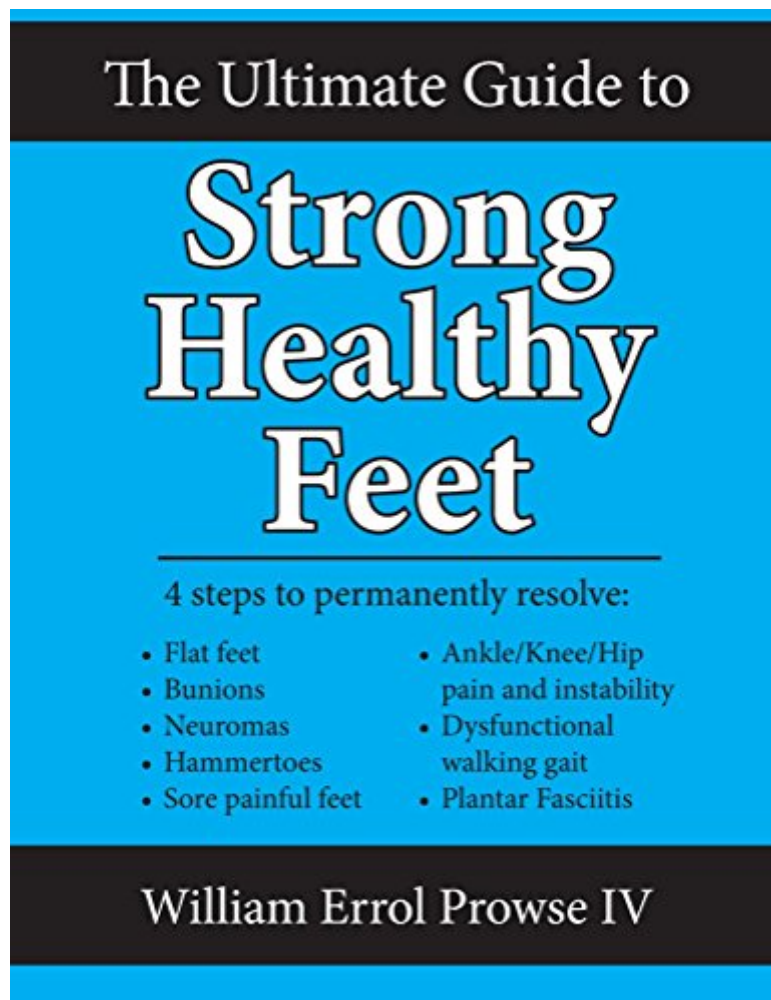


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# **The Ultimate Guide To Strong Healthy Feet: Permanently Fix Flat Feet, Bunions, Neuromas, Chronic Joint Pain, Hammertoes, Sesamoiditis, Toe Crowding, Hallux Limitus And Plantar Fasciitis**



The Ultimate Guide to

## **Strong Healthy Feet**

4 steps to permanently resolve:

- Flat feet
- Bunions
- Neuromas
- Hammertoes
- Sore painful feet
- Ankle/Knee/Hip pain and instability
- Dysfunctional walking gait
- Plantar Fasciitis

William Errol Prowse IV



## Synopsis

Chronic foot problems are pervasive in modern societies and people see them as a congenital or inherent part of being human. That is wrong! You can fix your feet and avoid future problems with my step by step program. The program can reverse many foot disorders permanently.

## Book Information

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## Customer Reviews

\*\*\*\*\*This is a short (only 57 pages), quick, simple manual with many illustrations of exercises, approaches, theory, nutritional therapies, and more to deal with common foot problems and to have healthy feet. It advocates an extreme (but obviously effective) approach to foot health for people who want to make radical changes in their lifestyle and who are serious about using natural approaches to recovery. The author is a young man who has done a great deal of research in the area--no, he is not a podiatrist--but I think that this is a strength in this case as he has no bias or constraints in advocating one approach over another. I have been a patient of podiatrists for years and they have been helpful in alleviating my pain temporarily, but unhelpful in helping me to have "strong, healthy feet"! I am willing to try another approach that makes sense, does not involve surgery, and seems right in line with what my experiences have been with more natural ways of

