



"Flip Flops vs. Stilettos the Ultimate Shoedown"

You may be surprised to learn that flip-flops are the type of footwear hated by podiatrists even more than stilettos. While that may seem strange to you, since flip-flops are the go-to comfort shoe of summer and heels are more like pretty torture devices, here's the reasons behind the madness.



1. Flip-flops offer no protection—it's just your foot, open to the elements, with a few pieces of rubber in between you and the harsh world. This leaves you open to cuts, bruises and abrasions. At least high heels cover up more of your foot.
2. Flip-flops have no shape—Even if the arch of a high-heeled shoe is too high, at least it exists. Because they are completely flat, flip-flops can cause your arch to drop, leading to heel pain and plantar fasciitis.
3. Flat flip-flops are a big problem—if you are used to wearing a shoe that has at least some heel, as most of us are, wearing a super flat shoe like a flip flop can stretch the calf muscles out terribly, straining the Achilles tendon and leading to the inflammation known as tendinitis. Heels obviously don't have that issue, although they can cause your tendons to shorten, making you even more susceptible to tendinitis when you switch to a shoe with a lower heel.
4. Flip-flops slip—because all that keeps these shoes on is a thong, they are likely to slip and move around on you, possibly causing tripping injuries like ankle sprains. While high-heels put you at risk of these problems because they leave you less stable, they don't fall off nearly as often as flip-flops do.

Fortunately, most of my readers have just a few more than two pairs of shoes in their closets, so the tough choice of high-heel vs. flip-flop will likely never be your only option. However, it's important to remember that both types of shoes can leave you with major foot pain, so limit wearing either type to two hours at a time and then switch to better shoes.

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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!

June Funnies



- *A man who found a cell phone walked over to a meteorologist and said "sir I think this is yours." "Why do you think so?" asked the meteorologist "Well sir it says 20 missed calls!"*
- *"Mom, can I have an animal cracker?" asked 3 year old Bob. "Sure Bob," said his mom. "Open up the box, and take a few." Forty five minutes later Bob's mother walked into the kitchen. "Bob, why'd you spill out all of the animal crackers, and what are you looking for?" "It said on the box not to eat it if the seal is broken." Bob replied "I spilled out the whole box, I looked through all of the animals but I can't find any seals!"*

Happy Feet Comes from Healthy Weight

Results from the Chingford Women's Study, a 20 year examination of osteoarthritis in middle-aged and older women in the United Kingdom, has revealed that a higher body mass index (BMI, a measure of body fat based on height and weight) is associated with foot-joint pain for women in this age bracket. The 639 women included in the review were between the ages of 45 and 64 when the study began in 1988. As the participants' weight fluctuations were tracked over the years, researchers noticed that with every point increase in a woman's BMI, her odds of developing foot joint pain went up by 2.7%. The odds of having persistent foot or joint pain increased by 7.9% with every BMI uptick. It's not a big secret that weight gain negatively impacts the health of both women AND men—we all know that obesity is associated with diabetes and other problems like heart disease—but it is certainly interesting to take note of the quantifiable effect it can have on your day-to-day comfort, particularly in terms of the amount of pain you'll experience when on your feet.

Maintaining a healthy weight is just one of many ways to stave off foot pain and make sure you continue walking comfortably for years to come.

MYTH OR FACT – “If I can move my foot or ankle, it must not be fractured.”

This is a MYTH! You may be able to move your foot, toe or ankle, even if you've broken one of your bones. It will hurt, but you still could be capable of moving.

Here are the signs to watch for that indicates that you might have a broken foot:

- Immediate pain (throbbing)
- Swelling
- Bruising or Redness
- Tenderness to the touch
- Pain that is better when resting and worse when moving
- Change in shape of foot, toe or ankle
- Problems getting your shoe on or off

Here's the important thing to remember after an injury: even just ONE of these signs could be an indication of a broken bone. The only way to definitively rule out or diagnose a broken foot, toe or ankle is to see your doctor as soon as possible after becoming injured.

Is Balance the Key to Avoiding Injuries?

Some people think your shoes can help you stave off running injuries; others think it has more to do with how much you stretch, how often you rest or how carefully you log your weekly miles. But did you know there's one easy way you can lower your risk of injury and decrease your risk of falls later in life?



According to research, improving your **balance** can lower your risk of getting a runner's injury like an ankle sprain. Why?

Here are the top 4 benefits balance training can have for runners:

- Balance exercises that have you stand on one foot increase your ankle strength
- Balancing on one leg mimics a runner's stride (you pick up one leg in each stride) so this kind of training can even out imbalances in your stride
- It increases your awareness of surroundings, making you less likely to have a misstep on a run

It's free, quick and requires almost no equipment so you have no excuse not to get started!

Keeping it Simple

Over the past few months, the concepts of stripping back the superfluous, simplifying and pulling apart the true meaning of integrity have been strong personal themes. For many people, there's a drive to again inspect old patterns that continue to run happily in the background despite years of self-examination. Perhaps under the direction of a new global energy, there's a sense of being able to lovingly let go of those things that have served us all well on one level, yet have offered excuses to stay small on another.

I came across Don Miguel Ruiz' "The Four Agreements" the other day and it strongly resonated with this desire to pare back; to simplify; to become more real as a participant in this world and begin operating in a more authentic way.

With these 4 simple tenets, we could literally change the way we as humans operate in this world. How do they resonate with you? Please feel free to share your thoughts; we'd love to hear from you.

1. **Be Impeccable with your Word:** Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.

