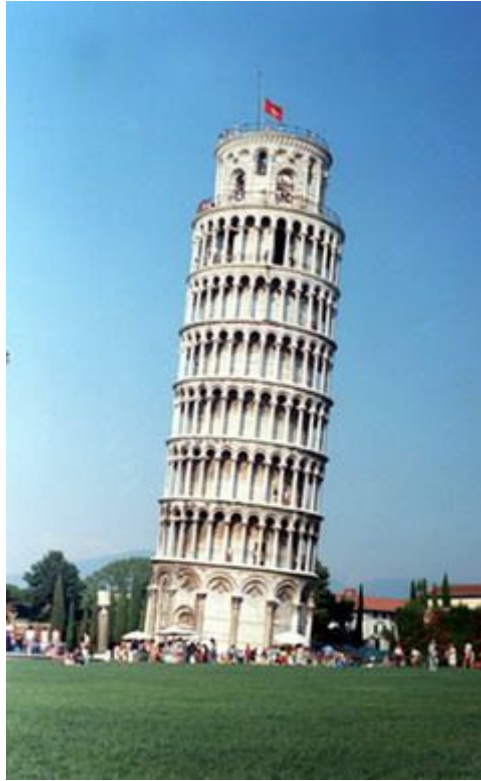


# ARE YOUR SHOES CAUSING PAIN?



What happens when we don't have a level foundation?



The structure of our spine is no different.  
Our spine needs a level foundation.

## HOW STRONG IS YOUR FOUNDATION?



If the foundation of a house shifts from its normal structural alignment, the resulting damage can be devastating.

1 Cracks in the walls, 2 creaky floorboards, and 3 windows that don't open properly are just a few of the symptoms of the underlying cause, a structural shift of the foundation.

Similar to the foundation of a house, structural damage to the spine may be the underlying cause of a myriad of symptoms. Simply bandaging your symptoms is unlikely to correct the true cause of your condition, and may eventually lead to further spinal decay and more aggressive deterioration.



Putting a heel on a shoe is no different to putting a shimmy under a level and balanced restaurant table leg and make it unbalanced.

Heels increases risk of:

1. Sprained ankles / ankle injuries
2. Collapsing the medial, transverse, and lateral arch

Once the arches collapse, then you're at risk of developing these conditions:

- a) Bunions
- b) Tailor's bunion (bunion on pinky toe)
- c) Hammer toes
- d) Morton's neuroma
- e) Ball of the foot pain
- f) Plantar fasciitis

While woman have increased risk of these issues, men also have an increase risk of having these issues if you wear a dress shoe with a heel.

## **SOLUTION**

I recommend running shoes / sneakers as the primary footwear. They have ankle stability to stabilize your weak compromised ankles, arch support, and proper cushion. Sneakers don't last forever, they need to be replaced at least once a year.

In addition, not all sneakers are the same. It's dependent on how you walk.

Neutral shoe – If you have no pathological issue with your foot.

Pronation (mild/moderate/severe) – If you roll your foot on the inside.

Most people have a pronation issue.

Supinator – If you roll your foot on the outside. Uncommon. If you supinate frequently, you're at high risk of spraining an ankle.

How do you know what type of gait you have? I recommend going to The Running Co / Jack Rabbit. My preference is at Columbus Circle location. They have excellent staff where they video record your gait on a treadmill and you try different sneakers till you find the one that makes your foot in a neutral (normal) position.

If sneakers are not permitted in your dress code at work, try these shoes:

### **Ladies Dress Shoes**

Any flats that are professional looking with a zero drop heel (no heel)

Fit in clouds	<a href="https://fitinclouds.com/">https://fitinclouds.com/</a>
Jambu	<a href="http://jambu.com/women/category/casual-flats/">http://jambu.com/women/category/casual-flats/</a>
Tieks	<a href="https://tieks.com/">https://tieks.com/</a>
Vivobarefoot	<a href="https://www.vivobarefoot.com/us/womens/everyday">https://www.vivobarefoot.com/us/womens/everyday</a>

### **Men's Dress Shoes**

Lem's Shoes	<a href="https://www.lemsshoes.com/men/mens-nine2five/">https://www.lemsshoes.com/men/mens-nine2five/</a>
Tune	<a href="http://www.tunefootwear.com/">http://www.tunefootwear.com/</a>
Vivobarefoot	<a href="https://www.vivobarefoot.com/us/mens/everyday">https://www.vivobarefoot.com/us/mens/everyday</a>
Chronology	<a href="https://chronology-lg.com/">https://chronology-lg.com/</a>

### **Everyday Wear**

Tade Evo	<a href="https://primalevo.com/">https://primalevo.com/</a>
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### **Exercise Tip**

1. Walking barefoot in your home as much as possible.
2. Walk barefoot on sand or grass.
3. In a long hallway or outside your house, use smooth river stones / cobblestones for the Pathway and walk on them every day. The stones will help massage the arches in your foot and all 26 bones in your foot.

If you find that after wearing your new zero-drop heel (no heels) shoes are not helping with pain in your low back. Or you continue to feel pain for your bunions, plantar fasciitis, Morton's neuroma, hammer toes, and weak ankles... there's a good chance wearing those shoes with a heel caused some damage to your structure.

I'm offering a special deal, **FREE CONSULTATION** where we learn about your health problem, how I can help you using **NON-SURGICAL** methods to correct your structure back to proper alignment, and \$199 (\$350 Regular Fee) for the Examination, X-rays, and Structural Correction.

Mention this eBook to get the \$199 rate when you call 212.486.9800 for your appointment.

Here's one of our patient's testimony on how correcting the feet and the pelvic foundation helped her neck pain.



**Lorri-Anne Cummings**

6 months ago

★★★★★ Best thing I've ever Googled: Chiropractors near me. Dr. Suh was walking distance and had great reviews. I wasn't expecting much from my visit with him. I had this neck pain that had been with me for 1 week and was hoping at least he could fix that.

My first visit was filled with tons of information, specifically if your spine and nervous system aren't in order the rest of your body won't be either. Another one I like is that your body is like a house. If the foundation of your house had cracks, your whole structure is out of whack. All of this made perfect sense to me. Dr Suh has an in office X-Ray which only takes about 10 minutes and he retakes them every couple of months. He also uses a Gonstead instruction to see which nerves are hurting worse that day. He has magical hands and really can interpret the body well.

One of my favorite things is he never makes random adjustments. He's only aligning wherever he perceives needs to be. Chiropractic for me is a little scary but I'm so comfortable with Dr Suh because every visit he shows me he knows what he's doing. I leave his office every time feeling a little lighter and more relaxed walking in my own body. I look forward to my visits every week.

Pro tip: He also does foot adjustments! Ask him.