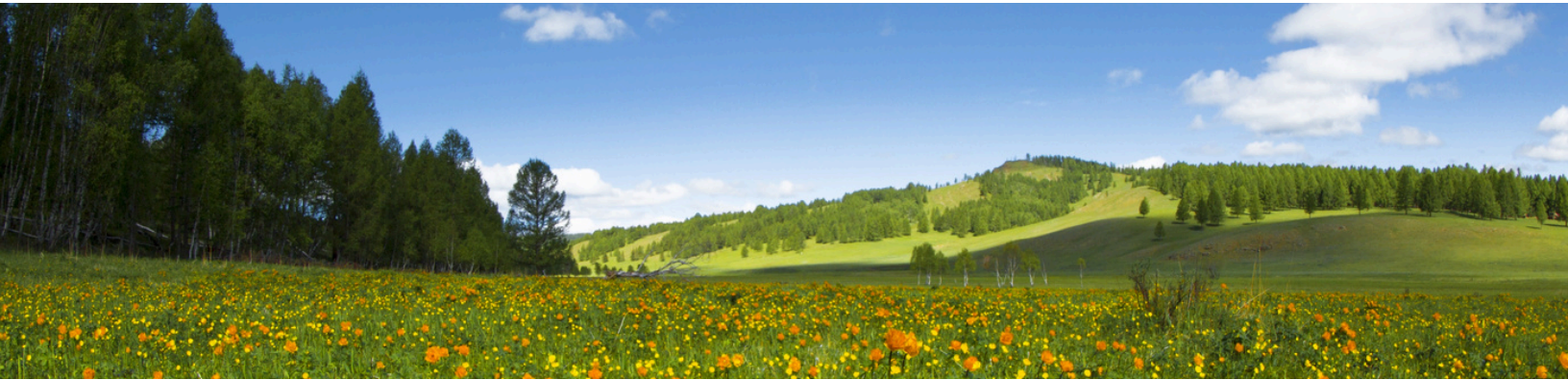


MARCH 2025

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



TRY TOLCYLEN FOR OPTIMAL FOOT HEALTH

Tired of covering up the dry, cracked skin on your feet? Want to get rid of unattractive fungal toenails, or simply pamper your feet so they look and feel their best? Whatever your foot care goals this season, there's a good chance that we have a Tolcylen foot soak that will help you get them done!

When first dipping into the foot soak world, we recommend the 5 Day Therapeutic Foot Soak. It's packed with a proprietary blend of moisturizers, exfoliators, protectants, cleansers, essential oils, and salts. In combination, it provides a spa-like experience that is also therapeutic for your feet. Plus, it removes dirt, oils, and sweat from your feet, all while attacking the bacteria and fungus on your skin. After five days of soaking, your feet will be silky-smooth and super healthy.

After this foot-care boot camp, you can switch to a maintenance product like the Tolcylen Daily-Use Foot Soak! It combines moisturizers, cleansers and conditioners with a soothing crystalline salt base, making it a great long-term product. When incorporated into your long-term foot care routine, it can help you maintain cleanliness and moisture in your feet, so they look great in the trendy Spring footwear highlighted in this newsletter.

1 SPRING SHOE TREND TO SKIP AND 2 TO TRY THIS YEAR

Sometimes, we're all about Spring shoe trends. But this year, one super-trendy style should be **off** your shopping list:

Slim-soled shoes: While we love that sneakers are still having a fashion moment, we don't love that this year's trending silhouette has almost no visible sole.

Unfortunately, that means they also provide almost no shock-absorption when you walk, and are unlikely to give you much arch support, either. In combination, this could translate to some serious foot pain if you spend a day in your extra-thin soled sneakers.

Want better options instead? Try:

Woven shoes: trending in a variety of silhouettes, woven leather shoes provide your foot with lots of breathing room, helping reduce foot sweating—and your risk for fungal infections, even if you wear them without socks.

Strapped sandals: Straps and laces are in style this spring, and we're all about a sandal with a backing, since that helps keep your shoe in place, preventing gripping in your toes and reducing your risk for pain and foot deformities.

OF-THE-MOMENT NAILS...WITHOUT THE DAMAGE

For Spring 2025, nail polish colors are all about the earth and jewel tones—think colors like, emerald, amethyst, terra cotta and mocha. But before you go out and buy some new polishes, consider this:

Traditional polishes and removers can damage your nails, because they contain toxic chemicals. Want a healthier option? Next time you're in the office, ask us about our Drs' Remedy line of better-for-you polishes, infused with tea tree oil, wheat protein and vitamins c and e to nourish your nails while making them look their best. Don't see your dream color in the office? Not to worry: just tell us what you want, and we'll be happily place your order!



SCHNEIDER FAMILY UPDATE

Spring Break is here—hope you had a fun one! Daniella's home for her break, and it's been so nice having her around.

She and Jonah went to the Houston Rodeo for the championship and had an awesome time. They came back with some carnival prizes and loved the rodeo and the performance afterward. I was really happy they got to enjoy that together.

Meanwhile, over in Israel, Ariel and Hannah celebrated Purim. It's such a fun holiday—lots of costumes, time with friends and family, and reading the Book of Esther at synagogue.

Wishing everyone a Happy Passover and a Happy Easter coming up! Hope you get to enjoy the season and make some great memories.



MARCH IS NUTRITION MONTH

While the month is coming to a close, we highly encourage you to carry celebration of National Nutrition into April (and beyond.) You can start with this simple and delicious snack recipe, ready in about 10 minutes!



Ingredients:

- 1 cup oatmeal
- 1/2 cup peanut butter or other nut butter
- 1/4 cup honey or other sticky sweetener
- 1/4 tsp cinnamon
- 1 tsp vanilla extract
- 1/4 cup dried cherries or other dried fruit
- 1/4 cup chocolate chips optional

Instructions:

1. In a large bowl, combine all ingredients. If the mixture seems too dry, add extra honey or maple syrup (1 Tbsp at a time). If it seems too wet add a bit more oatmeal (1 Tbsp at a time).
2. Place the bowl in the fridge for 30 minutes. This will help the bites stick together when you roll them.
3. Scoop out about 1-tablespoon chunks and roll into the shape of a 1-inch ball. Repeat until batter is gone. You should end up with about 15 snack bites.
4. Keep refrigerated enjoy chilled straight from the fridge!

THE WONDER OF WOMEN

This month, we celebrated International Women's Day, so we want to highlight two women who made a major contribution to the field of podiatry: **Miss Catherine Norrie and Mrs Margaret McKenzie Swanson**. These sisters were founding members of the first Society of Chiropodists in the UK. In 1924 the two sisters founded the Edinburgh Foot Clinic as a charitable institution for free foot care; soon, it expanded into a School of Chiropody with the collaboration of prominent members of the University medical school and the Royal Colleges, helping expand podiatric training for our friends across the pond!

SPRING IS FOR CELEBRATING IN HOUSTON!

Looking for some fun outdoor activities this spring? Start your festival season by grabbing a spot along Allen Parkway on Saturday April 12 for the legendary art car parade, an unparalleled display of creativity featuring more than 250 creatively decked out motorized vehicles! Or check out the new Jurassic Giants exhibit at the Houston Zoo. It only runs until September 1, so you can check it out in Spring before the weather gets oppressive and the crowds get crazier.



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!

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