



The Good Foot Book: A Guide for Men, Women, Children, Athletes, Seniors - Everyone

Glenn Copeland D.P.M., Stan Solomon, Mark Myerson M.D.

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Do your feet hurt? Do you want to avoid painful cortisone shots, or foot surgery?

The Foot Doctor knows what to do. You only get one pair of feet - take care of them!

THE GOOD FOOT BOOK contains the latest information on every aspect of foot health - including new diagnostic and treatment procedures developed within the last four years - for every foot problem imaginable: bunions, hammer toes and corns, calluses and warts, foot skin problems, and the serious foot problems faced by diabetics, seniors, and serious athletes, especially runners. The author specializes in computerized orthotics for over 50 different conditions, and this book is the first to standardize orthotic foot therapy. The reader will learn what computerized orthotics can do for both your feet and body. They can even help with sciatica.

The Good Foot Book includes information on:

- * when to seek professional help
- * the myth of heel spur pain
- * how to avoid unnecessary cortisone shots

The book contains 19 charts and diagrams.

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Nicole Garner:

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Carla Helton:

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Stanley Cooper:

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Weston Brock:

What is your hobby? Have you heard that question when you got students? We believe that that concern was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person such as reading or as examining become their hobby. You need to understand that reading is very important as well as book as to be the matter. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You will find good news or update concerning something by book. Numerous books that can you take to be your object. One of them is niagra The Good Foot Book: A Guide for Men, Women, Children, Athletes, Seniors - Everyone.

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