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# THE NEXT STEP



Dr. Andrew Schneider

Your first step towards a pain-free life



## WHAT KIND OF ORTHOTIC IS RIGHT FOR YOU?

Custom foot orthotics are insoles that we make to fit your exact foot shape, correcting imbalances that are specific to your body. In the office, we often recommend orthotics to treat chronic conditions such as plantar fasciitis and Achilles tendonitis; they can address concerns such as leg length discrepancies or they can even improve athletic performance. But even after you've made the decision to get an orthotic, there will still be choices to make. And one of those revolves around the length of your device.

We typically make three lengths of orthotics: to the ball of the foot, to the sulcus beneath the toes, or full length. And the length you choose is mostly a personal preference. The functional part of any orthotic is the plastic shell, which ends before the ball of the foot. Any length past that simply provides additional padding. So, how can you tell which option best suits your needs?

An orthotic with a partial or full-length extension is suitable if you want extra cushioning or want to pad a painful callus. But there's a downside: it takes up more space in your shoe, meaning you may have to go up a shoe size. In contrast, if you choose an orthotic that goes to the ball of your foot only, you'll enjoy all the function of a full-length orthotic without moving to a longer or wider shoe. Need even more guidance? Come into the office and ask us for a custom orthotic consultation!

# HEALTHY AFTER SCHOOL SNACKS

Whether your child is diabetic, or you just want to serve up something you can feel good about during the after-school rush, these Apple Ladybug Treats are sure to be a hit for everyone.

## Apple Ladybug Treats

### Ingredients

- 2 red apples
- ¼ cup raisins
- 1 T peanut butter
- 8 thin pretzel sticks

### Directions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.



# DON'T DUMP THOSE BEAUTY PRODUCTS

If you have expired or almost empty beauty products, don't head directly to the trash can: there's a safer and more environmentally-friendly disposal option. Bottled products that can be completely emptied of their contents, remove as much of the product as possible, scooping it directly into the trash. Do not rinse out the bottle, since that would send waste into the water system. Instead, take a paper towel and wipe the inside clean. If the makeup bottle is made of plastic or glass, you can recycle it afterward.



# A GREAT SURPRISE FOR THE SCHNEIDERS

As you may know, our oldest son Ariel lives in Israel with his wife Hannah. When the attacks of October 7 occurred, they were a day away from going on their honeymoon. Instead, Ariel was recalled from reserves to serve in the army.

He was in the army for about 5 months and then his unit was dismissed. In that time, they were supposed to come and visit, but it had to be canceled. Another visit was supposed to happen this month, but Ariel was recalled to the army.

I was in Israel in January and was able to see them, but his mother and siblings hadn't seen them in over a year.

A few weeks ago, my wife got a text from the head of the youth group that Ariel and our other kids have grown up in. He explained that there was going to be a concert in New York at Madison Square Garden and that Ariel was featured as an alumnus in a short film before the concert. He invited us to the concert and offered to fly us up.

I was committed to a conference in Arizona, so my wife Mirit went to the concert with our youngest son Jonah. They were seated right in front of the stage. The film played and Ariel was prominently featured in it. But then it turned out that....

## ARIEL AND HANNAH WERE AT THE CONCERT TOO!

The youth group flew them in from Israel after the army gave him leave for this opportunity. They walked out to hug Mirit and Jonah in front of a sold-out Madison Square Garden. Although I wasn't there, they called me right after and came to Houston for what was supposed to be a couple of days. Because of flight cancellations, however, they were here for almost a week!

It was an amazing surprise, and I'd like to share the video with you. Grab your tissues. You can find it [here on YouTube](#).



# STAYING SAFE IN CASE OF A FIRE EMERGENCY

Fall and back to school season is a great time to refocus on making and following a fire safety plan for your household.



1. Install smoke alarms on every level of the home, and test them monthly. Change batteries on existing alarms at this time of year.
2. Install home sprinkler systems, even if the home was built without them.
3. Create a fire escape plan for every family member, making sure everyone has access to two different exits in every room in your home.
4. When cooking, never leaving an active burner unattended.
5. If using space heaters, make sure to turn them off before going to bed, and keep them at least three feet away from flammable items such as curtains.
6. Regularly review the family's fire plan with each member so that it is clear and well-known in case of an emergency.

## THINK TWICE BEFORE PLANTING MINT

While mint is a fresh and tasty herb, you may want to avoid planting it in your garden. In nature, mint acts as an invasive species. As such, it can overtake your garden quickly, strangling other plants and robbing them of water and nutrients. Plus, once mint takes root, it's hard to get rid of it. So, if you want to enjoy a little fresh mint in your kitchen, try having a raised planter or indoor container, instead of planting in the great outdoors.



# QUIT THOSE LATE-NIGHT SNACKS

When you snack at night, you're more likely to reach for sugar-filled carbs or high-calorie junk food. That can throw off your blood sugar or insulin levels. Plus, since you head to bed soon after snacking at night, your body can't burn off extra sugar, so it gets stored as fat. To start breaking this habit, avoid eating in front of the TV, or while you're scrolling on your phone. Instead of picking up a snack, reach for a journal and try to write down the feelings that may be driving your desire to munch. Finally, you may wish to consult with a nutritionist who can help you find a healthier way forward.



## FROM THE DESK OF DR. ANDREW SCHNEIDER



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