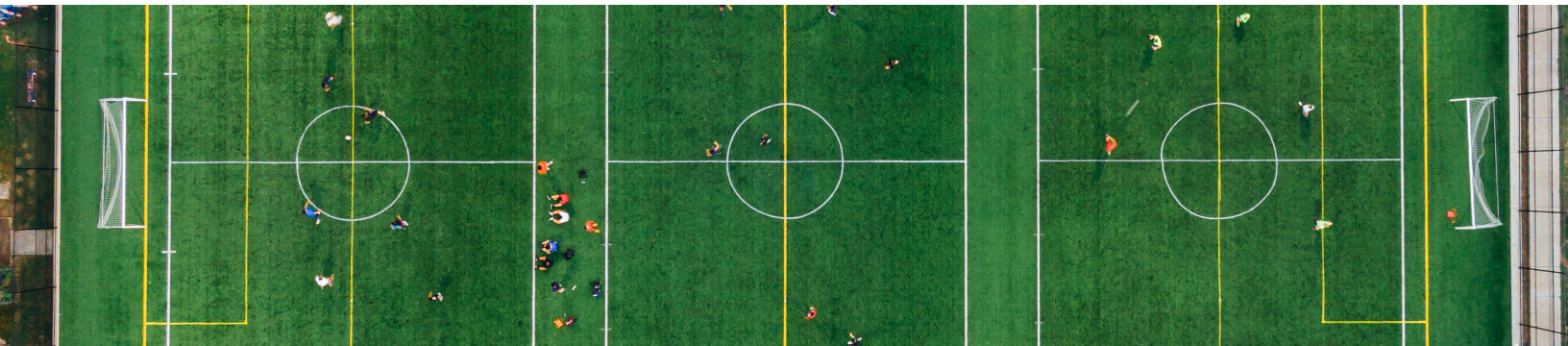


APRIL 2021

# THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



## Why Do Your Kids' Feet Hurt?

**There is no such thing as "normal" foot pain for a child.** Here in Houston, we have our kids scheduled with nonstop sports and dancing, not to mention school. It is so important to keep our children moving without pain.

Many parents go to visit the pediatrician when their kids complain about foot pain. But they often hear "He'll grow out of it." And that's not ok. Because when kids' feet hurt, there's usually a treatable reason.

If your child feels pain when standing, walking, or running, it's commonly caused by biomechanical imbalances and instability. These issues can often be resolved with a custom orthotic. What about pain during sports? Older children know that athletics make them uncomfortable and will opt for more sedentary. But the problem is more than just sitting on the sidelines—these kids are susceptible to sprains, strains, and fractures just like an adult. And children have unique athletic injuries. For instance, active children ages nine to fourteen often can have severe pain behind the heel. This is due to an inflammation of the growth plate on the back of the heel bone. This syndrome is known as Sever's disease. Like other childhood injuries, this is due to inflammation caused by the Achilles tendon pulling too hard on the back of the heel.

Of course, every child is unique, so you should come in for a proper diagnosis if your child's feet hurt. Often, we can correct the issue quickly, and with non-invasive treatments. This way, we stop the pain today. And we prevent major complications as your child grows up!

## 6 Ways to Protect Yourself from Allergies

With May being named National Asthma and Allergy Awareness month, now is a great time to learn more about staying safe and healthy.

Controlling your allergies and preventing allergic reactions depends on your type of allergy. Here are some ways to manage allergies:

1. Avoid your allergens or at least reduce your contact.
2. Take any prescribed medicines.
3. Always keep epinephrine auto-injectors with you if you've been prescribed one.
4. Keep an allergy diary to track which foods or activities seem to give you symptoms.
5. Create an emergency plan in case you have a severe allergic reaction.
6. Respond quickly. If you are having an allergic reaction, and have severe allergies, call 911 immediately. Do not try to take yourself or a family member or friend to the hospital.

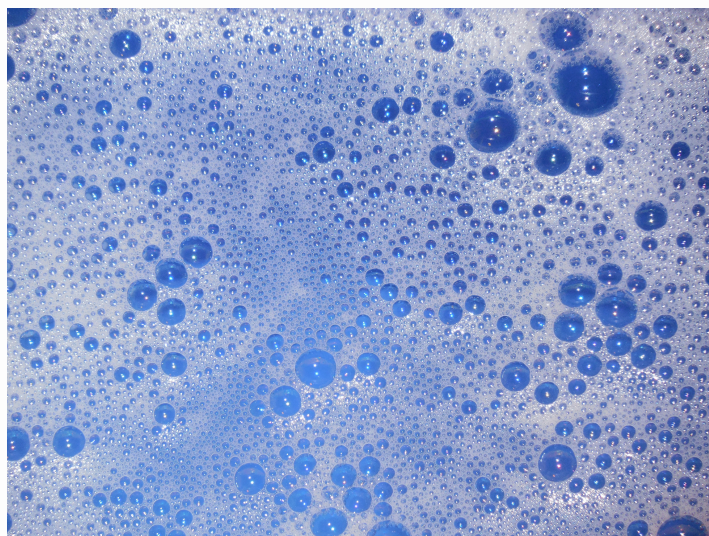


Want more updates? Check out our blog, website, or social medias, we'll keep you on track!

