



3 Secret Benefits Of Toe Stretching

Lateral toe stretching is a common yoga practice that can also be accomplished with toe spreading devices. Here are three surprising benefits of this practice:



1. Reduced foot pain

Stretching your toes elongates and relaxes the muscles, preventing painful spasms and contractions. When combined with toe strengthening exercises, stretches can also help prevent overuse or repetitive stress injuries, which are also very painful.

2. Help with bunions and hammertoes

While toe-stretching cannot heal either of these conditions, they can help remove some of the exacerbating factors, like pressure and abnormally aligned body parts, meaning they may ease the progression of both conditions.

3. Morton's Neuroma

Toe-stretching also can help ease pain from Morton's neuroma, since the painful nerve irritation is aggravated when toes and feet are compressed into tight and/or pointy shoes.

While you can always take the lazy way out and use a store-bought toe-stretcher, I recommend trying these exercises from Healthline.com before you take out your wallet:

- Take your toes in your hands and bend them all downward, to stretch the top of your foot.
- Take your toes in your hands and bend them all upward, enough to feel a nice stretch in the bottom of your foot, not just the toes.
- Pull each toe apart from the next.
- Pull the little and big toes away from each other at once, restoring healthy width to the front of the foot.
- Pull any toes that are bent-up until they are back downward. Pull bent-down areas gently straight, and pull curled toes straight out to restore straight length.

September 2016

Hello! We are pleased to send you this monthly issue of *The Next Step*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Fall funnies



Q: What is a tree's least favorite month?

A: Sep-timber!

Q: What is the cutest season?

A: Awwtumn.

Q: What did the tree say to autumn?

A: leaf me alone.

Q: What did one autumn leaf say to another?

A: I'm falling for you.

Q: How do you fix a broken pumpkin?

A: With a pumpkin patch

The Schneiders Celebrate Daniella's Bat Mitzvah

Labor Day weekend was a big one for the Schneider family! Our 12 year old daughter, Daniella, celebrated her Bat Mitzvah. A Bat Mitzvah is a Jewish rite-of-passage ceremony when a girl becomes an adult for religious matters. We were happy to have family and friends in town for the weekend where Daniella gave a speech to the congregation about the importance of giving charity. We also celebrated with a very fun party!



September is National Fruits & Veggies Month

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough. This September, Tanglewood Foot Specialists is proud to participate in Fruits & Veggies – More Matters Month.

Eating a healthy diet with plenty of vegetables and fruits can help you:

- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active

Here are some ideas to help you and your family fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.

Challenge your family to try a new veggie or fruit every week. Below is one of our favorite fruit salad recipes

Fruit Salad with Citrus Almond Sauce Recipe by Meera Nalavadi

An exotic, healthy fruit salad with a tasty Almond butter, citrus sauce



Prep time: 30 minutes	
	Servings: 6 cup

Ingredients

- Tropical Fruit Salad
- Yellow– mango, starfruit
- Red/ pink– strawberries, raspberries, goji berries (rehydrated)
- Orange– papaya, oranges, cantaloupe
- Blue/ Violet/Black– blueberries, blackberries
- White– dragonfruit, logan/ lychee
- Green– kiwi, honeydew melon
- Almond Citrus Sauce
- 3-4 tablespoons smooth almond butter
- 1 tablespoon agave nectar or honey
- 2 tablespoon Meyer lemon juice or lime juice
- 1/2 cup orange juice
- pinch of sea salt
- Water if needed to thin out
- Garnishes
- sliced toasted almonds
- goji berries
- few thyme leaves
- sesame seeds

Directions

1. In a bowl whisk all the ingredients to a smooth sauce adding more orange juice or water if needed. Alternately, in a tightly fitted glass jar add all the ingredients and shake vigorously till well blended. I prefer the latter method (saves cleaning). Stays well for a week refrigerated. Makes about 1 cup of sauce.
2. Wash clean all the fruits.
3. If you have any fancy chopping or carving tool, now is a time to get it out and use it.
4. Cut and prepare the fruits. Garnish. Drizzle the sauce if desired or serve on the side.

When Does My Baby Need To Wear Shoes?

I recently had a conversation with a friend that I wanted to share with all of you because I'm sure many of you have been in the same situation. As we stood on the playground with our kids, I watched her and her husband struggling to put shoes on their one-year old little boy, who isn't yet walking. I watched in silence, which took a lot of effort on my part, but as she glanced up in my direction, she immediately started to explain her situation.



“He’s not walking yet,” she said, “and I left him with my mother last week. She bought him some shoes because she thought it would give him the push to start going.” I heard the apologetic tone in her voice, and assumed it was there because she’s known me long enough to know what I was thinking: wrong!

