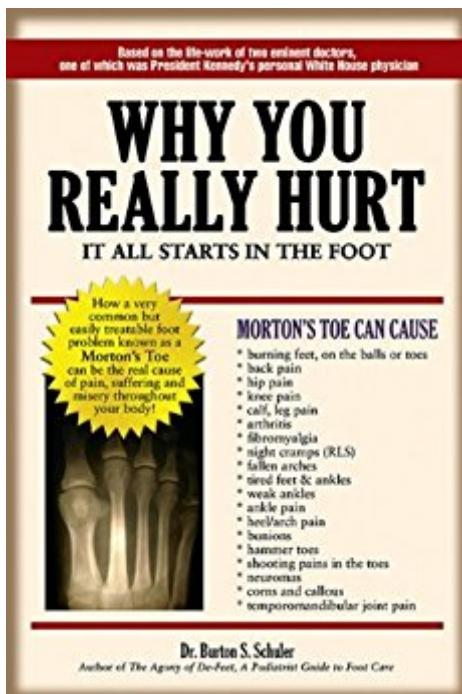


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# Why You Really Hurt: It All Starts In The Foot



## **Synopsis**

Why You Really Hurt is the story of how one bone in your foot could be the real reason for pains thru out your whole body. This book is important because it offers the public new information about why millions of people suffer everyday with aches and pains, and offers new hope to get rid of problems they believed they would have to live with for ever. Mortons Toe can cause the following problems; back pain, hip pain, knee pain, leg pain, plantar fasciitis, calf pain, fibromyalgia, arthritis, corns and calluses, bunions, fallen arches, ankle pain, heel pain, arch pain, weak ankles, hammer toes, tired feet (all over), neuromas, burning feet, shooting pains in the toes, stress and march fractures, night cramps (restless leg syndrome), temporomandibular joint pain (TMJ), diabetic foot ulcers. Millions of people suffer every day, with these torments and do not know why. I believe that in many cases Morton's Toe is the explanation for this WHY, and the reason for aches and pains not only in their back, knee, and hip but also in a lot of other places in their body.

## **Book Information**

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## Customer Reviews

Three years ago I developed plantar fasciitis in both feet and despite my relentless efforts to fix it, things only got worse and worse. I spent well over 3 thousand dollars on gadgets and doctor visits. I did everything the doctors ever told me to do, short stretching sessions, marathon stretching sessions, massaging, boots, cortizone shots, laser, shoe inserts, warm water soaking three times a day etc. I read this book in one afternoon, because let's face it, what the heck else was I going to do? I couldn't go anywhere and enjoy myself. I couldn't even sit and work at my computer for more than twenty minutes. After I finished the book I limped to my car and headed to the pharmacy to pick up about \$9 worth of supplies. I limped home, sat back on the couch, made my first splint and taped it to the bottom of my foot. I then got up off the couch and walked across the room like it was nothing. I hadn't done that in years. I cried. Of course my feet were sore for several days after, as my foot and leg muscles adjusted after 37 years of improper weight distribution. But I haven't had a single sharp shooting pain since. It seems I'm well on my way to total recovery. I absolutely can't believe it. Thank you, doctor. A thousand thank yous

I'm 50 years old, and I've had a series of postural issues (i.e. lower right shoulder, elevated right hip, cartilage damage in both knees, pronating ankles, fallen arches, plantar fasciitis and pain in feet, knees, back, shoulders, and neck) for decades. After only two months of performing the "Condition 2" exercises in the book, "The Egoscue Method of Health Through Motion," all my issues (except my plantar fasciitis) completely disappeared! However, it wasn't until I read this little book, that I found out that all of my postural issues were caused by one thing ... my morton's toe. So I quickly cut out some Morton's toe pads (using felt pad material) and stuck them in all my shoes, and my plantar fasciitis faded away rapidly! In fact, after only two weeks of using the Morton's toe pads, my feet felt strong enough that I stopped wearing shoes altogether. Now I only wear ultrathin "Invisible Shoe" sandals (with the Morton's toe pads), and I have no foot pain. After 31 years of dealing with foot pain and custom orthotics, who would have thought that the simple solution to all my pain was a small pad in my shoe. If the information in this little book were ever made available to podiatrists and the general public, the arch support and orthotics industries could be out of business!

I wore hard soled dress shoes for 30 years and never had any real foot problems until the last 5 years or so of that 30 years. During that last 5 years, the balls of my feet started to hurt some, but not enough to seek medical help. After retiring, I stopped wearing the dress shoes and started wearing soft soled shoes with good quality comfortable inserts and good quality socks (not too thick

and not too thin). This worked for 4 years or so until the balls of my feet started really to hurt and I started to experience some numbness in the balls of my feet. So, after some research, I found Dr. Schuler's book and realized that I had Morton's Toe (more so on my left foot). My left foot was also experiencing more pain and numbness than my right foot, which confirmed even more the information in the book. I am 6 foot tall and weigh 165 pounds, so I'm not really putting extra weight on my feet, nor do I have any moderate or serious medical conditions. I used the good fitting shoes I already had with good athletic-like full shoe insole inserts and added the toe pads with the extra inserts as described in chapter 8. The toe pads and additional inserts I made are made from black 1/4" adhesive backed foam rubber I found on eBay. This worked fantastic, and once these pads are attached, they are there permanent (the adhesive is very good). At first, the toe pad didn't make sense to me, since I wanted to put padding under all of the painful joints across the bottom of my foot, not just under the big toe joint. However, placing the pad only under the big toe joint, this joint is repositioned to bear the proper amount of load/stress. I don't know about Dr. Schuler's other ideas/claims on Morton's Toe related to the host of other bodily pains and conditions.... but it doesn't matter, using this toe pad orthotic worked wonders for me. Thank you, thank you, thank you Dr. Schuler!

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