



No More Foot Pain : How you can "fix" your feet and knees

Mary Bakalian

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NO MORE FOOT PAIN

How you can "fix" your feet and knees

Whether you are young or old, foot pain is not an irreversible fact of life. With its “Five Secrets of Foot Pain Relief,” this fully-illustrated guide empowers readers to fix their feet and end their pain. The most important job the feet do is support weight. When the foot’s 26 little bones shift out of their proper alignment – the cause of nearly all foot pain – walking becomes a chore. But it doesn’t stop there. The lower leg bones start to lean off-center, and the bones forming the knee joint no longer fit together properly. Cartilage wears away and even more pain results. NO MORE FOOT PAIN shows how to break this vicious cycle by relaxing tensions in the foot and applying correct movement mechanics. Its explanations are easy to follow and quickly change the way you stand, walk, and sit. Think of it as a long-overdue owner’s manual for your feet!

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