

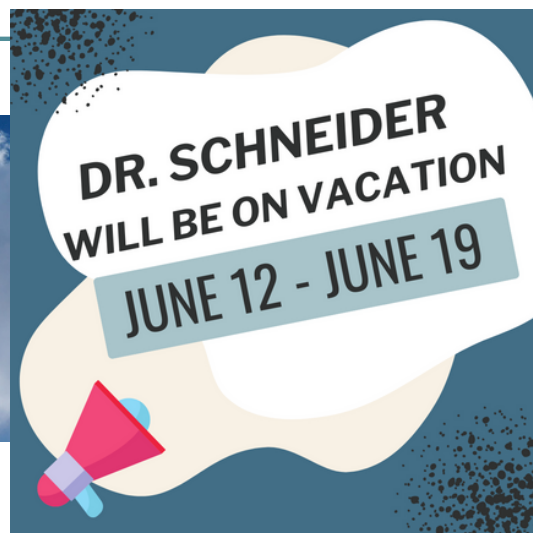
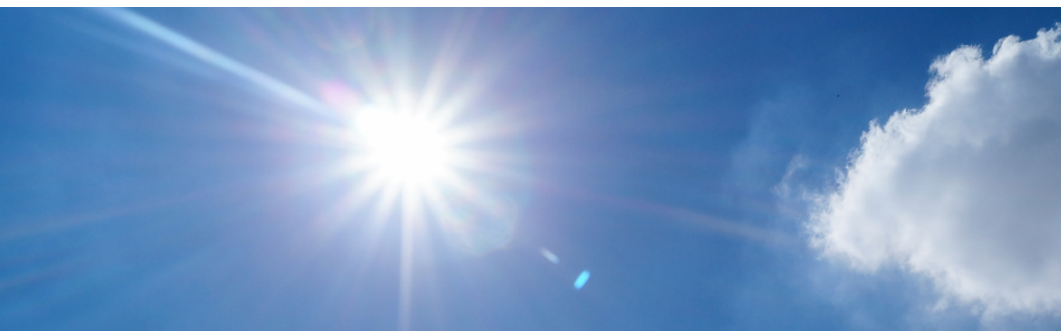
MAY 2022

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



Introducing ModPod to the Office

If we carry a product in the office, it means that Dr. Schneider considers it a valuable tool that will help care for your feet and minimize the problems that send you into the office for pain-related visits.

That's why we're so excited to re-introduce you to the ModPod line of foot care products, developed by Kentucky podiatrist Dr. Nicole Freels, a friend, and colleague of Dr. S! We've brought many selections from this premium line of foot care products into the office, but we consider these two our "flagship products."



Relax - This is a soothing and detoxifying foot soak, infused with lemongrass to remove impurities and detox your skin.



Soothe - This one helps feet that are tired and aching at the end of the day. It's a CBD-ointment that comes with an easy stick applicator, so the active ingredient sinks into your skin, directly targeting your trouble spots.

Want to try these or other products from the ModPod line? Just ask us to see the options the next time you stop into the office!



The Safe Way to Clean Your Ears

If, like us, you not-so-secretly follow Dr Ear Wax on Instagram, you probably know that using Q-tips isn't the safest way to clean your ears. So, what should you do?



1. Ask your doctor to remove the wax in their office.
2. Clean the outside of your ear with a damp cloth.
3. If you choose to use cotton swabs, don't insert them into the ear canal.
4. You can use an earwax softener to soften earwax for easier removal.
5. Try using a syringe to irrigate your ears so wax loosens naturally.

Stop Disappearing Socks for Good

Do you lose socks every time you use your washer and dryer?



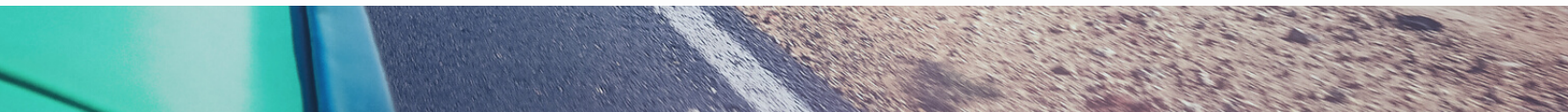
Here's how to stop the losses once and for all. First, try running an all-sock load, with no other clothing types.

