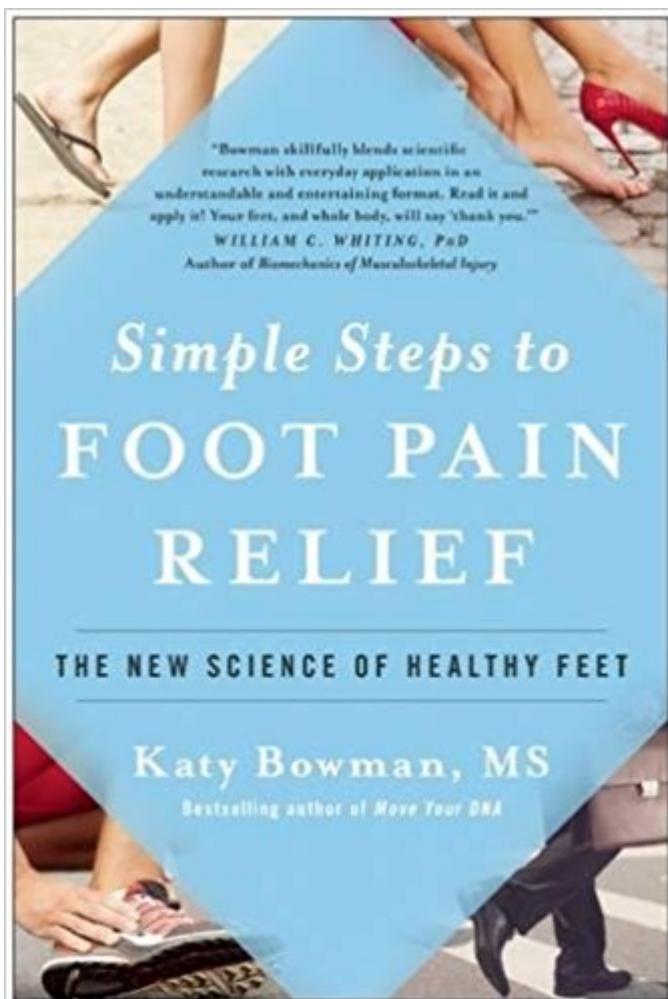


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# Simple Steps To Foot Pain Relief: The New Science Of Healthy Feet



## Synopsis

Don't just treat your foot pain; strengthen your feet to prevent it. Back with an expanded edition of her popular book Every Woman's Guide to Foot Pain Relief, biomechanist Katy Bowman has created a new version for both men and women in all walks of life. With updated material and new visuals that illustrate exactly how to strengthen and mobilize your feet, Simple Steps to Foot Pain Relief will show you how to change the way you move your body to prevent pain, heal your feet, and halt damage to the rest of your body. Bowman's simple, accessible, innovative program will help you naturally address lower-leg and foot issues such as: - Hammertoes- Bunions- Plantar fasciitis- Poor posture and alignment Bowman walks you gently through exercises to strengthen your feet, what shoes you should (and should not) be wearing, and how these choices affect your overall foot and whole-body health. Simple Steps to Foot Pain Relief will teach you how healthy feet work optimally and help you put your best foot forward on the path toward moving with greater ease.

## Book Information

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Best Sellers Rank: #40,267 in Books (See Top 100 in Books) #1 in Books > Medical Books > Allied Health Professions > Podiatry #11 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #54 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

"[Bowman] brings forward the problems that are seen daily, explanations of why they are occurring, and simple yet productive approaches to solutions and preventions; all to finally dispel the myth that feet are supposed to hurt!" - David B. Alper, DPM, podiatrist and past president of the Massachusetts Podiatric Medical Society

Biomechanist Katy Bowman, MS, has become a leading voice for the science of wellness. The creator and talent behind the Aligned and Well DVD program, the Director of the Restorative Exercise Institute, and the creator of the Restorative Exercise DVD kits for Gaiam, Bowman's goal is to educate the public about correct exercise prescription, traditional movement, and how modern living impacts the human machine. Long before becoming an international health celebrity, Bowman opened a small studio - now a very large institute - utilizing her studies in biomechanics and kinesiology to design safe exercise programs for injured or post-rehab patients. Dedicated to the teaching the ABCs of movement, she developed a reputation for achieving unprecedented results in pain reduction, increased bone density, and improved metabolic health. She is a regular contributor and expert for national health, fitness, and wellness publications and TV segments."

I'm only half way through the book but have skimmed thru most of the pages and I am really enjoying the exercises shared and the writing style. I am a massage therapist by trade and like how this is written to be understood, enjoyed and implemented by anyone who can read.

Alot of pertinent information.

Clearly written, proceeds logically chapter by chapter, based on author's experience. A good purchase for me.

I have found Katy's books, all of them, to be very useful, informative, practical, and beneficial. Great information for anyone seeking better health through preventive measures you can do at home. Katy's information is not a "quick fix" but a great guide to making life style changes that will improve your well-being.

**VERY HELPFUL. REALLY LIKE HER STYLE.**

amazing book

Great

awesome

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