

Head Over Heels for Barefooting

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Written by Bill Ades

Tuesday, 01 March 2011 00:00 - Last Updated Monday, 07 October 2013 08:14

Naturally shaped feet, including straighter toes free of corns, hammer toes, bunions and calluses in the wrong places

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Well-shaped legs resulting from a natural and balanced gait

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A more natural motion, free of the weight brought on by shoes

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Prevention of blisters, ingrown toenails and plantar warts

Barefoot Running

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As a lifestyle coach, artist and entrepreneur, Bill Ades helps individuals mentally and physically, as well as spiritually and financially. He has started several businesses, but found that his true passion and calling was in helping others live their dreams. He is available for group and individual consultations, in person or online. You can visit him online at [barefootlifestyle coach.com](http://barefootlifestylecoach.com).

View article resources and author information at familywellness.org/resources/faith-family-wellness.html

Barefooting + Kids

Barefooting is especially recommended for children! Keeping children's feet healthy and strong is essential for their overall well-being. Barefooting allows children to develop their natural foot strength and balance, which can help prevent future foot problems. It also provides a natural massage for the feet, which can help reduce stress and improve circulation. Encouraging children to go barefoot in safe environments can be a fun and beneficial activity for them.

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