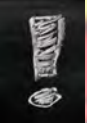




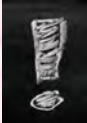
Three Problems You Can Solve with Shoe Lacing



PROBLEM: Your Shoe Rubs the Top of Your Foot

Solution: Re-lace your shoes so that they tie around the sore spot instead of over it.
How?

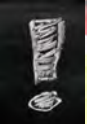
Make a mark on your foot where you feel pain with something like lipstick that rubs off easily. Slide your bare foot into your shoe and quickly remove it. Look for the spot where the lipstick rubbed off on the shoe's tongue. When lacing, proceed as usual until you reach the eyelet just before the marker of the sore spot. Instead of threading through that opening, bring your lace back under, pulling it through the eyelet above the marker on the same side of the shoe; once past the marker, return the lace across the foot and proceed as you usually would.



PROBLEM: Black Toenail

Solution: Get the material of the shoe up and off of it.
How?

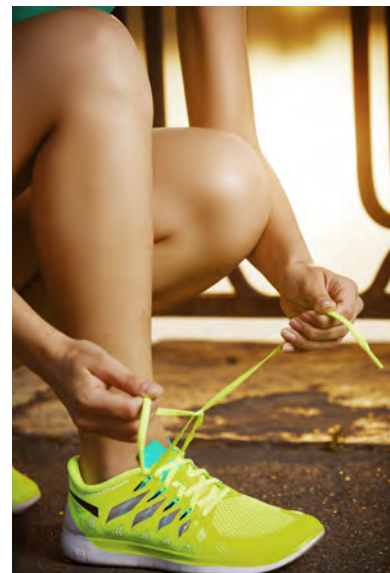
Just thread one end of your lace through the eyelet next to your big toe. Then pull the end of that lace up to the last eyelet on the opposite side of your shoe, pulling it through to the outside. Be sure to leave enough slack at the top to tie a bow. Next, take the rest of your lace straight across toward the outside of the shoe. Keep going until all of your eyelets have been laced. Using this technique will help get the material of the shoe up and off your big toe when you tug on the outside lace.



PROBLEM: Squished Toes

Solution: Add a set of laces
How?

Take out your original laces and measure them. Then, buy two sets of laces that are half the length of your original set. On each shoe, use one lace on the bottom half of the eyelets and a second on the top half, making two bows per shoe. Tie the bottom bow a bit looser to give your cramped toes extra wiggle room.



Diabetic-Friendly Energy Balls

Holiday season is officially in swing, which means you need energy...and lots of it! Try out this delicious, no-bake, energy ball recipe to fuel your gift-shopping runs or even as a healthier option at your next holiday party!

INGREDIENTS:

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips or cacao nibs (optional)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

DIRECTIONS:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.
3. Makes about 20-25 balls.



4 Ways to Get More Energy from Food

We all need an extra dose of energy to get through the holiday marathon, but turning to caffeine and sugar is never the best answer. Here are four healthy ways to give yourself an extra dose of get-up-and-go!

1. Eat the right breakfast mix.

Include a balance of protein and carbs in your morning meal: try non-fat yogurt, add some high antioxidant fruit, a good fat like nuts or seeds, and raw or toasted oats.

2. Get more iron from plants.

Iron is a natural source of energy and while many red meats are high in iron, they are also high in fat. Some great plant-based iron sources include: beans, lentils, spinach, and sesame seeds. Eat with foods high in Vitamin C (hello, oranges) for quicker absorption.

3. Keep Fat Around

Antioxidants help maintain energy levels because they are crucial in keeping your cells healthy, and some antioxidants can only be absorbed into your blood stream in the presence of fat, so don't eliminate this key part of your diet completely!

4. Eat with the seasons

Seasonal fruits and veggies have likely travelled much shorter distances to reach your plate, which means they were allowed to ripen until the peak point of nutrition before being picked. Seasonal suggestions for December include: Pumpkins, Beets, Turnips, Onions, Greens, Spinach, Baby Arugula, Lettuces, Radishes, Sweet Potatoes, Leeks, Fennel, Cilantro, Parsley, Tomatoes (Hot House), Pecans

Five Ways to Exercise as a Family Over the Holidays

1. Throw a dance party. Instead of spending time trimming the tree and munching on snacks, crank up some music and get grooving. Bonus points for the kid who comes up with the craziest, sweatiest dance move!
2. Use commercials. Instead of fast-forwarding, get down and do some group push-ups or sit-ups or jump up and sneak in some jumping jacks. Try to get in one extra rep for each successive TV break.
3. Turn to your pooch. No matter how cold it feels outside (and let's be real, it never gets that cold here), Fido still needs a potty break. Bring along the whole family and add an extra block or two to your typical route.
4. Hit the mall. Even if all your holiday shopping is done, strolling each level of the Galleria is a sure-fire way to burn some extra calories without even noticing!
5. Be a parking genius. You know tip number four? Well, on your way there (or anywhere else) park as far as possible from the entrance. Not only will you avoid the hassle of battling for a spot, you'll be sneaking in some extra steps as well.

HSA Funds Left Over?

As we close out 2017, many of our patients are left with significant funds left in their Health Savings Accounts and Flexible Spending Accounts. Some of these funds may be lost if you don't use them by the end of the year.

If you are already wearing custom orthotics, now would be a great time to order extra pairs. This convenience will allow you to keep them in other shoes and eliminate the need to switch them each day.

You should also consider differently structured orthotics that make it easier to wear them in a variety of shoes, including:

- Dress shoes
- Cowboy Boots (the Rodeo is around the corner!!)
- Ski Boots
- Cycling Shoes
- Ice Skates

Through the end of December, we are discounting the investment for additional pair of custom orthotics to \$215. No need to schedule an appointment, we have everything we need already!! Just give us a call at 713-785-7881 and let us know how many pair you wish to order and what type of shoes you'd like them to fit into. We will take care of the rest!

Healthy Eating Inspiration

New Year's resolutions are just around the corner, so we polled our Tanglewood Foot Specialists team to find out about their favorite healthy food treats. Here's what we discovered:

Edith Rodriguez (Medical Assistant): Grilled Chicken with Mango Salsa
Amy Sanchez (Medical Assistant): Grilled Chicken and Asparagus

Dr. Schneider: Seared Tuna

Yessica Torres (Office Manager): Fruit Salad

Julia Watterson (Marketing): Edamame

Jordana White (Web): Red grapes



Tanglewood Foot Specialists

Advanced care with a compassionate touch

Tanglewood Foot Specialists
1011 Augusta, Suite 202
Houston, TX 77057

713-785-7881
TanglewoodFootSpecialists.com



Sudoku Corner

		4	7	1	2			5
1		5		9		4	7	2
	9		5					1
			3	2		1		
				7	4			6
6	2						4	8
		3		8	1		6	
8					6	2		9

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our November 2017 Newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



Even better, if you would like someone subscribed for our future editions, just let us know! They can subscribe easily online at www.tanglewoodfootspecialists.com. Thank you and Happy Holidays!

October's Answers:

2	6	1	4	5	3	8	9	7
5	7	3	1	9	8	4	2	6
4	9	8	6	7	2	5	1	3
3	1	5	8	4	7	2	6	9
9	2	6	5	3	1	7	8	4
8	4	7	9	2	6	3	5	1
1	8	2	3	6	4	9	7	5
7	5	4	2	1	9	6	3	8
6	3	9	7	8	5	1	4	2