



Foot Care - Caring for Your Feet - Heart and "Sole"

Dueep Jyot Singh, John Davidson

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Table of Contents Introduction Design of Your Feet Proper Footwear Problems Due to High Heels Noticed the high heels? Health Concerns about Wearing High Heels Back, Knee, Shoulder and Foot Pain Heel Problems Foot Problems Bunions and Bursitis Corns and Calluses Athlete's Foot Ingrown Toenails Back Pain Achilles Tendinitis Claw Toes Morton's Neuroma Tips for Buying Proper Footwear Natural Footcare Oatmeal Scrub Healing Cracked Heels Softening Soles Conclusion Author Bio Publisher Introduction Our feet to have supported and carried us all our lives walking an average of 70,000 miles in the process! This book is going to tell you all about how to take care of your feet, common problems, and feet care. Did you know that your feet are the key to the rest of your body? Unfortunately, we have a tendency of neglecting our feet, although we may spend thousands in beautifying the rest of our body. However, the poor feet are just given a cursory pedicure and massage. And that is that, we are done with them. The ancient Egyptians, Chinese and Indians observed that the tension in any part of the foot would be capable of mirroring tension in a corresponding part of the body.

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