

FEBRUARY 2026



THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



SO MUCH NEWNESS IN OUR OFFICE

Now that 2026 is in full swing, we want to make sure you're aware of the many new services we've added to the office. Most recently, we began offering Remy Class IV Laser therapy, a cutting-edge, non-invasive treatment that helps your body heal from within by targeting pain at the cellular level to accelerate natural recovery. Patients are loving this pain-free, drug-free, and non-surgical treatment option, that offers fast and lasting results with no downtime or side effects; it's been especially effective for people with plantar fasciitis, Achilles tendonitis, arthritis, chronic foot and ankle pain and acute ankle sprains and injuries.

We've also added red light therapy to the office in recent months. Like the Remy laser, it works at the cellular level to reduce inflammation, accelerate tissue healing, relieve pain, boost circulation to injured areas, stimulate collagen production for stronger tissues and enhance cellular energy production for regeneration. Similarly, Advanced Oral BPC-157 Peptide Therapy—another new addition to our practice—is completely non-invasive. It uses advanced peptide technology to help your body heal faster, reduce inflammation, and get you back to doing what you love—all with a simple oral treatment. These new treatments are part of our growing range of regenerative medicine offerings that reflect our commitment to healing your body in a more natural way. Alone or in combination, they can help you put pain in your rearview mirror, without the need for extensive down time or the risk for complications. Next time you're in the office, be sure to ask us if regenerative medicine can help you feel your best for the new year!

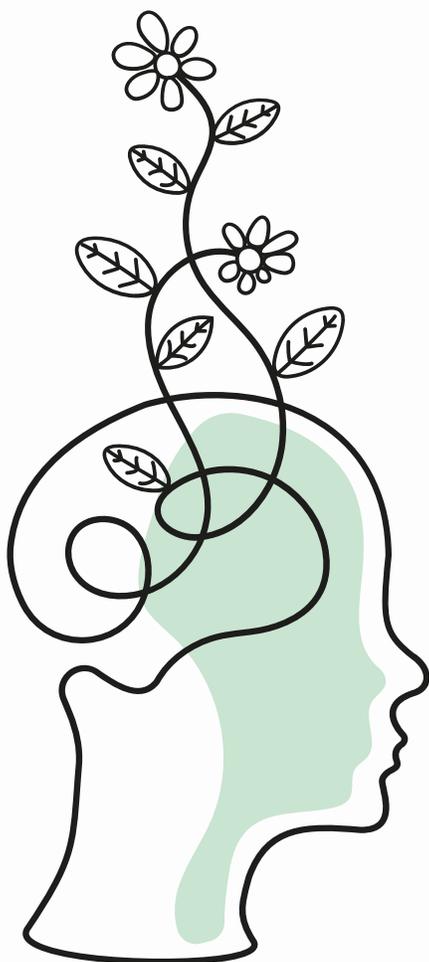
CELEBRATING BLACK HISTORY MONTH



In honor of Black History Month, we would like to recognize Dr. Lawrence Harkless, DPM, otherwise known as the Father of Diabetic Foot Care. He is the first and only Black Founding Dean of an American podiatric medical school.

Having worked to advance diabetic limb protection, he has said, “We [podiatrists] are the dermatologists, neurologists, rheumatologists, and orthopedists of the foot and ankle.” And, while that list of tasks is great, they are all part of the diabetic foot care protocol we follow in our Houston podiatry practice, to this day.

BOOSTING YOUR MENTAL HEALTH



We often talk about mental health when it’s a problem. But you can take measures to protect and improve your mental health even when things are going great. Want to give your self a wellness workout for the mind? Start with these three easy steps:

1. Tell yourself something positive about yourself—anything from, ‘I rocked the morning rush,’ to my ‘hair is really shiny.’ Focusing on positivity can influence your overall outlook.
2. Make a daily gratitude list. Finding something to be grateful for, and focusing on that thing, will help create mental positivity as well.
3. Set (and stick to) a bedtime. Sleep deprivation takes a big toll on mental health. So prioritizing restful sleep can improve your mindset every day.

CAN I TAKE A MINUTE TO BRAG?

So many of you are nice enough to ask about our kids when you come in for a visit. I'm always more than happy to share what they're up to. But there comes a time where I just need to brag.

