

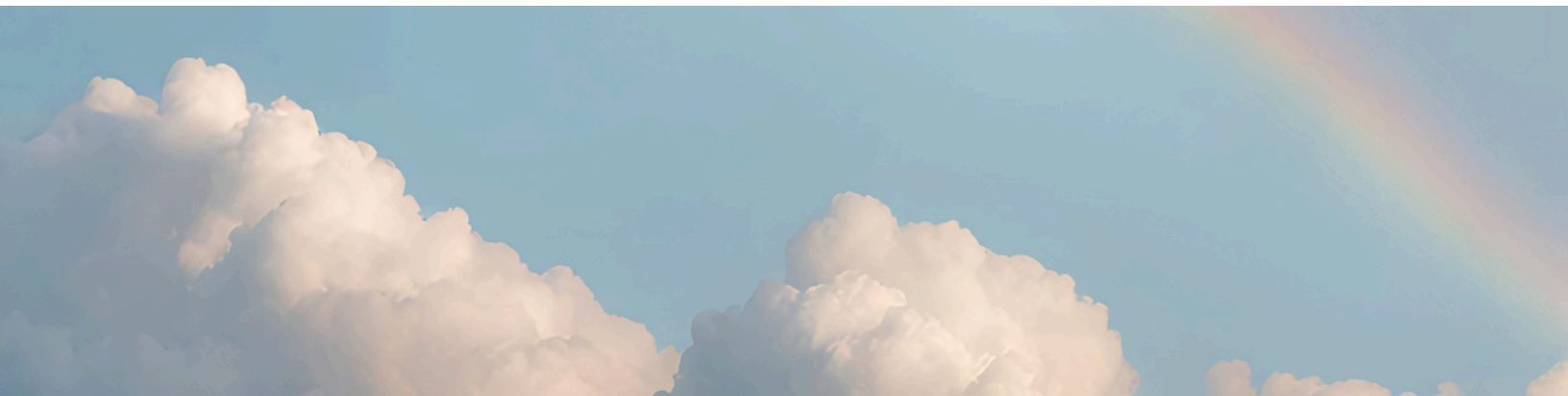
SEPTEMBER 2025

THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



EVERYTHING YOU NEED TO KNOW ABOUT FOOT PAIN

September is Pain Awareness month, a time of year dedicated to helping patients learn more about the causes of their pain as well as strategies and resources to support better pain management. Here in the office, we often see patients dealing with chronic pain due to conditions such as plantar fasciitis, Achilles tendinitis and more. Unfortunately, many patients believe that they can only find relief with invasive procedures or long-term medication use. However, our team has worked hard to provide you treatment options that encompass restorative medicine—treatments that tap into your body’s ability to heal itself. Whether you explore Shockwave Therapy, Platelet Rich Plasma (PRP) Injections, or even SWIFT therapy for plantar warts, these treatments can offer lasting relief that just feels more natural. So, if you’ve been living with foot or ankle pain and you want to feel better, faster—and without the need for prescriptions or surgery—ask us about how restorative medicine can help you leave your pain in the past!

KEEP IT CLEAN

We're quickly approaching October 15, designated as **Global Handwashing Day** to highlight 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 your hands is one of the best steps you can take to avoid illness, in yourself and others. 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 you prepare food, before you eat, 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!



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 low-fat 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.

TAKE PUMPKIN CARVING TO THE NEXT LEVEL THIS YEAR

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

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.



11 ITEMS FOR AN INCLUSIVE, CANDY-FREE HALLOWEEN

To keep all kids, regardless of their dietary needs, included in seasonal celebrations, try giving out one of these 11 candy-free alternatives at your home this year: Bubbles, Glow sticks, Necklaces, Stickers, Pencils, Pencil toppers, Organic Juice Boxes, Cool tattoo/character bandaids, Mini crayon packs, Mini Play-Doh, or Hair accessories.



GET OUTSIDE AND GET INTO HIKING

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 two 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.



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!

If you would like someone subscribed for future editions, just let us know! They can subscribe easily on our website or give us a call. tanglewoodfootspecialists.com
713-785-7881