

AUGUST 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



It's Time for Fall Home Pedicures

This is certainly the summer to embrace DIY pedicures. Even without a pandemic, it can be risky to get a salon pedicure. Instead, you can follow our simple guide to perfect home pedicures. It's easy, safe and... so much cheaper.

1. **Soak Your Feet** - Just grab a basin big enough for your feet and fill it with warm water. Add Epsom salts or bath salts and soak your feet for 15-20 minutes.
2. **Treat Your Calluses** - Take a pumice stone and gently work on any calluses you have. DON'T use sharper instruments, since they can go too deep, cutting your healthy skin and even drawing blood.
3. **Trim Your Nails Safely** - When you trim your nails, try to go straight across. Unless you have a really curved nail...in that case, you can carefully round off the corners of the nail. Just don't cut too steeply into the side of your nail—that's just asking for an ingrown toenail.
4. **File Your Nails, But Leave Your Cuticles Alone** - You can file your nails to smooth out any sharp edges. But don't push back the cuticles. They may look better that way, but cuticles have a job: to protect you from fungus and bacteria. And they can't do that if they're pushed back.
5. **Moisturize and Polish (or not)** - Choose an over the counter moisturizing creams such as Cetaphil and Eucerin cream. Or, for a bit more oomph, try one of the heavy-duty creams we carry in the office. Just remember to choose creams over lotions: they're more hydrating. Finally, if you choose to polish, work with a nail-friendly brand like Dr. Remedy's (also available in our office.)

Get Organized and Set up the Perfect Home School Space

Whether children are starting the year in person, or beginning online school right from the start, it's important to have a set space in your home that's ready for learning. The more organized you are, the easier things will be when the kids need to learn from home.

First, try to find a quiet space in your house to set up as a "classroom." No spare rooms? No problem. Even a table in a corner of a less-used area of your home will do. Each night, make sure the surface has lined paper, pencils, erasers and scissors, along with any other supplies that kids may need. This will help avoid those panicked, mid-class calls for help.



Finally, create a system for all those school papers. Try creating separate folders for each subject. If possible, print weekly materials on Sunday, then staple each day's work together, labeling it with the day it will be used. Alternatively, create a folder for each day of the week, and place the materials for each subject in that folder.

Create another folder for old-work—that's where you can store any materials kids may need to review again. And immediately recycle papers that won't be used again (Bonus tip: if your paper use has skyrocketed, consider printing on both sides of the paper!)

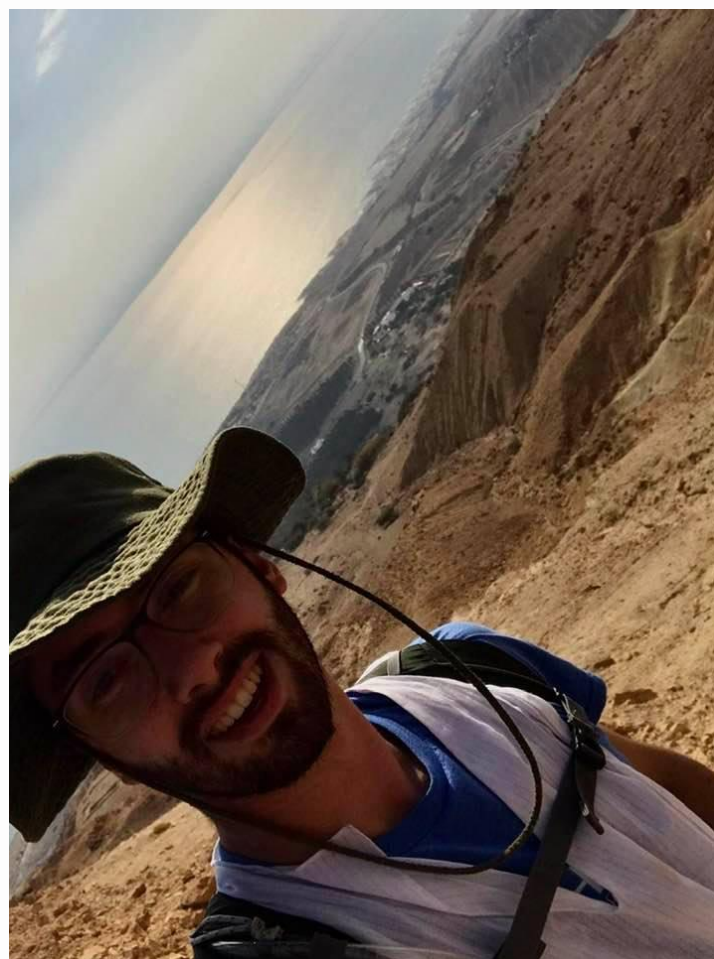
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Schneider Family Big Moves!

