



Foot Health - Pamper Your Feet: Take Care of Your Feet to Reduce Diabetes-Related Foot Issues (Paperback)

By Ron Kness

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Health as a diabetic is a challenge, but keeping extremities healthy as a diabetic is a struggle. But in this 22-page guide, you ll discover everything you need to know when it comes to taking care of your feet to improve your quality of life as a diabetic. Inside it you ll find: - How to Identify 10 Potential Foot Problems - 3 Techniques to Improve Your Foot Health - 8 Tips to Help You Care for Your Feet - 5 Foot Care Warnings That Could Lead to Potential Foot Issues - 4 Things to Look for When Choosing the Right Shoes - 6 Symptoms That Require a Trip to Your Podiatrist - 3 Advantages of Foot Spa Treatments and Reflexology - 3 Foot Spa Treatments You Can Do At Home - 6 Foot Exercises You Can Do Anywhere to Keep Your Feet Healthy Everything in this guide is covered - from corns and calluses to skin and nail problems. Learn the full reality when it comes to living with diabetes including insights, tips and various ways to improve the quality of..



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