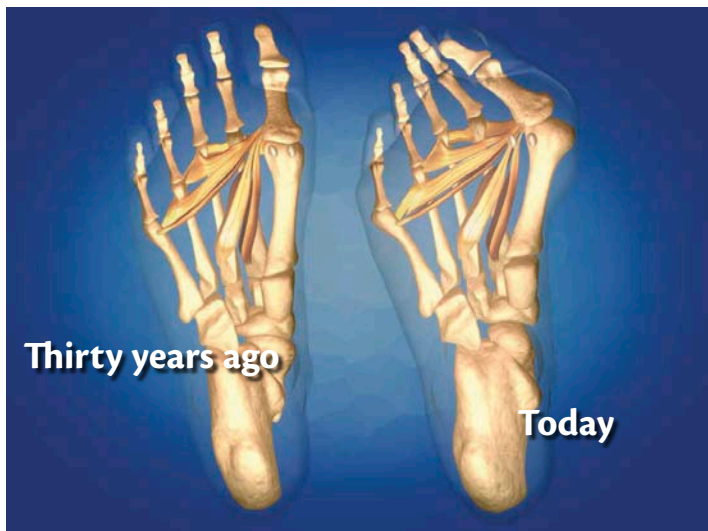


Foot Pain & Deformity Worsen Over Time

Your Feet are Constantly Changing: For Better or Worse



Foot deformities that are obvious today took many years to form due to poor foot function. At an early stage, the same abuse to the bones and joints were present but invisible and you did not feel anything. After enough passage of time, though, the foot begins to mold into the altered functional pattern and the pain is there to stay. You are how you walk.

Health is a growth process that takes time to develop—for better or worse. Many people will one day start to notice that a body part hurts for the first time. There is a tendency to think something just happened to them, like catching a cold. In reality, though, that body part has been growing towards diseases for some time. The difference is that you start to *notice* when it gets bad enough. But when you just start noticing, many of us will put off calling the doctor for a remedy. Most of us will just hope it goes away (like a cold).

Fortunately for most of us, even though we have let a problem develop for years without doing anything to correct it, we can reverse the process if we start addressing the problem soon enough. Unfortunately, many of us will put off doing what is necessary until the pain becomes unbearable. Waiting until that point may mean that surgery must be performed to “reset” the foot to where an orthotic can prevent further problems.

Surgeries, though, are expensive, with a lot of lost time on the job and post-operative pain. Surgery by itself will only help the shape of your feet—not restore normal posture and function. So why wait until your feet are a candidate for surgery? Most foot problems that eventually require surgical correction give plenty of early warning signs and symptoms. Don’t mask them with pills or shots. Give your feet back the thing they need most: healthy function.

If you restore functional health to your feet in the early to middle stages of a developing problem, with a pair of Sole Supports™, you will be saving yourself a lot of pain and misery down the road! Just think of all the people you know with ailing feet. They all know how much it affects their day to day lives. When your feet hurt you will find excuses to stay off them. You gain weight, get stiffer, weaker and can no longer do many of the things you love to do.

For many reasons, investing in your feet is one of the smartest long-term investments you can make. But like with any investment, starting early gives bigger rewards.