



# THE NEXT STEP

your first step to a pain-free life

**Tanglewood Foot Specialists**  
Advanced care with a compassionate touch

**Dr. Andrew Schneider**

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### We are so Thankful

With Thanksgiving right around the corner, we wanted to take a moment and reflect on all the blessings we get to celebrate at Tanglewood Foot Specialists. We are thankful for our work and home families, and their continued good health. We are so thankful for you, our wonderful patients—and we are particularly grateful to everyone who has reached out to offer support for Yessica Torres to help her come back from the devastating aftermath of Hurricane Harvey. We are thankful that our office was able to re-open so quickly after the storm and, most of all, we are thankful that we get to continue helping our community walk and live a little bit more comfortably each and every day. Happy Thanksgiving, everybody!



## Thanksgiving Dessert Recipe

The month of November is Thanksgiving season, but it's also the American Diabetes Association's Diabetes Awareness Month.

If you want to indulge your holiday sweet tooth in a more health-conscious manner, try this mouth-watering ADA recipe for your holiday table!

### Light Coconut Custard Pie

#### Ingredients-

##### Crust:

1 cup all-purpose flour

1/4 teaspoon salt

1/4 teaspoon baking soda

3 tablespoons 0% fat Greek Yogurt

1/2 teaspoon vanilla extract

1/2 teaspoon Domino® Light Sugar & Stevia Blend

1/2 teaspoon baking powder

1/4 cup canola oil

1 large egg white

##### Filling:

1/4 cup cornstarch

1/3 cup Domino® Light Sugar & Stevia Blend

1/8 teaspoon ground nutmeg

1 teaspoon coconut extract

1/2 cup 0% fat Greek Yogurt

2 large eggs

1/4 teaspoon salt

1 1/2 teaspoons vanilla extract

1 cup 0% fat milk

3 tablespoons shredded flaked unsweetened

coconut

#### Preparation

**Crust:** Coat 9-inch glass pie plate with cooking spray; set aside. Combine dry ingredients in medium bowl. In small bowl, whisk together oil, yogurt and vanilla. Using your hands, add oil mixture to flour mixture to form dough. Shape dough into disk and place between two sheets of wax paper. Roll to 12-inch circle; fit dough into prepared pie plate.

**Filling:** Preheat oven to 350°F. Place all filling ingredients into a blender; mix on high for 30 seconds. Pour into pie shell and bake 45 to 55 minutes, or until knife inserted in center comes out clean. Serve slightly warm or chilled.

Store in refrigerator. Yields 8 servings.



### Three Great Ways to Use Up Leftover Halloween Candy

If you missed our candy-free Halloween suggestions from last month and have a ton of fun-sized bars lying around the house, try one of these fun ideas to use it up in a non late-night-binge kind of way!

#### 1. Freeze it

Later on, you can add it to milkshakes, sundaes, or cookie dough.

#### 2. Adult-ify it

Make flavored vodka by dropping candy into a bottle and letting it soak for as long as you like, or melt a mini bar in your coffee for a cheap and easy homemade mocha.

#### 3. Make Ornaments

I loved this idea from the Science 20 website: Collect hard candy, lollipops, and lifesavers, then shape them and heat them to create sweet stained glass ornaments.

##### Supplies:

Heavy Metal Cookie Cutters (large copper cutters and they work great) Aluminum foil

Vegetable spray

Life Saver or other hard candies

Cookie sheet

Straw

Narrow shiny Ribbon

Preheat oven to 350°. Line cookie sheet with foil; spray cookie cutters and foil with cooking spray. Fill cookie cutters with a single layer of candy using as many as will fit. Bake 5 to 7 minutes until candies are melted.

Remove from oven and allow candy to cool about 2 minutes. Use straw to make a hole in each shape (for ribbon threading later) then continue cooling until the cutters can be handled. Gently pull cutters away from ornament.

Thread with ribbon, and they will be ready to hang anywhere!

## Yoga Moves to Calm Kids' Stress

Between the recent tragedy in our community and the added anxiety of a return to school, chances are that your family is experiencing some anxiety. To help calm nerves, try incorporating one or more of these soothing yoga moves into your daily routine.

### Belly Breathing

Place hands on your belly, take long slow inhales and feel the breath fill up like a balloon. Slowly let the belly "deflate" on the exhale. As you breathe out, count or say a mantra like "I am calm." Why this works: When anxiety strikes, our sympathetic nervous system is activated to fight, flee or freeze; focusing on the breath can help bring the system back into balance.

### Child's Pose

Starting on hands and knees, sit back on your heels while resting your forehead on the ground and stretching your arms out or along the body. Close your eyes.

Why this works: Child's Pose offers a protective, comforting retreat from chaos and heavy emotions.

### Try It

#### Downward-Facing Dog

Start on hands and knees with knees two fists apart, directly below the hips and hands planted below the shoulders. Stretch out fingers and point them forward. Inhale deeply, tuck toes under and, as you slowly exhale, lift the knees up and move your bottom toward the ceiling. Keep your head down and relax your neck.

Why this works: In the face of long, daunting tasks such as study sessions or even post-flood home clean up, this move can re-energize the tired body and provide new strength to keep going.

## Dogs Make the Best Running Partners

If you're thinking of boosting your fitness routine by including running in the mix, but you need a little motivation to get started, consider turning to your four legged friends for companionship. Here's the story on which breeds are best for your running goals:

### Huskies: All Season Companions

Bred for running, these dogs do great in cold weather but can handle spring and fall excursions too. Take care in hot weather as that big, heavy coat may cause your pal to overheat or dehydrate.

### Vizlas: Daily Workout Partners

Vizlas need at least an hour of exercise each day; they can stand up to long distances, pretty much any kind of terrain and they even fare well in the heat! In short, the perfect Houston running pooch.

### Golden Retrievers: Beginners' Best Friends

These dogs are great for runners just starting to get off the couch—they like short, fast runs or long slow runs, so whether you're setting goals for distance or pace, this breed has got you covered!



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## Sudoku Corner

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

Welcome Baby Jace!

For all of you who've asked, we finally have great news to share: Yessica Torres welcomed baby Jace on Friday October 6th at 1:54 p.m. The little man weighed in at 7lbs, 14oz and we're happy to report that mom, dad, baby and big brother Jayden are all doing great!



September's Answers:

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

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our October 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 future editions, just let us know! They can subscribe easily online at [www.tanglewoodfootspecialists.com](http://www.tanglewoodfootspecialists.com). Thank you & go Astros!