

SEPTEMBER 2026

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



KIDS' [FEET] DO THE DARNDDEST THINGS

Now that the kids have been back in school for a bit, their feet could be causing all kinds of problems—and we're here to help. If your child is complaining of foot pain at the end of the day, a few different issues could be to blame.

First, we'd look at shoe fit, maybe they're still in shoes from last year, that just-barely fit but are resulting in discomfort. Perhaps the shoes fit fine, but your child has flat feet, and the lack of arch support is the reason for that foot pain. It could even be something simpler: maybe your child refuses to wear socks with closed shoes, and the resulting rubbing has left him or her with blisters that make feet hurt every time those shoes go on.

Having worked with children for years, we know that it can be hard to tell what's going on with your children's feet. We also know that it's tempting to assume that they'll grow out of foot pain, without any intervention.

Unfortunately, that's just not the case. As we always like to say, foot pain in children is never normal. So, if your little one has been complaining about discomfort, refusing to wear certain pairs of shoes, or shying away from once-favorite activities, it's time to come see us in the office. When you come in, we'll get to the bottom of your child's discomfort, providing a solution that will keep them active and comfortable from the classroom to the playground, playing field and beyond.

TIME TO LATHER UP



Each year on October 15, we celebrate Global Handwashing Day, highlighting the importance of handwashing with soap and water at home, in the community, and around the world.

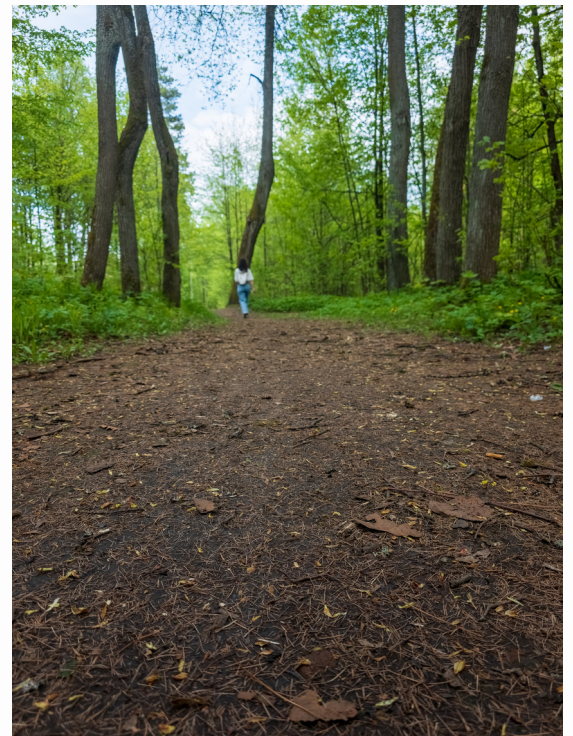
Leading up to this day, let's all remember that washing hands with soap and water is one of the best steps we can take to avoid getting sick and spreading germs. Remember: you can spread many germs, and make people sick, if you don't wash your hands with soap and clean, running water. It's especially important to focus on washing after using the bathroom, when preparing food, before eating, and after coughing, sneezing, or blowing your nose.

Together, we can help stop the spread of many infectious diseases, simply by lathering up and rinsing carefully!

3 REASONS TO GET ON THE TRAILS

Need to switch up your exercise routine? Why not give hiking a try. Aside from boosting cardiovascular health, taking your workout to the trails can:

1. Reduce depression, and boost mental wellness. (With as few as 2 hikes per week!)
2. Strengthen your bones. Hiking is a "weight bearing" exercise, so it helps your body form new bone tissue. This makes it extra important for children and teenagers, whose bones are still forming, so be sure to pack up the whole family.
3. Fight certain diseases. Research suggests that long hikes offer antioxidant properties that can help your body fight disease, and the Mayo Clinic confirms that walking as little as 30 minutes each day can help you resist viral infections.



PUMPKIN CARVING 101

Want to up your Halloween game? Check out these crucial carving tips from Pumpkin Expert David LaRoche.

- 1) Pick the right pumpkin: Check for any soft spots — you don't want a pumpkin that's already spoiling.
- 2) Hollow it out and thin the shell: Remove all the seeds and strings first. Then scrape the shell to a one inch thickness.
- 3) Draw your design in advance and transfer it: For more detailed designs, draw your vision on tracing paper, then prick small holes through the paper into the pumpkin, following the lines.
- 4) Shave, don't carve: Instead of cutting all the way through the pumpkin, play with scraping away just enough outer shell to highlight the design.
- 5) Light it up: Place votive candles in your pumpkin, or for a safer option, try blinking Christmas lights instead.



TAKE THE CANDY (NOT THE FUN) OUT OF HALLOWEEN



To keep all kids, regardless of their dietary needs, included in seasonal celebrations, try giving out one of these 10 candy-free alternatives at your home this year:

1. Bubbles
2. Glow sticks (necklaces, wands, glasses)
3. Stickers
4. Pencils
5. Pencil toppers
6. Organic Juice Boxes
7. Cool tattoo/character bandaids
8. Mini crayon packs
9. Mini Play-Doh
10. Hair bows, barrettes, clips



FALL COMFORT: CAULIFLOWER “MAC” AND CHEESE

Looking for diabetic friendly comfort food? This winner from Everyday Diabetic Recipes won't disappoint!

Ingredients

- 1 teaspoon olive oil
- 1/4 teaspoon each salt and pepper
- 1/2 cup chopped onion
- 1 small head cauliflower, cut into small florets
- 2 tablespoons margarine, divided
- 2 tablespoons whole wheat flour
- 1 cup lowfat milk
- 1 teaspoon yellow mustard
- 1/2 teaspoon garlic powder
- 1 1/2 cup shredded reduced-fat sharp cheddar cheese
- 2 tablespoons whole wheat bread crumbs

Directions

1. Preheat oven to 400 degrees F. Coat a baking sheet with cooking spray.
2. In a medium bowl, combine oil, salt, pepper, onion, and cauliflower; toss until cauliflower is evenly coated. Place on baking sheet and cook 25 to 30 minutes, or until lightly browned.
3. Meanwhile, in a medium saucepan over medium heat, melt 1-1/2 tablespoons margarine; whisk in flour. Add milk and whisk until sauce thickens. Stir in mustard, garlic powder, and cheese until smooth. Add cauliflower and mix well. Pour into 1-1/2-quart baking dish.
4. In a small bowl, melt remaining 1/2 tablespoon margarine and stir in bread crumbs. Sprinkle evenly over cauliflower, baking 20 minutes, or until golden and bubbly.



FROM THE DESK OF DR. ANDREW SCHNEIDER

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