2. **Don't Take Anything Personally:** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. **Don't Make Assumptions:** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

4. **Always Do Your Best:** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse, and regret. ~ Don Miguel Ruiz

Going Green Is So Much Simpler Than Most People Think

An increasing number of people are now wanting to do their part to save the planet due to the worsening problems caused by global warming. Unfortunately, numerous people assume that going green is costly and time consuming. Read on to discover several immediate things you can do to get on the path to living green.



Recycling is the top way to start. A lot of people continue to place glass and aluminum items in their normal garbage even though recycling is not that hard to do today. In the US, it's not hard to locate a trash service that offers glass and aluminum recycling choices. Many people still continue to discard these items even though recycling bins are not hard to find. It merely takes a few minutes to wash off the cans and bottles before placing them into the recycle bin.

Newspapers are another item that overburdens our landfills. Virtually all people will merely take their daily paper and toss it in the garbage when they are done with it. But, there are many other uses that you can get out of your newsprint other than poring over it. Did you know that you can keep your windows clean using newspapers? If you're tired of seeing small white fragments and streaks on your windowpanes after you clean them with paper towels and cleaner, try to use old newspapers instead. Several community groups run regular paper drives. Merely compile all of your old newspapers, put them in a stack, and see if the paper drive organizers will come to your location and pick them up.

One more thing that could help you to start to live green is to begin walking a bit more. Lots of people routinely drive short distances merely to buy one thing at their local corner market. If you just walk to the store, not only could it take less time, because you won't have to locate a parking spot, but you will be saving money on gas and helping to save planet Earth by not burning those fuels.

If you wish to save even more on gas, take the chance to car pool when you can and only mow your lawn two times a month instead of weekly. A gorgeous lawn is good to have but skipping an additional week before you mow again shouldn't significantly affect it. Using a manual push mower like those more normally used many, many years ago will help to save the environment even more. Numerous hardware shops still carry this type of mower.

When people make up their mind to try green living, it's easy to make a few lifestyle modifications that will benefit our environment. Likewise, you can find lots of info all over the Internet on other ways to start living green, you only have to look for it.

Positive Thinking and Its Effect on Your Health

The first situation to consider is the relationship between thoughts and conditions like depression and stress. A crucial question is whether the person's thoughts are creating the physical depression or the physical depression is creating the negative thinking. When it comes to how you can use your mind to help, this can be accomplished consciously and subconsciously. When someone has a habit of imagining things turning out very badly, rational thinking can show them that they often exaggerate. However, the unconscious mind is much more powerful in shaping our habitual behavior, oftentimes beyond our conscious control. Visualization and hypnosis can be very effective in modifying beliefs and, if you do this, the long-lasting effects can be more powerful than using logic only.

It is likewise true that positive thinking can have an impact on our physical health, and you may be aware of the placebo effect on people who feel ill. This is when individuals are given a pill which in reality does not have any healing value, and yet they claim to notice an improvement in how they feel. This is evidence of the connection between mind and body, and there are many examples of men and women with a positive outlook being able to recover faster from malady and injury. You can also use the power of your mind to help you in achieving your fitness goals. A historic example of this is when the four minute barrier for running the mile was broken, which had been considered as unachievable up to that point. Once the "barrier" had been broken, other runners also began to break through what had really been a barrier of belief.

The effects of aging are likewise influenced by how we think about the process. As you get older, do you talk to your friends about your "aches and pains" and your weakened capabilities? It seems there's a great deal of truth to the saying, "You're only as old as you think you are," and our thoughts can be used to undo a lot of the so-called effects of aging. Unfortunately, numerous individuals will continue to hold on to old beliefs about the unavoidable "decline" of health in old age, and not pay attention to the benefits of a positive outlook.

Now that you are aware that your attitude can bring you a much better state of health, it's up to you to take advantage of this information and set your intention to think positive thoughts whenever you remember.

by: Greg Riley



Tanglewood Foot Specialists
Andrew J. Schneider, DPM

1011 Augusta Dr. Suite 202
Houston, TX 77057
713-785-7881

www.TanglewoodFootSpecialists.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS **June 2016**

SPECIAL SUMMER OFFER!

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From the desk of

Dr. Andrew Schneider

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Dr.'s Remedy Nail Polish

Stock up for summer; keep those toes polished and healthy!

5 Forgotten Spots that need Sunscreen

I wanted to share with you the five most forgotten parts of your body (according to the [AARP](#)) that need to be given extra special attention as you slather up before heading out into the sun.

1. **Tops of feet and ankles:** Obviously, this is the place where this Houston podiatrist will put the most focus. In hot weather, we tend to skip socks in favor of open toed sandals, flip-flops or even bare feet (although I recommend wearing shoes whenever possible to avoid picking up common summer foot problems like toenail fungus and athlete's foot.) This less-frequently-exposed skin is even more vulnerable to sunburn than parts of the body that see the light of day more frequently, so be sure to slick on a good coating of sunscreen to any skin that will be exposed (even between your toes.)
2. **Back of hands:** Your hands may be the part of your body that get the most year-round sun exposure, so be sure and protect them by applying sun-screen. Remember to reapply after washing your hands to preserve the anti-sun protection.
3. **Ear lobes:** Depending on how long your hair is or how you wear it, the tips of your ears and your lobes can be just as exposed to the sun as your face, so don't forget these delicate parts when applying sunscreen.
4. **Chest:** When you wear a "v" or scooped-neck shirt, you need to cover the exposed area with sunscreen, but you also need to reach in and around the collar as it may shift while you move around, leaving more skin exposed and unprotected.
5. **Scalp:** This area is especially vulnerable for men with thinning hair, but women need to protect the delicate skin along the part of their hair and hairline as well. Better yet, wear a hat whenever you're in the sun to give your scalp an extra dose of protection.