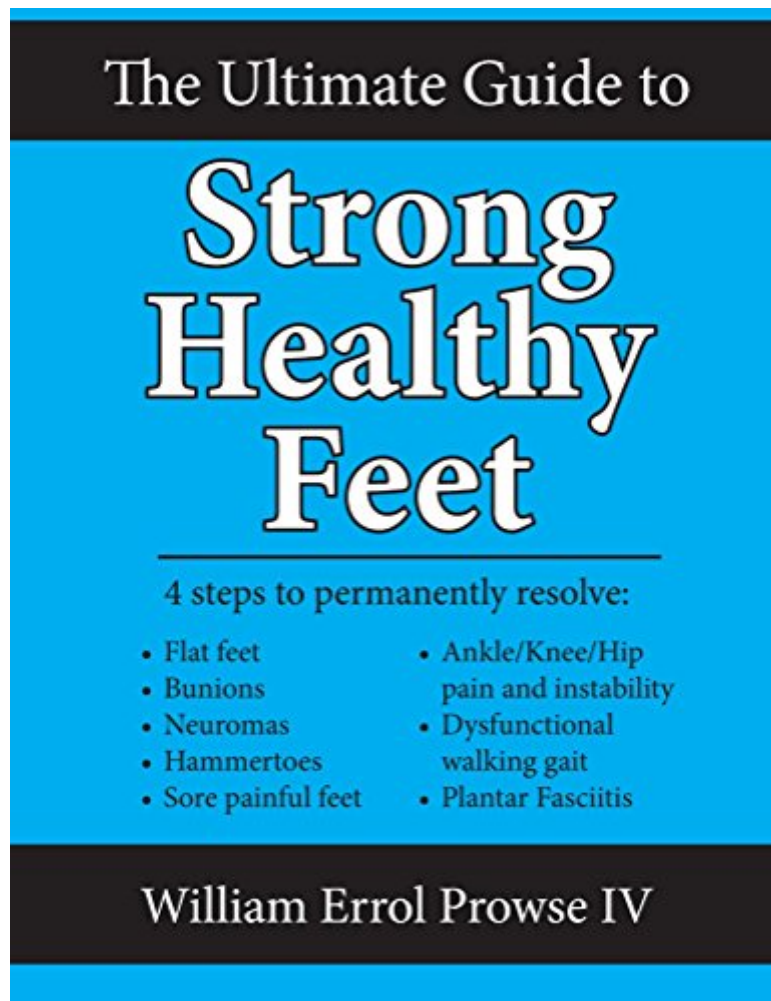




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# **The Ultimate Guide To Strong Healthy Feet: Permanently Fix Flat Feet, Bunions, Neuromas, Chronic Joint Pain, Hammertoes, Sesamoiditis, Toe Crowding, Hallux Limitus And Plantar Fasciitis**





## 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

I hurt my left foot a few years ago. Diagnosis: sesamoiditis. I've been doing the exercises in the book and they are helping, along with the use of inserts for my shoes (Birkenstock Blue Footbed-arch support which has a built in metatarsal pad - I hopefully won't need these in the future, but we'll see). The book also provided information on Morton's foot, which I have but was not aware of until I read about it in this book. I ordered activated B6 (recommended). The B6 has been extremely helpful, helping to alleviate my anxiety and allowing my muscles to relax (I wasn't aware as to how tight all my muscles were until taking the activated B6). I am also having to really focus on walking correctly, as I was placing the bulk of my weight (left foot) on the 2nd and 3rd toes. Now I'm

placing weight on the big toe. I am now hopeful that I can fix my foot in time. Glad I purchased the book.

Struggling for over 2 years with a multi-year foot injury, I've found many things outside of the medical world that have helped. This book has many of those things - sometimes I felt like I'd written some of these paragraphs myself! And then there were a lot of new things that I'm starting to incorporate with great results. It's a shame, I think a lot of foot pain is resolvable, but people are limited by what their practitioners are advising, which didn't work for me. Daily diligence, some patience and a fair amount of time and I think most anyone can relieve their pain with the techniques in here. I wish this book was published right when I was injured, as far as I can tell there's nothing out there quite like it.

William knows what he talking about and has helped me. I came down with pf and heel spurs back in Sept 2016..couldnt hardly walk with pain..im still working on my feet but I'm getting better. I been to two doctors for my problem. Only they did was give me a piece of paper to follow and pay for some expensive inserts. didnt really teach me anything...I bought this book and his other one for me..im glad it someone know what it's like going this and not a doctor thinks everybody the same ...thanks to William and his YouTube videos that also can go into more detail..thank you..john

Excellent!

Prowse is excellent at explaining and showing how to perform certain routines. I am studying it and making progress.

Great detailed information and exercises in a short book. I love that you get so much info in such a little book.

This book is changing my life!

\*\*\*\*\*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. \*\*\*\*\*

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