It is with a great sense of pride and a bit of sadness that we share this family update. As many of you know from previous newsletters, our son Ariel spent last year studying in Israel for his gap year. Because of COVID, we brought him home in March. It's been a treat having all three kids home together this summer.

While Ariel's plans were to attend Binghamton University this fall, plans have changed. Ariel informed us months ago that he felt that his life was in Israel. He made a compelling argument, a well thought out timeline, and a very obvious passion. While this was not what we expected, it fits him and the man he's become.



So, on Sunday August 16, Ariel left to return to Israel. While there, he'll begin the process of becoming an Israeli citizen, including his service in the Israeli Army. Ultimately, he'll have dual citizenship with Israel and the US.

My wife Mirit and I are very proud of Ariel. We're also nervous having him so far away. But we support him in following his dream of living in Israel. We hope you join us in wishing him well.

Low Carb Bread Recipe for Diabetics

Do you want to be part of the pandemic bread-baking craze? But you're diabetic, and watching your carb intake to manage your blood sugar levels? No worries: we've got you covered with this Low Carb Sandwich Bread recipe from Everyday Diabetics!

Ingredients

- 6 eggs, separated
- 1/4 teaspoon cream of tartar
- 4 tablespoons butter, melted
- 1 1/2 cup almond flour
- 3 teaspoons baking powder
- 1/8 teaspoon salt



Directions

1. Preheat oven to 375 degrees F. Coat an 8- x 4-inch loaf pan with cooking spray.
2. In a medium bowl, with an electric mixer, beat together egg whites and cream of tartar until soft peaks form.
3. In a large bowl, combine egg yolks, 1/3 beaten egg whites, butter, almond flour, baking powder, and salt; mix well.
4. Add remaining 2/3 beaten egg whites and mix until thoroughly combined. Don't over mix. Pour mixture into prepared loaf pan.
5. Bake 25 to 30 minutes or until a toothpick inserted in center comes out clean. Let cool 10 minutes, then remove from pan to finish cooling completely.



How far can you go?

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

Staying Hydrated All Year Long

You're probably more conscious about drinking water when it's 100 degrees out every day. But as August turns to September, and temps drop (a bit) you've still got to worry about hydration. Here are 3 easy ways to stay hydrated all year long!



- Easy access: keep a water bottle or cup in front of you or on you all day long, and make sure to keep refilling.
- Expand your H2O options. All liquids hydrate, but many add unwanted calories or sugar. Still, if flat water isn't for you, try it carbonated. And don't forget that water-rich foods such as cucumbers, tomatoes, watermelon and even broccoli can help you stay hydrated. And soups are another great option, especially once our brief winter arrives!
- Infuse your drink. Adding fruit or veggie slices to a pitcher will make all-day drinking more exciting. Or, every once in a while, add a sugar-free drink flavor to your water. Too many diet drinks have actually been linked to weight gain, so don't make this an everyday choice. But for a once in a while treat, this can certainly make it easier to stay hydrated and satisfied.



From the desk of Dr. Andrew Schneider

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