



Your Feet Don't Have to Hurt: A Woman's Guide to Lifelong Foot Care

Suzanne M. Levine, Susan Jacoby

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Did you know that the feet are the only part of a woman's body that naturally LOSES fat as she gets older--resulting in the potential for greater foot pain as a woman ages? Learn tips to fight this loss--and countless other secrets of woman's foot care--as a top female podiatric surgeon shows you why *Your Feet Don't have to Hurt*

In this unique volume, Dr. Suzanne M. Levine will offer the first comprehensive guide to the prevention and treatment of foot pain that acknowledges the greater prevalence and severity of women's foot problems. This book will take a decade-by-decade approach to foot care for women, explaining what we can do in our twenties, thirties, and forties to avoid foot pain and surgery in our fifties, sixties, and beyond. Featuring:

- *An "A to Z" symptom-finder for foot problems common to both men and women: *corns *calluses *heel soreness *athlete's foot *nail fungus
- *How to prevent and treat serious joint problems and ligament tears
- *In-depth coverage of foot problems specific to women
- *The danger of botched pedicures
- *How the stresses of pregnancy can affect your feet
- *How to repair the painful damage done by high-heeled shoes

Dr. Levine will show women authoritatively and clearly how to end and prevent foot pain.

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Laura Wilson:

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The feeling that you get from Your Feet Don't Have to Hurt: A Woman's Guide to Lifelong Foot Care may be the more deep you digging the information that hide in the words the more you get thinking about reading it. It does not mean that this book is hard to recognise but Your Feet Don't Have to Hurt: A Woman's Guide to Lifelong Foot Care giving you buzz feeling of reading. The copy writer conveys their point in specific way that can be understood by means of anyone who read that because the author of this e-book is well-known enough. This book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having this particular Your Feet Don't Have to Hurt: A Woman's Guide to Lifelong Foot Care instantly.

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