Next, during washes, pair up socks loosely, turning them inside out for maximum cleaning and minimal color fading.

Finally, after the wash is done, turn them right side out gently, to avoid stretching, then hang them dry to extend the shelf-life of your socks.



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



Keeping up with the Schneider's

May was a pretty quiet month for the family, with school winding down. There was a highlight, however. Daniella was in an ensemble cast of *Metamorphosis*. It is a play based on Greek and Roman mythology. It was an interesting choice for a cast of high school students, but they did an amazing job with it.

The production was in the theater of the Evelyn Rubenstein Jewish Community Center. Built on the stage were lakes and canals filled with water. The actors spent half the time in the water while acting. The most impressive part was that the set was not complete and functional until the first performance. All rehearsals and dress rehearsals were done without the set and the water. You would never know that the first performance was their first time with the set.

We hope you have a wonderful summer. We have big plans for next month and I look forward to sharing them with you in next month's newsletter!



P.S. Dr. Schneider will be out of office June 12 - 19th for vacation!

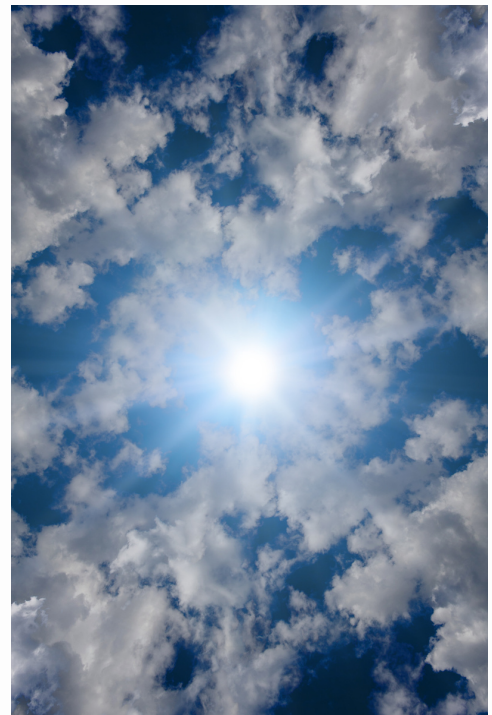
Why Sleeping with Your Dog is an Allergic Disaster



Sleeping with your pet is a great bonding ritual, but it may do your health more harm than good. After all, dogs can track pollen, dirt and grass into your bed. So, if you suffer from allergies or asthma your pet's nighttime snuggles can worsen symptoms such as sneezing, rashes, and watery eyes. This is especially true if your pet is the snuggling type. Not only will it lead to allergic irritation of your exposed skin, but it could also allow your dog to pass on infections as well as fleas and ticks. Want to enjoy the closeness without the allergic triggers? Consider placing your dog's bed at the foot of your own, for safer side-by-side snoozing.

What to do After a Sunburn

While not inevitable, most of us in Houston will experience at least one sunburn each year. What should you do if this happens to you? For pain relief take ibuprofen or Aleve as soon as possible after sun exposure. Then, try to cool your skin with a damp towel, or taking a cool bath with added baking soda. Next, apply a moisturizer, lotion or aloe vera, while drinking plenty of water to increase hydration levels. If your burn itches, you may take an oral antihistamine or apply a corticosteroid cream, but steer clear of benzocaine, since such creams can irritate your skin or cause an allergic reaction.



What Does Your Nail Polish Color Say About You?

Here in the office, we love a good pedicure—especially if you use a polish like Dr's Remedy, which doesn't damage your nail. But what does the color you select say about your personality? This is what beauty experts have to say:

Red nail polish is a bold, look-at-me color that speaks of passion, fire and confidence. It marks you out as someone who is daring, dramatic, and outgoing!

Purple draws in creative people, so wearing it on your nails shows that you are artistic, individualistic, and not afraid to stand out from the crowd.

Pale pink nails suggest you're youthful without being cutesy. Women who opt for this hue are impeccably groomed, making this the perfect color for chic professionals.

Hot pink is sexy, bold, and playful, associated with fun, spontaneity and so much femininity.

What if you go **green** with your polish? This is a strong color that has a lot of power, making it a top choice for adventurous women who don't shy away from risky choices.

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 that may benefit from this information.

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