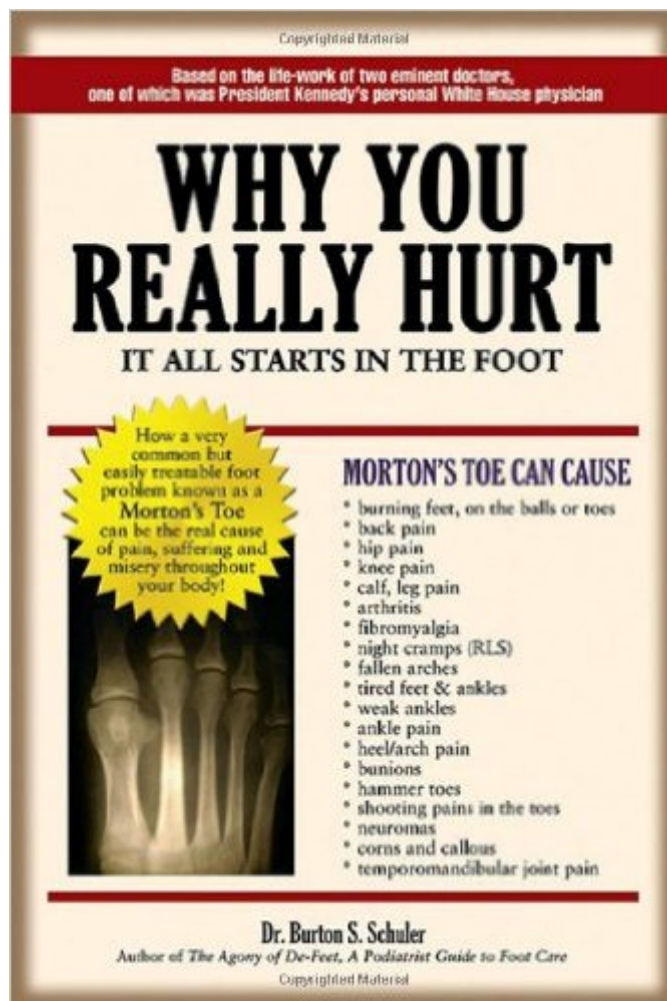


The book was found

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 alot other places in their body.

Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (78 customer reviews)

Best Sellers Rank: #258,732 in Books (See Top 100 in Books) #24 in [Books > Medical Books > Allied Health Professions > Podiatry](#) #204 in [Books > Medical Books > Medicine > Sports Medicine](#) #349 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

I just read through the book in one day and I found myself shaking my head in disbelief. When I heard about the book coming out, I found a write up about the solution for mortons toe (also known as mortons foot) and tried it - a simple pad under the bone behind the big toe. I was completely blown away by the results. For the past 25 years I've had back problems, then as a runner who likes to run marathons - ankle and knee problems which inevitably led to surgery. I always felt 'off' and never had good posture. I've had six pairs of custom orthotics made over the years, tried products

from mortonsfoot.com and none of them worked. Yet, this simple solution - which has been around all of these years changed everything. I went for every snake oil sales pitch and arch support out there - spending thousands of dollars and this pad which you make yourself ended up being the solution. The book goes into the research behind it, why it works and so on in VERY easy to understand language. I felt the author could have been a lot more critical of the medical community in dropping the importance of this solution. None of the doctors I saw for my feet understood what the proper treatment for this was. Why did this information suddenly vanish? I suspect it has something to do with the almighty dollar. One thing he did not address is confusion surrounding some 'mortons foot solutions' which are available over the Internet. Mortonsfoot.com, for example sells a solution for a condition called Rothbarts foot, a different foot disorder (search google) - but it is not the appropriate solution for a true mortons foot condition as their device lifts the metatarsal head AND toe, which is not correct for mortons foot.

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Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot)
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