Babies that aren’t walking yet don’t need shoes; in fact, wearing shoes may actually make your baby walk a little bit later. Babies’ feet gain the balance, strength and coordination necessary for walking by feeling the floor; shoes act as a barrier between your baby’s foot and the ground. In fact, the only reason walking babies need to wear shoes once they have mastered mobility is to protect them from sharp objects, dirt and hot or rough surfaces—when they’re home, I’d still recommend letting babies go shoeless, as long as there aren’t any obvious hazards in their way.

So there you have it—to my friend, her mom and all the other parents reading this—your pre-walking baby doesn’t need shoes! If you need me to give you reassurance, or if you have any other concerns about your baby or child’s developing foot, come see your Houston podiatrist at Tanglewood Foot Specialists, for the advanced care and gentle touch your little one deserves.

Soccer Season and Your Child

We’re starting the fall soccer season here in Houston which means, by now, your young soccer player may be experiencing heel pain. When an adult patient complains of heel pain, the diagnosis is usually plantar fasciitis (an inflammation of the connective bands of tissue at your heel), but with younger feet (especially 10-15 year olds), there may be a different culprit at play.

One of the most common soccer injuries in young players experiencing heel pain is Sever’s disease, which is basically an inflammation of the part of the heel bone (the heel plate) that has not completely matured, or closed together, and has developed in two parts.

Tell-tale signs that your child may have Sever’s disease include a slight limp (your child may not even notice it) and complaints of dull pain in the area right behind their heel.

In order to properly diagnose Sever’s disease, your podiatrist will have to take x-rays of the foot to rule out a fracture as the cause of pain. Once you have a diagnosis, custom orthotics can help relieve some of your child’s discomfort both on and off the soccer field, and he or she may have to change cleats (athletic shoes with less than four cleats in the heel may not offer enough support for growing feet.)

Regardless of whether your child has Sever’s disease or another problem is causing the heel pain, don’t delay coming in to see your podiatrist. Foot and ankle pain is not a normal part of growing up and, particularly for young athletes, it can be debilitating and devastating.

Wishing our young athlete’s a wonderful and injury free season!

**Tanglewood Foot Specialists
Andrew J. Schneider, DPM**

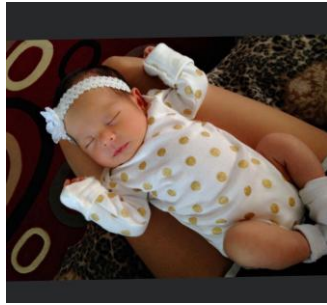
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

September 2016

On Sept 4^h Edith, our medical assistant welcomed a beautiful & healthy baby girl into the world! Penelope Jade!



From the desk of

Dr. Andrew Schneider

Thank you for taking the time to read this month's newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from the information.

Even better... if you would like someone subscribed for future editions, just let us know! They can subscribe easily online at www.tanglewoodfootspecialists.com

Dr.'s Remedy Nail Polish
(Vegan Friendly)

Stock up; keep those toes polished and healthy!

Buy any 2 nail polishes and get a FREE nail polish remover!

Diabetes Corner: 4 Signs Your Blood Sugar is Too High

Regular testing should help you keep track of your blood sugar if you have diabetes, but did you know that your body will actually send you physical warning signs when levels are getting too high? Which may include:

Blurriness or burning in your eyes: When blood sugar rises, it weakens the blood vessels in your eyes and leaves behind cholesterol deposits in your retina. Early warning signs show up as burning pain; wait too long to seek treatment and the blurriness or vision loss could develop.

Itchy feet and scalp: Elevated blood sugar levels can impact your sweat glands, causing itchiness; it can also create an environment that's favorable for bacterial and fungal infections.

Foot abnormalities/cuts that don't heal: When your blood sugar is high, the immune system becomes compromised and infections can more easily attack the body, particularly in outlying areas like the feet where circulation may already be compromised. Take notice if a cut lasts more than a few days: it could develop into an ulcer (a life threatening condition) if left untreated.

Gum problems: When your saliva contains too much sugar, bacteria called Candida can form in your mouth, causing an infection called Thrush. Decaying teeth and swollen and/or bleeding gums can also be an indication of elevated blood sugars.

Once physical signs of blood sugar elevation have appeared, damage to your body may have already occurred. The best way to prevent diabetic complications is to stay in frequent contact with your team of physicians that should include, among others: your regular doctor, podiatrist, endocrinologist, ophthalmologist and dentist. I expect diabetic patients in my Houston podiatric office to see me at least twice a year: check with your other health care providers for their recommendations on visit frequency.