Let's start with Jonah. Jonah has grown this year immensely, emotionally, physically, and spiritually. I am constantly getting unsolicited compliments about how good a person he is. He lives his life knowing what's right and gets frustrated when he sees others doing the wrong thing. Jonah is strongly guided by the values of his faith. Jonah is on his high school's basketball team and, although entering the tournament as a 2nd seed, this week they are headed to the TAPPS State Championships in Waco. We are so excited for him to have this experience. We will be in the stands cheering the team on!

Daniella is living her best life at Drexel University. She is currently in her Co-Op, which means that she only takes one class and is working in her field at other times. She is doing a lot of camera work for college sports events and loves it. Daniella is majoring in screenwriting and one of her screenplays was selected to be produced by the Junior class. The completed film will be screened in March and you can bet that we will be there!

Ariel and Hannah are finally in a place where they can focus on themselves, as things have quieted down in Israel. Ariel is hard at work studying electrical engineering at Bar Ilan University. Hannah is doing amazing in her law firm internship. They both put in long, dedicated hours. They are planning on coming for a quick visit in May. We can't wait! I don't have any photos of them to share this month, but you can bet we'll take plenty when we're all together.



IS IT TIME FOR NEW SNEAKERS?

If you've enjoyed a bit of winter hibernating, but plan to gear back up for spring workouts, now's a great time to check your sneakers for wear and tear.

How can you tell if the sneakers need replacing? Put them on top of a table. Check if the heel makes contact with the table evenly, along with the rest of your shoe. If it doesn't lay flat, you need a new pair.

Or, if everything sits flat, but your sneaker's sole looks old, or worn out, you should also replace your sneakers. The same is true if the sole shows signs of uneven wear. (Like treads are more noticeable on the left or right side.) Remember, when in doubt, throw them out—or check in with our office for help with sneaker guidance and preventing running injuries!



CELEBRATE DOG TRAINING EDUCATION MONTH

February is Dog Training Education Month, a time for educating humans on the importance of training your four-legged friend.

Benefits of having a well-trained dog:

- Protects the emotional bond you and your pup share
- Keeps the animal safe
- Keeps friends and family safe
- Keeps property safe

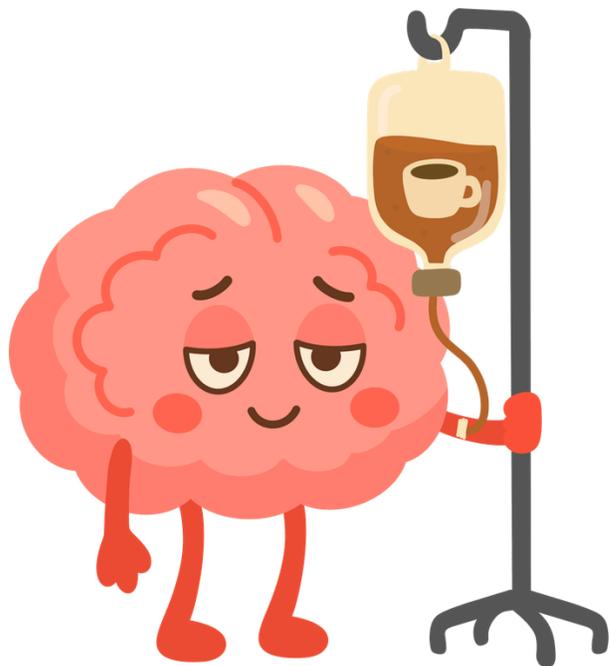
How to Celebrate:

To mark this month, try:

- Spending quality time with your dog
- Teaching them a trick
- Socializing them with other humans and animals



CELEBRATING NATIONAL CAFFEINE AWARENESS MONTH



Most of us love starting the day with a cup of Joe. But this month, health experts want you to stop and examine your daily caffeine intake. How much is too much? If you enjoy moderate coffee consumption (up to three to five 8-oz cups per day or up to 400 mg of caffeine per day) you're doing fine.

But remember—if you feel jittery or off at that supposedly safe level, consider cutting back. If caffeine has a strong effect on your system, stick to a minimum and always listen to your body over general suggested guidelines.



FROM THE DESK OF DR. ANDREW SCHNEIDER

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family!

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call.

tanglewoodfootspecialists.com
713-785-7881