dealing with the problem. For example, podiatrists have told me to always, always wear my expensive orthotics and to never walk barefoot or in any other kind of shoe that would not accommodate the orthotic. My orthotics have been so bulky and extreme that they forced my gait to change and I began to have foot AND knee problems. I was told then that the knee problems were due to aging and I should just restrict my activity. I went for years like this until an occupational therapist suggested some advice like the author's and finally my knees are better--they are perfectly normal in fact! Therefore, I'm excited to see how these exercises will help my feet. I'm changing my lifestyle and working hard to strengthen them. So a big "thank you" to the author for sharing this information in a brief and easy format. If you're looking for simple help, I would suggest this short manual. Highly recommended, for those who want to work hard.\*\*\*\*\*

This book, "The Ultimate Guide to Strong Healthy Feet" provides vital information in regards to trigger points below the belt and in the stomach area which I am grateful for knowing now that some areas including the hips have to be diagnosed, as well as the hamstrings (as I am taking precaution of any injuries because I want to keep running). These stretches included are very good and posted in this book, as I have seen the stretches before and were keen to learning more about them and wallah it is in this book! This book really provides an overview of what needs to be taken care of and also some foot exercises that are quite useful for stability in the foot and the way the foot is designed to operate and a product which you can buy to align your foot. The book, "The Ultimate Guide to Strong Healthy Feet" realizes the importance of the lines you can draw around your body and how the muscles are supposed to operate and that which way is the proper way for them to turn and so I guess what this book is trying to say is how everything in your body is supposed to be, "rotating" and buy this book if your interested in a more multi-dimensional understanding of the rotation in your body and who knows your life may change from the books concepts and that you can carry on in your everyday life- whether you have a chubby or athletic body. Thanks William, take care.

This is the perfect sequel to " The Plantar Fasciitis Survival Guide " ! Once your PF is cured, unfortunately this isn't over; your feet are weak because of the prolonged months of taping or/and wearing orthotics or supportive footwear. So you need a comprehensive and effective method to get back on your feet (no pun intended !) and prevent any other injury. Luckily this new book explains how to do so in 4 distinct steps: diet, bone alignment and release of trigger points, strengthening foot muscles and finally maintaining foot strength. For those who aren't familiar with William

Prowse's work, everything is clearly explained with pictures. I especially liked how he explains what happens when foot are pronated. The steps are easy but it can take months to see results. For instance it took me 5 months wearing Correct Toes which were invented by a podiatrist before my feet got completely realigned. I learned some of these exercises from his website [www.naturalfootgear.com](http://www.naturalfootgear.com). Also on top of the strengthening exercises recommended in this book, I found it very useful to use an old sock to stretch both big toes (see the video Plantar Fasciitis Stretches for Foot Pain Relief; Weck Method). Overall this is a very helpful and easy-to-read book for those who are concerned about their feet !

This is my favorite book by William Prowse so far. I discovered him after suffering with plantar fasciitis for years. He speaks from first hand experience and understands how debilitating foot pain can be it can be. He has a balanced approach that focuses on what you feed your body, stretches, trigger points and strengthening exercises. This book has several toe stretches and strengthening exercises that I haven't seen before. I would recommend this book to anyone who struggles with ongoing foot pain.

Pain free here and hoping to stay that way. After 2 years of dealing with doctors, it was tips from this author and his other book, Plantar Fasciitis Survival Guide that helped cure my PF. Even though I'm totally pain free I can still feel that my feet are weak and vulnerable to being injured again. I am totally confident in William Prowse's guidance in this area so was happy to see he has this guide for strengthening and keeping my feet healthy. I would recommend both this and his other guide to anyone suffering from Plantar Fasciitis.

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Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) The Flat Stanley Collection Box Set: Flat Stanley, Invisible Stanley, Stanley in Space, and Stanley, Flat Again! Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Healing Yoga: Proven Postures to Treat Twenty Common Ailmentsâ "from Backache to Bone Loss, Shoulder Pain to Bunions, and More The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Urinary Tract Infection: #1 Best Methods To Permanently Beat & cure Urinary Tract Infection For Life! (Urinary Health, Urinary Pain, Urinary Tract Vitamins, ... Urgency, Bladder health, Bladder Pain) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs How to Deal With Back Pain and Rheumatoid Joint Pain

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