

Schoenadvies



Shoes which are too pointed or narrow, force the foot into an abnormal shape. This results in deformed feet and can consequently cause pain in different parts of the body.

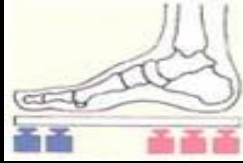
A typical example is Hallux Valgus, or intoe. In narrow, high-heeled shoes, the big toe is pushed in towards the other toes and it's base joint is forced further and further outwards.



<http://www.ganter.com/feet.html>

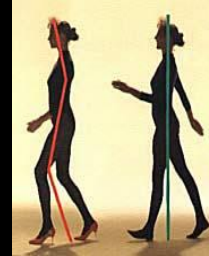


Schoenkeuze:
Het kan ook goed zijn

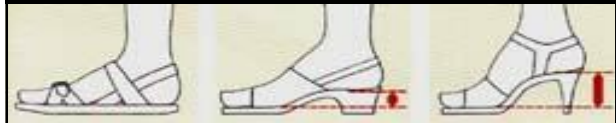


The natural distribution of the body weight on your feet should be 2/5 on the ball of the foot and 3/5 on the heel. With high heels this is not possible as this puts the spine and joints under continuous strain, resulting in an unnatural posture.

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- Shoes without heels are your best choice
- 2-3 cm high heels are still o.k.
- Heels that are too high harm the feet and the whole body.



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UNHEALTHY FEET = UNHEALTHY BODY



Sooner or later, unhealthy feet prove to be detrimental to joints, discs, the spine and - in short - to the general sense of well-being.

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