

The book was found

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

Paperback: 160 pages

Publisher: The Lyons Press; 1st edition (January 1, 2004)

Language: English

ISBN-10: 1592281982

ISBN-13: 978-1592281985

Product Dimensions: 10.1 x 6.9 x 0.3 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 3.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,412,382 in Books (See Top 100 in Books) #60 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) #1228 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #93808 in [Books > Medical Books](#)

Customer Reviews

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!

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.

[Download to continue reading...](#)

Fix Your Feet: Build the Best Foundation for Healthy, Pain-Free Knees, Hips, and Spine Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) 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 Harvard Medical School The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles (Harvard Medical School Special Health Reports) 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) Total Body Lift: Reshaping the breasts, chest, arms, thighs, hips, back, waist, abdomen, and knees after weight loss, (n/a series) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free 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) Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Healthy Knees Cycling: The Fun No-Impact Way to Reduce Joint Pain, Improve Strength, and Help You Live an Active Lifestyle The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches!

(Pain Management, Muscle Pain, sports injury) Fix Your Feet- Using the Pilates Method Original
Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told
Thru Reflexology

[Dmca](#)