## Join the TikTok Sensation and “Strip” Your Clothes

Right now, laundry “stripping” is a TikTok craze. But the concept behind laundry stripping isn’t new: The idea is to soak dingy or stained clothes, or items that still smell even after washing, in laundry detergent, a laundry booster or a combination of detergent and boosters.

Here's the soaking solution from TikTok: ¼ cup Borax, ¼ cup Arm & Hammer Super Washing Soda and 1 scoop of Tide Powder Laundry Detergent. Why does this mix work? Borax and Arm & Hammer Washing Soda are laundry boosters—they suck out hard water minerals from fabrics, while laundry detergents like Tide contain surfactants and enzymes break down and remove built-up dirt. Try this mix yourself, and you'll see what the craze is all about!

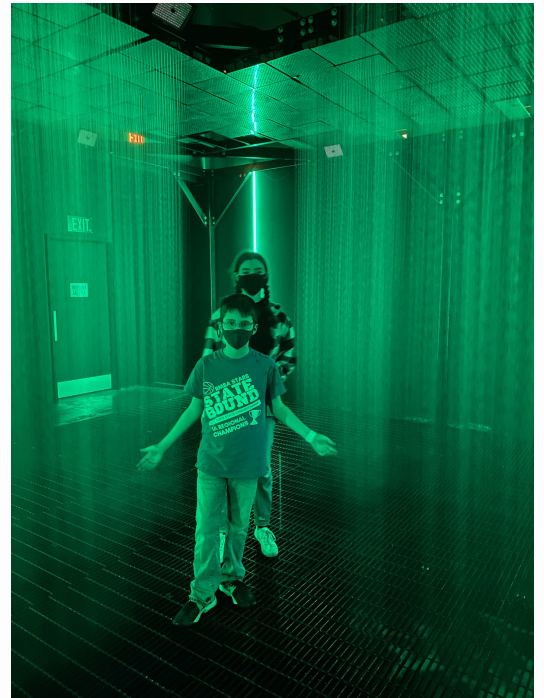




## Schneider Family Updates!

This month the Schneider family (without Ariel, who is in Israel) visited the Seismique art installation on Highway 6. It is an immersive and interactive exhibit that will entertain and inspire adults and children of all ages. We had a great time there and highly recommend you check it out yourself. You can find more information at [www.seismique.com](http://www.seismique.com).

Also, this month, Daniella made her most recent stage performance as Mrs. Peacock in the JCC production of Clue. The cast and crew put together a fantastic performance. Of course, in my opinion, Daniella stole the show. But that might just be a proud dad talking.



# How (and Why) to Build a Pocket Prairie

A pocket prairie is a small urban planting that features plants native to the highly imperiled coastal prairie ecosystem of Texas and Louisiana. You can make your own in 4 easy steps, and help preserve our valuable native species!

## Step 1: Select and Assess the Site

Look for full or mostly sunny conditions, with an intentional border of mulch, stone, metal, or plastic edging.

## Step 2: Prepare the Site

Remove unwanted species, treat the area with an organic herbicide (you'll need 3-4 treatments) or a chemical herbicide (wait 2-3 weeks before planting if you choose this option.)

## Step 3: Select Your Species

Select as many locally adapted prairie natives as your budget will allow. It is good to use a combination of both seeds and live plugs if possible. The Houston Audubon Society's Edith L. Moore Nature Sanctuary is a great source for live plants.

Any mix of grasses and wildflowers works, but Texas Bluebonnets are always an important favorite!

## Step 4: Plant

Distribute your seeds over the planting area using directions. Then, stomp the seeds into the clean seedbed. Next, plant live plants 2-3 feet apart from each other to allow for growth. Then watch your pocket prairie grow!



# May is National Stroke Awareness Month

Each year in this country, more than 800,000 people suffer from strokes. In fact, stroke is the fifth leading cause of death in the U.S., and a major cause of serious disability for adults.

If you catch a stroke in the early stages, you can prevent many complications. For that reason, learn the signs and seek emergency medical care right away if any are apparent:

- Weakness in the face, arm, or leg
- Difficulty speaking
- Vision loss
- Dizziness
- Brief loss of consciousness



## Why Stroller Workouts are a Great Option

Most moms get out daily with their strollers, but few realize that it can be a great workout. All you have to do is move from a stride to a brisk walk, and you'll get instant cardio. Throw in some squats or lunges, and you'll have a strength workout. And these are the two elements you need to recover from pregnancy.



After all, statistics show that 70 percent of moms are still unsatisfied with their bodies nine months after giving birth. Even if you've lost the weight, your body may not look the same as it did before baby. That's because many new moms take off the baby weight while losing muscle tone, so they aren't as toned as they want to be. To lose weight, you need cardio, and to increase your muscle mass and lose fat, you need to get a strength workout! You can create your own stroller workouts with simple moves, or search for a Stroller Strides program near you! Happy moms get to move more, and happy babies will love the new routine!

### From the desk of Dr. Andrew Schneider



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