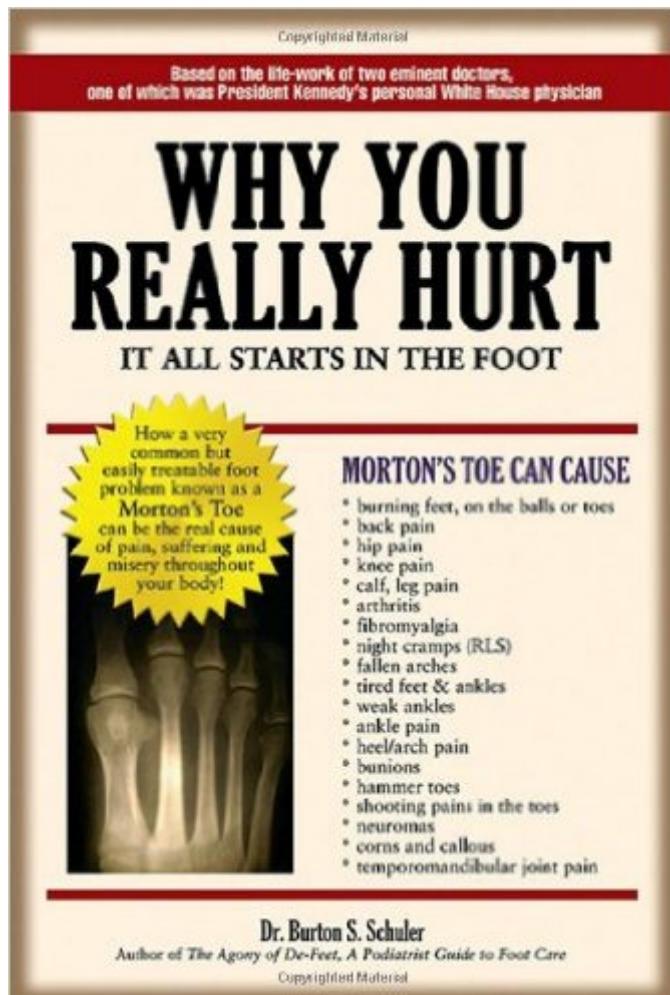


The book was found

# Why You Really Hurt: It All Starts In The Foot



## **Synopsis**

Why You Really Hurt is the story of how one bone in your foot could be the real reason for pains thru out your whole body. This book is important because it offers the public new information about why millions of people suffer everyday with aches and pains, and offers new hope to get rid of problems they believed they would have to live with for ever. Mortons Toe can cause the following problems; back pain, hip pain, knee pain, leg pain, plantar fasciitis, calf pain, fibromyalgia, arthritis, corns and calluses, bunions, fallen arches, ankle pain, heel pain, arch pain, weak ankles, hammer toes, tired feet (all over), neuromas, burning feet, shooting pains in the toes, stress and march fractures, night cramps (restless leg syndrome), temporomandibular joint pain (TMJ), diabetic foot ulcers. Millions of people suffer every day, with these torments and do not know why. I believe that in many cases Morton's Toe is the explanation for this WHY, and the reason for aches and pains not only in their back, knee, and hip but also in a lot other places in their body.

## **Book Information**

Paperback: 265 pages

Publisher: Cardinal Publisher's Group; 1st edition (April 1, 2009)

Language: English

ISBN-10: 0942664027

ISBN-13: 978-0942664027

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviewsÂ (78 customer reviews)

Best Sellers Rank: #258,732 in Books (See Top 100 in Books) #24 inÂ Books > Medical Books > Allied Health Professions > Podiatry #204 inÂ Books > Medical Books > Medicine > Sports Medicine #349 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## **Customer Reviews**

I just read through the book in one day and I found myself shaking my head in disbelief. When I heard about the book coming out, I found a write up about the solution for mortons toe (also known as mortons foot) and tried it - a simple pad under the bone behind the big toe. I was completely blown away by the results. For the past 25 years I've had back problems, then as a runner who likes to run marathons - ankle and knee problems which inevitably led to surgery. I always felt 'off' and never had good posture. I've had six pairs of custom orthotics made over the years, tried products

from mortonsfoot.com and none of them worked. Yet, this simple solution - which has been around all of these years changed everything. I went for every snake oil sales pitch and arch support out there - spending thousands of dollars and this pad which you make yourself ended up being the solution. The book goes into the research behind it, why it works and so on in VERY easy to understand language. I felt the author could have been a lot more critical of the medical community in dropping the importance of this solution. None of the doctors I saw for my feet understood what the proper treatment for this was. Why did this information suddenly vanish? I suspect it has something to do with the almighty dollar. One thing he did not address is confusion surrounding some 'mortons foot solutions' which are available over the Internet. Mortonsfoot.com, for example sells a solution for a condition called Rothbarts foot, a different foot disorder (search google) - but it is not the appropriate solution for a true mortons foot condition as their device lifts the metatarsal head AND toe, which is not correct for mortons foot.

[Download to continue reading...](#)

Why You Really Hurt: It All Starts in the Foot Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot) IV Starts: Up-to-date Guide on Quickly Mastering IV Starts for Nurses and Paramedics (UPDATED FOR 2016) Square Foot Gardening High-Value Veggies: Homegrown Produce Ranked by Value (All New Square Foot Gardening) Foot Reflexology: A Complete Guide for Foot Reflexology Self Massage 50 Maths Ideas You Really Need to Know (50 Ideas You Really Need to Know Series) Why Does Mommy Hurt?: Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease Why We Hurt: A Complete Physical & Spiritual Guide to Healing Your Chronic Pain Why Do I Still Hurt?: Rapid Relief for Chronic Pain, Depression, Anxiety, and More ! ErgAerobics: Why does working @ my computer hurt so much? The Human Magnet Syndrome: Why We Love People Who Hurt Us Ask Me Why I Hurt: The Kids Nobody Wants and the Doctor Who Heals Them It All Starts With Marketing What Really Matters for Struggling Readers: Designing Research-Based Programs (3rd Edition) (What Really Matters Series) I Really, Really Want It: Celebrity. It's a killer. What He REALLY Means When He Says... - The Ultimate Guide to Understanding Men, Knowing What They REALLY Think and How to Read Their Minds in Every Situation The Pun Starts Here: 325 Jokes To Make You Groan! The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet

updated for today's busy families

[Dmca](#)