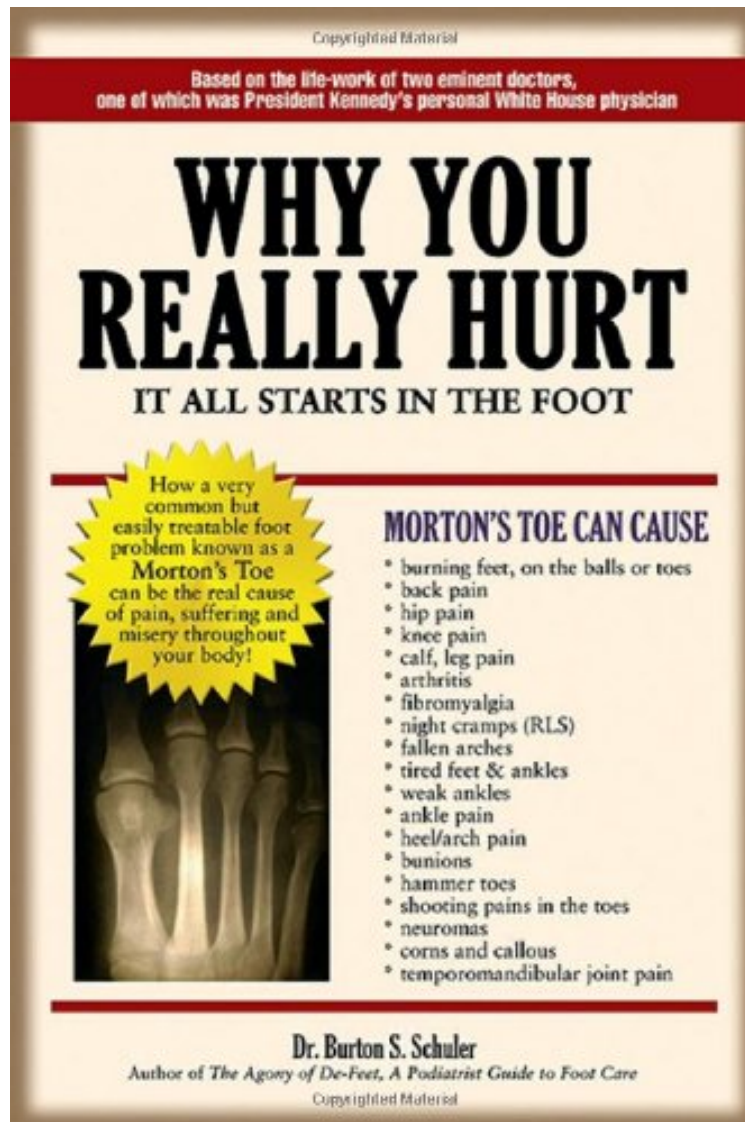


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Why You Really Hurt: It All Starts in the Foot

Dr. Burton S. Schuler

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Dr. Burton S. Schuler : Why You Really Hurt: It All Starts in the Foot before purchasing it in order to gage whether or not it would be worth my time, and all praised Why You Really Hurt: It All Starts in the Foot:

6 of 6 people found the following review helpful. Great advise. By SMI am enjoying this book. I am a massage therapist and I have already passed some info onto my clients. I bought to help my own feet. I also use my feet to massage and I am hoping to rid my pains, my feet ache and have nerve pain. Update , I have been having nerve pains on top of my second toe for a while now. I have been using the toe pads that's advised in the book. I have not had any

pain in the past ten days. I do double my pads. 1 of 1 people found the following review helpful. You won't regret buying this book. By Darlene S. Pino The best resource I have ever read on foot problems and why they occur. Better information than I ever got from any doctor. I highly recommend this book. 2 of 2 people found the following review helpful. A clear explanation of both the problem and a simple solution. By Tracy Reed This book is all you need to read about Morton's toe. Follow the advise, make the pads and voila, better functioning feet! As a minimalist runner, it's important that the feet function in a spring like manner, but with morton's toe, they don't. Once you add the pads, you'll see a difference right away. In the morning, if I walk around barefoot without my pads, I feel my plantar faciatis but the moment I add the pads, it's gone.

Why You Really Hurt is the story of how one bone in your foot could be the real reason for pains thru out your whole body. This book is important because it offers the public new information about why millions of people suffer everyday with aches and pains, and offers new hope to get rid of problems they believed they would have to live with for ever. Mortons Toe can cause the following problems; back pain, hip pain, knee pain, leg pain, plantar fasciitis, calf pain, fibromyalgia, arthritis, corns and calluses, bunions, fallen arches, ankle pain, heel pain, arch pain, weak ankles, hammer toes, tired feet (all over), neuromas, burning feet, shooting pains in the toes, stress and march fractures, night cramps (restless leg syndrome), temporomandibular joint pain (TMJ), diabetic foot ulcers. Millions of people suffer every day, with these torments and do not know why. I believe that in many cases Morton's Toe is the explanation for this WHY, and the reason for aches and pains not only in their back, knee, and hip but also in alot other places in their body.