

Natural Living Tip:



Happy Feet

When you look at the feet of babies and animals that have not been altered, they are V-shaped. The V-shape helps with balance and increases the ease and energy of the body.

Children won't know if their shoes are right for them so it's important for the parents to check their shoes every couple of months. **How?** Trace their foot prints on a white piece of paper while their standing. Cut it out and place it inside your children's shoes to feel the toe area for proper fit.

Wearing shoes with a pointed or narrow toe can result in hammertoe (permanently bent toes, resembling a hammer) and bunions (enlargement of the bone at the base of the big toe). To help reduce pain from these, foot surgery might be necessary.

Shoe sales person are not foot experts; and their pay can be based on how many shoes they can sell. But if the customers only purchased shoes that properly fit, designers would only design these kind of shoes. So we would have more comfortable shoes to wear anywhere.

Yours for health naturally,

Dr B

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