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My Feet Are Killing Me: Dr. Levine's Complete Foot Care Program



Synopsis

Do you love your feet? Do they love you back? Are you proud to show them off on the beach, in open shoes, and in the bedroom? Do they sometimes hurt? Does foot pain limit your tennis game or your golf swing? Are wearing stilettos just a painful memory? If your answer to any of these questions is yes, then let Dr. Suzanne Levine lead you on a path to beautiful pain free feet. Dr. Levine is the foot doctor to the stars. She has performed more than 15,000-foot surgeries and has legions of grateful patients around the world again wearing the latest and chicest Prada and Michael Kors shoes and others again running marathons and hitting that frustrating golf ball a little further and a little straighter. In this book you can bring Dr. Levine's advice home and soon walk through life beautifully on pain free feet. This book is a comprehensive guide to foot care. It includes real life stories from the every woman to celebrities. How your feet can affect your body and your life. Home remedies for foot problems and the latest your doctor has to offer. Learn what you should do for blisters, warts, shin splints, stress fractures, and even skin cancer. Learn how pregnancy affects your feet. How to choose the proper foot wear that looks and feels great-the first time you wear them. How your aching feet can affect your knees, your hips, your back, and even your whole body. Why diet is so important to foot health. You will learn from top trainers exercises that can strengthen you feet, your core, and even extend your life. Your feet are your foundation, they can move you forward or can hold you back-take care of your feet, pamper them-you will be glad you did. Did you know that Mother Teresa had bunions and hammertoes? She never wore high heels she didn't even wear shoes. Find out why. In celebrities and their feet you will learn that celebrities must endure the same foot problems as us-and they are "on stage" all the time. Learn what they do-and what they should do. Is it better to have a high arch or flat feet? You may be surprised by the truth. Learn what you feet say about your ancestors, and maybe even your intelligence. Learn which shoes are best for your feet. Why flats are not always better than high heels and why varying heel heights are just what the doctor ordered. Learn about products that you can order to lessen you foot pain now. This book is for anybody who walks, stands, or runs and anyone who has a twinge of pain in his or her feet. This book is for the woman in the ultrachic stilettos who endures the agony for beauty and the forty-year-old weekend warrior who is hobbling home after over doing it. This book is for the pregnant woman whose legs are swollen and who can no longer fit into her shoes. This book is for the athlete whose game is not what it used to be or what they want it to be. This book is for the bank teller who stands on their feet all day and the business executive who kicks of their shoes under their desk. In other words, this book is for everyone. Our feet are our foundation and move us forward-they should not hurt and must last a lifetime.

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Customer Reviews

Interesting especially for anyone with any kind of foot problem. I am amazed at some of the things I am learning. Wish I had know some a lot earlier. Good reading, written well.

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