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Fix Your Feet: Build The Best Foundation For Healthy, Pain-Free Knees, Hips, And Spine



Synopsis

A unique approach to treating common foot and ankle problems

Book Information

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Customer Reviews

Your feet are your body's basic foundation and crucial to maintaining balance, alignment, and overall health. Take care of them and everything else will follow. Fix Your Feet is for anyone - not just athletes - who has ever suffered from foot pain or dysfunction and its resulting aftereffects. Here in simple, clear language is how to assess and treat foot and ankle problems and maintain their health by making simple adjustments and ejecting old habits - including getting rid of improperly fitting shoes.

For more than two decades, Dr. Philip Maffetone, an authority on alternative medicine and a certified acupuncturist and physiotherapist, helped world-class athletes and regular folks alike to live, eat, and exercise simply and sensibly. His practice taught him that Western health care systems treat symptoms but not causes. He writes extensively on the need for individuals to understand their own bodies and to take responsibility for their own health.

Very well written. Strong evidence for living a barefoot lifestyle. Love the way this guy communicates.

the book is definitely not worth the price. It spends too much time on less relevant issues and very

little time on how to actually fix your feet. The whole book boils down to just go barefoot and everything else was primarily to fill in the pages so that a book could be sold!!! This book should be a free brochure given out with barefoot shoes and or injinji socks or something. At most a 5 page summary of talking points would suffice.

I bought this book because I have heel pain. It contains a lot of good information, some of which conflicts with that of my podiatrist. The author advocates being barefoot for healthy feet. Maybe being barefoot caused my problems? For now it is three months of "inserts." Then I will happily try barefoot again.

After many years of foot issues, I had gone through several different, very expensive trials of custom-made inserts, cushioned and supportive shoes, daily exercises, etc. I read this book (very quick read), did what he said--including gradually going barefoot, which was against all the advice I had received elsewhere--and was stunned to discover that my feet, after almost 50 years of over-correction, were fine--they just needed to be strengthened--because they had been coddled for years! Following Maffetone's advice made my feet strong. I remember getting a foot massage from my husband after several months on the Maffetone protocol, and he told me my feet had gone from shark cartilage (no support, no muscle) to feeling like real feet. I used to only be able to wear extremely specific shoes, couldn't stand for very long, and couldn't walk without pain. That is all behind me, and it's been about four years of bliss. Thank you, Philip Maffetone! P.S. I am barefoot as I write this!

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Hips, and Ankles Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More Indestructible Hips and Knees (The Indestructible Body Book 2) Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Hips Trips Honolulu; The Old Coconut Soju Blues (Hips Trips Travel Adventures Book 4) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Foundation, Foundation and Empire, Second Foundation Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) The Knee Crisis Handbook:Â Â Understanding Pain, Preventing Trauma, Recovering from Knee Injury, and Building Healthy Knees for Life

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