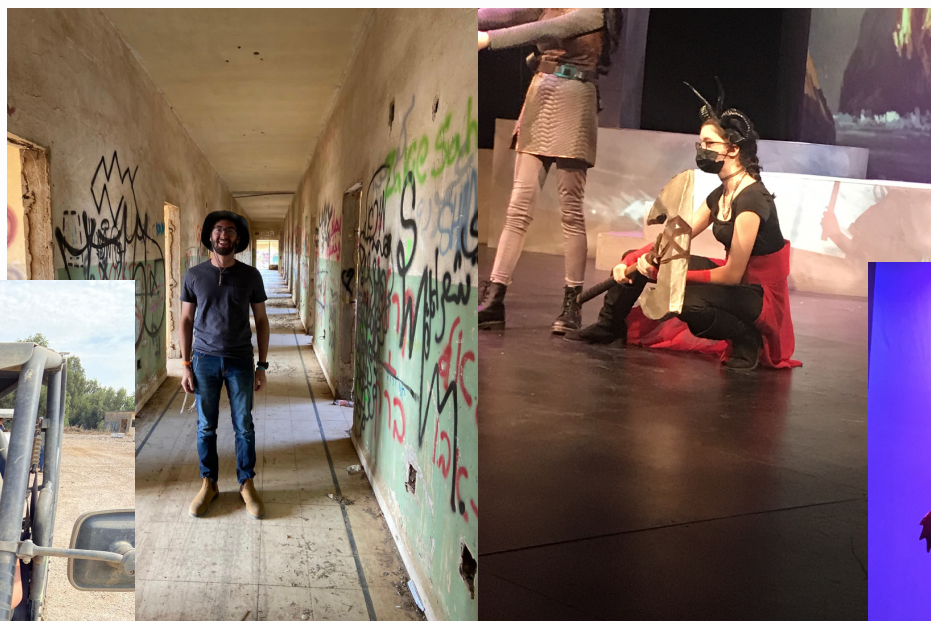


Schneider Family Update!

Life is far from back to normal, but there's a little light shining through. Our oldest son, Ariel, has been in Israel for the past two months. Right after he arrived, the country went into lockdown. The lockdown was eased, and he went on a retreat to the northern part of the country to do some hiking, exploring, and jeep riding. It was a welcome reprieve from looking at the walls of his school. We are thrilled that he's had a chance to get out and explore.

Daniella returned to the theater stage and was featured in a production of *She Kills Monsters*. The director made a huge effort to put on the production while wearing masks, socially distancing, limiting the cast size, and limiting the audience. Even so, it was a fantastic production and it was so nice to see Daniella back in her element. Since she's still online for school, theater is her main social outlet, and we are so thankful that she has it.

From my family to yours, I wish you the best for a Happy Thanksgiving and a wonderful holiday season.



Understanding Grief and Loss

During challenging times, it's important to remember: grief is a natural response to loss. It can feel overwhelming. And it can lead to difficult and unexpected emotions, including shock, anger, disbelief, guilt, and profound sadness. Grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. But remember: all of these reactions are normal. And part of your grieving process. Many situations can trigger grief, including:

1. Break-ups or divorces
2. Health challenges and pandemics
3. Job loss or financial hardships
4. Retiring
5. Death of a loved one or even a pet
6. Loss of or sale of your family home



Remember, even seemingly small changes or transitions can trigger grief. Especially when you're facing more than one challenge at the same time.

Even subtle losses in life can trigger a sense of grief. For example, you might grieve after moving away from home, graduating from college, or changing jobs. Whatever your loss, it's important not to feel ashamed about how you feel. And to remember that there are healthy ways to cope so can eventually move on with your life.

Of course, grieving is a highly individual experience. But the most important piece of this is to give yourself time. Some people feel better in weeks or months. But others take years. The key is, that no matter your experience, just be patient with yourself and let your process unfold naturally.

Diabetic Friendly Thanksgiving Recipe

We've got a full [Pinterest-board of Diabetic Friendly Thanksgiving Recipes](#) for you to check out. And check out this favorite (easy) stuffing recipe you can make in the slow cooker!

Slow Cooker Apple Sausage Stuffing, From EatingWell.com

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 2 cups chopped celery
- 8 ounces sweet Italian sausage, casing removed and crumbled
- 1 ¼ teaspoons poultry seasoning
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 pound stale whole-grain bread, cubed (about 8 cups; see Tip)
- 1 large Granny Smith apple, peeled and chopped
- 1 cup low-sodium chicken broth
- Loose Celery Hearts 1 Bunch

Directions

Step 1 - Heat oil in a large skillet over medium heat. Add onion and celery; cook, stirring, until soft, about 10 minutes. Add sausage, poultry seasoning, pepper and salt; cook, stirring, until no pink is visible, 6 to 8 minutes more.

Step 2 - Transfer to a 5- to 6-quart slow cooker. Add bread, apple and broth; stir to coat well. Cover and cook on High for 2 hours.



From the desk of Dr. Andrew Schneider

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