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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

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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.

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