Head Over Heels for Barefooting

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Written by Bill Ades Tuesday, O1 March 2011 00:00 - Last Updated Monday, O7 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

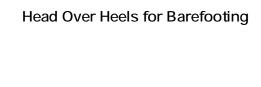
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A more natural motion, free of the weight brought on by shoes

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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 incomentally and physically, as well as spiritually and financially. Housinesses, but found that his trkedvassion and calling was in horeams. He is available for group and individual consultations, if you can visit him online at barefootlifestyle coach.com.

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Barefooting + Kids

Barefooting is especially recommended for children! Keeping ch



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