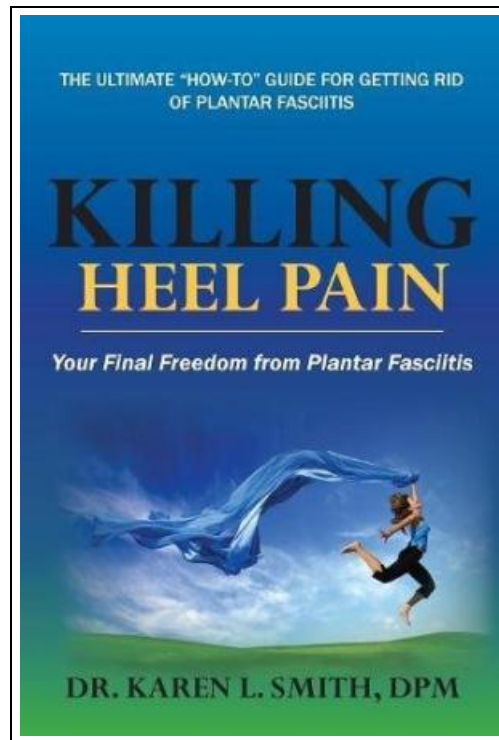


Killing Heel Pain: Your Final Freedom from Plantar Fasciitis (Paperback)



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Reviews

The most effective publication i ever study. I am quite late in start reading this one, but better then never. You wont sense monotony at whenever you want of your time (that's what catalogs are for concerning in the event you ask me).
(Prof. Erin Larson I)

KILLING HEEL PAIN: YOUR FINAL FREEDOM FROM PLANTAR FASCIITIS (PAPERBACK)



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Blue Viper Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Written by a foot expert, Killing Heel Pain is the how-to guide for getting rid of plantar fasciitis as quickly and effectively as possible! The user-friendly layout features: helpful anatomical illustrations, a cut-to-the chase question-answer format and easy-to-follow key points and action steps for final freedom from this life-intrusive condition. Straightforward answers to all of a plantar fasciitis sufferer s burning questions: What is going on inside my foot and why? What can I do on my own to start healing? Do I have a heel spur? Should I see a foot doctor? Is it ok to keep exercising? If I lose weight, will this go away? What kind of shoes should I wear? Do I really need orthotics? What new technology is available for treatment? Should I have surgery? How do I keep this from coming back again? The go-to guide for ANYONE with plantar fasciitis (whether you are already being treated by a doctor or are hoping to avoid an appointment).



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