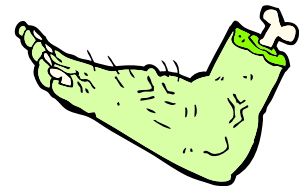


OCTOBER 2020



THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life

It's Time to Use it Or Lose It

Hurray, as October comes to a close, we are that much closer to ending 2020! But what should you do if the months of shut-downs mean you've still got significant funds left in your Health Savings Account or Flexible Spending Account? Some of these funds may be lost if you don't use them by the end of the year. But never fear, we've got some great ways to help you get the most value from your accounts.

If you are already wearing custom orthotics, now would be a great time to order an extra pair. This convenience will allow you to keep an orthotic in another pair of shoes, eliminating the need to switch them each day and extending each product's lifetime.

You should also consider selecting a different orthotic structure: with winter around the corner, you could find a size, length or construction that works in your winter sports gear, or even just your favorite winter boots. In some cases, we may even be able to produce your second pair without a new fitting, meaning you could have the convenience of new orthotics without having to leave the house. Sound like a good plan? We're here to help: just call the office, and we'll get you taken care of!

**DEALING
WITH SCARY
FEET
PROBLEMS?**

WE CAN HELP!

TanglewoodFootSpecialists.com
713-785-7881



Healthy Snacks For Halloween

Whether or not trick-or-treating is in the cards for you this Halloween, we still want the day to feel special. Try this tasty treat that's actually good for you and have a boo-tiful day!

Spaceships & Laser Beam's Mummy Toast

Ingredients:

- Bread
- Cheese
- Pizza Sauce
- Olives

Directions:

1. Toast the bread first
2. Spread pizza sauce to cover, then arrange hard, criss-crossed cheese strips to resemble mummy bandages.
3. Slip in black olive slices for the eyes, slightly covered by a cheese strip.
4. Lightly broil the toast if you prefer melted cheese.



7 Reasons To Start Your Day With Coffee

Sure, you love waking up to a steaming cup of java. But did you know it's actually good for you (in moderation?)

Drinking coffee can:

1. Improve your memory and cognitive function
2. Boost your metabolism and help burn fat.
3. Provide key nutrients, including vitamins B2, B3 and B5
4. Reduce your risk for type 2 diabetes by 7% with each daily cup
5. Reduce your risk for depression
6. Lower your risk of liver cancer.
7. Give you an energy boost that could also enhance your athletic performance!



Easier Ways To Fall Asleep

Here in the office, we see plenty of patients whose foot pain wakes them up at night. While we can help offer pain relief to help you sleep, we're also happy to share additional tips that make it easier to enjoy a restful night:

- Lower the temperature in your bedroom.
- Get on a schedule, going to bed and waking up at the same time each day. Even on weekends.
- Expose yourself to natural daylight, ideally in the morning, soon after waking up.
- Embrace a yoga or mindfulness practice to reduce stress.
- Skip those mid-day naps.
- Eat your last meal well before bedtime, so digestion doesn't keep you awake.
- And don't be a clock-watcher in bed: that can contribute to anxiety and restless sleep.



Thursday is for the Videos!

As your podiatrist, I'm here to get you better when you have a foot or ankle problem.

I am also regularly producing articles to help you better understand your foot health. My goal is to help you prevent problems, so you WON'T have to see me in the office.

I also record bite-sized weekly videos on a variety of foot and ankle topics. You can find those on my website or, even better, you can subscribe to my YouTube channel. The videos are released every Thursday on my website and social media pages. Check them out!



Tanglewood Foot Specialists
October 22 at 4:13 PM · 🌐

Learn what causes foot pain in the morning, and get tips for finding pain relief.



Longer Than One Sided Long Le

What Happens When One Leg is Longer Than the...

Having a leg length discrepancy, where one leg is...

Tanglewood Foot Specialists
Foot Health Videos

Why is My Foot Pain Keeping Me Up At Night?

Why is My Foot Pain Keeping Me Up At Night?



tanglewoodfootspecialists Why is my foot pain keeping me up at night?

There is nothing worse than waking up in the middle of the night with foot pain!



YouTube



Changes To Your Food Label

Starting in 2021, nutritional labels on your packaged food will look a little different. This shift marks the FDA's first labeling update in 20 years, so get ready for the following changes:



1. **Serving Sizes.** Servings per container and serving size information will now appear in large, bold fonts. They will be the amount people typically eat and drink, and will not be a suggestion of the recommended serving.
2. **Calories** will now appear in larger and bolder fonts, using a 2,000 calorie a day diet as reference. But remember, depending on your age, height and weight, you may need more or fewer calories each day.
3. **Listed Nutrients.** Some information is coming off your labels, including calories from fat. Vitamin A and C also may not be listed. Added sugars will now be listed on labels, as will Vitamin D and potassium.



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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