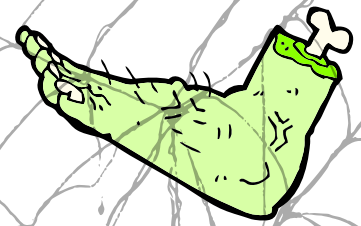


OCTOBER 2023

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



What To Do About Cracked Heels

Dry and cracked heels are a constant problem, especially in the winter months. Even here in Houston, where we have high humidity, our skin gets dry. Add to that open shoes and sandals that invite dust and dirt onto our feet and they're drying even more. This can lead to cracking, bleeding, and pain. For people with diabetes, it is dangerous as it increases the chance of a foot infection.

Want to protect your feet? Here are a few important tips to follow:

1. Try out the Adessa Gel Socks or the Adessa Moisturizing Heel Sleeve. The gel interior contains a blend of vitamins, nutrients, and essential oils aimed at rejuvenating and revitalizing your skin. Stop by our office, we have both in stock and available for purchase!
2. Soak your feet in warm, soapy water, then, slough off dead skin cells with a CLEAN (sterile) foot file.
3. Apply a thick moisturizer, like Vaseline, once or twice a day to your feet.
4. Take in 8 glasses of H₂O a day (more if you exercise.)
5. Choose shoes made of soft fabrics, like Nike flex knits or All Birds.



Use Those FSA Funds Now!

Do you have a Flex Spending Account set up to cover medical expenses? In most cases, people who have these funds can't roll over unused money from one year to the next. So, now that October is coming to an end, it's time to use or lose those extra tax-free savings.

One good way to do so? Allot your FSA dollars to invest in orthotics. These custom medical devices can help correct many physical imbalances. Already have a pair? Invest in another, either for a different pair of shoes; or for a specific athletic activity.

Wondering why you'd need two pairs? Having two sets of orthotics means you won't have to keep transferring them between shoes. Plus, fewer wears on the original pair means you can extend the shelf life of both sets! In other words, this could be one of the smartest ways to spend your FSA funds, and further your savings for months to come.

7 Houseplants That are Toxic to Animals

Some of the most common indoor plants could cause harm to your animals. Many of these plants are given as gifts during the holidays, so pay close attention to any you receive before exposing your animals to them.

1. Aloe Vera
2. Amaryllis
3. Azalea
4. Rhododendron
5. Calla Lilly
6. Chrysanthemum
7. Mistletoe



Catching Up with the Schneiders



October was a tough month, with war breaking out in Israel. As I've written these past few weeks, Ariel was called to return to service in the IDF. Finally, last week he had 24 hours leave where he was able to reconnect with his wife Hannah, sleep in his own bed, and eat non-army food. Sadly, he had to go back to base but is hopeful that more leave will come in the future.

Daniella is living her best life at Drexel University. She is enjoying her classes and has made a ton of friends. Where's her picture this month? Well, I won't give it away, but she did have a ghostly-good time at a concert on campus.

Jonah is settling into being the only kid at home. He is enjoying it immensely! He moved into his brother's room and decided that a hammock would fit in perfectly. That's where we find him relaxing after a hard day at school.

Finally, I would like to thank you all for your words of encouragement and concern during these past few weeks. It means a lot to me that you think of my family and my kids in Israel. Thank you very much!

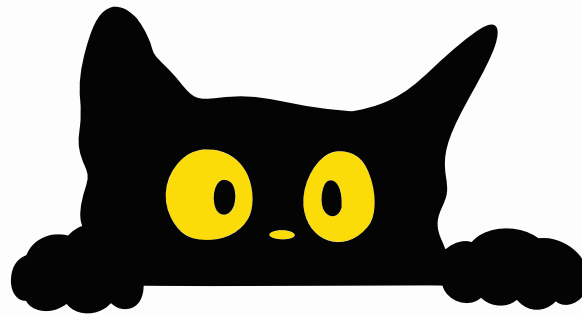


Avoiding Foodborne illness

One key way to avoid foodborne illness is to keep a clean kitchen. Here are some helpful ways to banish germs from your prep sites.



1. Keep your sponges clean, by wetting them and heating them in the microwave for two minutes, or running it through a cycle in the dishwasher.
2. Change sponges on a regular basis.
3. Replace dish rags, dish towels, and hand towels at least once a week.
4. Clean all the kitchen surfaces, including handles and knobs on the faucet, cupboards, and refrigerator door.
5. Sanitize your cutting board, and use separate surfaces for raw meat and produce.



Fall Planting Guide for Houston



Here in Houston, October is peak planting time for bunching onions and carrots along with arugula, lettuce, mache, sorrel and spinach. Want to ensure optimal crop growth? Remember to pay attention to the maturity rate of the vegetables you've planted so you aren't second guessing yourself when it comes time to harvest. This will also help you decide which crops might not make it through the colder parts of our winter.

What to do with Extra Halloween Candy

Looking to offload extra candy and support a great cause? Consider Soldiers' Angels Treats for Troops, a Halloween Candy collection program that has collection sites at local businesses and organizations. At these spots, you can drop off excess Halloween candy in exchange for goodies, once Trick-or-Treating season is over. Here's a [list of collection spots](#) in or around Houston!

Happy
HALLOWEEN



From the Desk of Dr. Andrew Schneider

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