

SEPTEMBER 2022

# THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life

## *Four Shoes to Toss Right Now*

Some of the shoes in your closet can also spell trouble for your feet. Let's minimize wearing these three shoe types, so we can stay comfy while we transition from summer to fall.

**1.Slides** - These shoes hurt your feet because they have no front or back stability. That forces your toes to grip, which can lead to foot pain or a change in toe shape known as hammertoes. Wear by the pool and beach, or in the shower but not where you'll walk or stand a lot.

**2.Flip flops** - These shoes offer no protection, leaving you open to cuts, bruises, and abrasions. They also offer no arch support, meaning they up your risk for heel pain and plantar fasciitis. Finally, pairs with thongs also lead to toe gripping. Like slides, let's make flip flops our pool and shower shoes only.

**3.Crocs** - Crocs are made from rubber, a material that bends easily. Plus, on wet surfaces, it gets slick, which can lead to slips and falls. Now, these shoes have a bit more shape than slides and flip flops. So short walks in them may be ok. But steer clear on long days and on very slick surfaces, where they just won't grip.

## *Why Talking about Grief is Important*

Talking about grief can help you find support when you need it most. You can find out which people in your life are supportive and comforting and lean on them. You can join a grief group or rely on the experience of people who have gone through their own grief process, learning how to heal and creating a supportive sense of community. Doing so can also make you feel less alone, reducing the feeling that you're in this on your own. Even if the person you speak to can't relate to what you're going through, it can be reassuring to know that someone is in your corner no matter what.



## *How to Camp with Kids*

Planning  
a camping  
trip with  
the kiddos?

Here are  
ways to  
eliminate

the stress and plan for success.



1. Give kids time to explore nature.
2. Rent or borrow camping equipment you know you can use.
3. Try a practice run at home
4. Plan lots of outdoor activities.
5. Pack campsite toys and board games.
6. Plan easy but delicious camping meals.



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



## *A Love Story (Part 2)*

Thank you to everyone who sent well-wishes for our 25th anniversary. It was very much appreciated.

Our week continued with exciting news. Our oldest son, Ariel, who lives in Israel, became engaged last Thursday. His fiancée, Hannah Vulakh, is originally from Brooklyn, New York. Like Ariel, she moved to Israel and is currently in her second year of law school. We are very excited for this wonderful young couple.

Ariel and Hannah will be making a short trip to Houston and New York in a few weeks. The wedding will be in January (yes, this January) in Israel. Now for the challenge of helping to plan a wedding halfway around the world!








## *When and Why to Brush Your Teeth*

Brushing your teeth prevents tooth decay, gum disease, cavities, tooth loss, and several serious diseases. Brushing also helps prevent bad breath, which can interfere with your work and social life. Now, toothbrushes come in different sizes and shapes, so find one that fits your mouth comfortably, with enough room to easily reach all the different areas. Soft bristles are also best for gum health. Once you've got the right brush, use it on your teeth twice a day for at least two minutes each time. Change your toothbrush every 3-4 months. And always choose an ADA-accepted toothpaste. This is the best way to ensure you've got the right amount of fluoride in your toothpaste.



## *Why to Quit Late-Night Snacking*

Snacking at night is one of the least helpful eating habits for weight loss. Instead of eating healthy food, people who snack at night are likely to cram down carbs or high-calorie junk food. That can throw off your blood sugar or insulin levels. Plus, since you head to bed soon after those snacks, your body has no way to burn off that extra glucose, and it ends up being stored as fat. To start breaking this habit, try pulling the plug on eating in front of the TV, or while on your phone. You can try keeping a mood journal as late-night snacking is often driven by emotions, not hunger. Finally, consider reaching out to a nutritionist for help. Slowly but surely, it will become easier to avoid late-night munching.

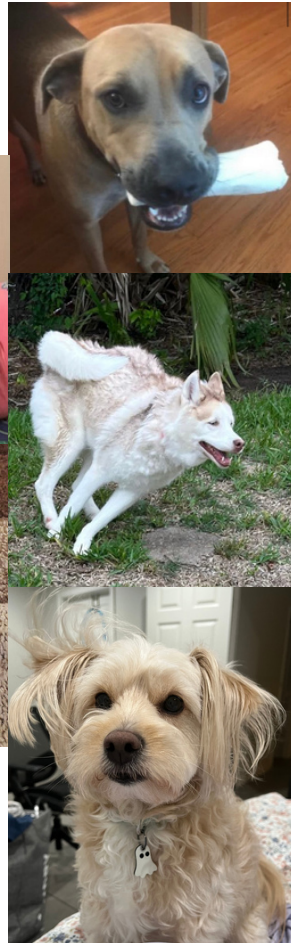
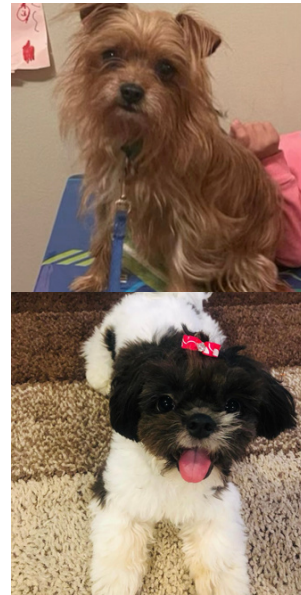




## *How To Control Dog Fur*

Our Tanglewood Foot Specialists team are dog lovers, as you may have noticed from our National Dog Day celebrations. But all that fur can be overwhelming. Here's how to deal.

1. Groom and bathe your dog regularly to reduce the shedding
2. Vacuum every day
3. Create a designated doggie sleep space
4. Give your pet lots of outdoors time, especially during spring and summer, the major shedding seasons
5. Add flaxseed or olive oil to your doggie's diet, since they may reduce shedding
6. Keep up with regular vet visits to make sure your pet's hair loss is normal and not a sign of a problem



### *From the Desk of Dr. Andrew Schneider*



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