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Foot Pain & Leg Cramps

Learn How to Stop Them Now
And Improve Your Balance

“Dr. Milo E. Wilcox, Wellness Advisor, Reveals the Amazing Truth About Getting Rid of Foot Pain, Leg Cramps and Improving Your Balance. Read this Special FREE Report to Find Out How to Eliminate Foot Pain without Drugs, Injections, or Surgery.” This report is especially for you if you have already experienced painful injections in your feet and/or purchased expensive foot supports (orthotics) that did not work. Keep reading this special report to find out about the natural affordable methods for ending your misery.

WARNING: Foot pain is an often mistreated disorder that affects the lives of millions of Americans each year. That’s the bad news. The GOOD NEWS is that you may not have to continue suffering! I have heard several versions of the following story over the past 30 years: *“I don’t know how I did it, but one morning I took a single step out of bed and nearly collapsed. Pain shot through my heel like fire. I literally had to hold onto the wall to limp to the bathroom.” This is one of the signs of Plantar Fasciitis.*

Do you ever find yourself asking any or all of these questions:

*Why do my feet hurt? * Why doesn’t the pain just go away? * How bad can this get? * Why can’t I just be like normal people? * Will I eventually be crippled? Why am I less balanced when walking? * Will I ever be able to live the life I used to? *

Nothing is Worse Than Feeling Great Mentally, Wanting to Take in All Life Has to Offer...Only to Have Your Natural Enthusiasm and Drive Squashed Because Your Feet Hurt and the Pain Just Won’t Go Away!

If you do, it's only normal. After all, who wants to be burdened with carrying the load of discomfort and living life through an all-encompassing fog of pain and limitations? Pain that's there when you stand up, sit down, lie down, or get up in the morning. Pain that's always rearing its head, no matter how hard you try to ignore it. It's natural for people to try to tough it out and get on with their lives. "If I ignore it long enough, maybe it will go away..." Unfortunately, this usually isn't the case. Ignoring your pain may make it worse over time. What was only a mild pain a year or a month ago may become some chronic, crippling pain years down the road. When you walk with foot pain, you may limp or walk to reduce each painful step, and then develop severe low back, knee, or hip pains.

Foot pain is so bad because it sort of sneaks up on you. The real cause of the pain you're feeling right now may have been developing for several months. Maybe you felt a slight pain, but it went away after a day or week, so you didn't think anything of it. But over time, as you continued to do your normal activities, that old pain has gradually gotten worse. Maybe what finally put you over the edge was standing, walking, or working on a hard surface for several hours, twisting your foot or ankle, or any one of a hundred things. The 26 bones in each foot are arranged to form 3 arches and provide a flexible foundation for your entire body. With years of stress, the arches can weaken and drop, causing all 3 arches to fall. A few people have high inside arch and a fallen outside arch. Some people have inherited a predisposition for foot pain and fallen arches.

A major cause of severe heel and foot pain is a condition called **Plantar Fasciitis**. This condition develops when the fascia covering the muscles and tendons in your feet get stretched and inflamed. This can happen when your foot arches drop. Your foot and calf muscles develop painful trigger points from contracted muscles, this can also cause painful muscle cramps. You will learn how to reduce the trigger points.

Here's a test of some possible indicators of fallen arches:

- Your toes curl down producing "hammertoes".
- You are developing bunions.
- Your big toe joint bulges.
- Your feet have become wider over the years.
- You develop calluses.
- You have developed chronic knee, hip, or other low back pain.
- You feel very tired after walking or standing long periods of time.
- Your Achilles tendon bows inward or outward when you stand up.
- You sprained your ankle several times.
- You wore tape on your feet and ankles when playing sports.
- You are taking shorter steps as you get older.
- You are starting to waddle from side to side when walking.
- Your parents and siblings have severe foot problems.
- You can no longer wear high heels due to the pain in the feet and legs.
- You are over 40. (Flat feet can develop in pre-teens.)
- Your Chiropractic adjustments bring only temporary relief.

We know you may have already tried getting some relief from over the counter drugs, exercises, rest, new shoes, generic orthotics (for support), painful injections, etc.

Another cause of foot pain, especially in the heel, is due to misalignment of the heel bone and/or fallen arches. Only one or more bones just slightly out of alignment can cause the nerves in your foot to become compressed

and irritated. The result can be cramping, numbness, burning, or pain. You have 52 bones in your feet, which is 25% of the total bones in your entire body. Misalignment of your foot bones can cause nerve impingement. Your calf muscles are attached to your heel bone with the Achilles tendon. Leg cramps and muscle spasms of your calf muscles can pull your heel up and back, stretching your plantar fascia and cause “plantar fasciitis.” You may feel like you are walking on a spur or tack. It really hurts with each step. If you have already been diagnosed with heel spurs by x-ray, there is still help for you. The spur is the effect of the cause, which can be fallen arches and/or heel bone misalignment. When this is properly treated, the spur stops hurting and eliminates any need for spur removal.

A large percentage of patients who range in age from 30 to 70 and older, including a surprising number of Medicare-age patients get amazing relief from their pain and improve their balance. Often, diabetics with **DIABETIC NEUROPATHY** in their legs and feet get incredible relief. The neuropathy is only one of the causes of their numbness, tingling, weakness, and **restless leg syndrome**. By relieving nerve impingement in the low back and knees and feet, the symptoms are reduced making life more enjoyable. **Young athletes** who get **foot pain, shin splints, and knee pains** can get relief and continue with their sports activities.

You may wonder how a chiropractor got so involved in treating feet. I have found that many chronic low back pain sufferers who endured low back pain for 10, 20, and 30 years or more got relief of their low back pain by correcting their foot problems. It is a fact that fallen arches of the feet can cause severe low back, hip, and knee, and foot pains. The fallen arches of the feet cause stress and pain in the knee and hip joints, causing the joints to wear out. Sooner or later there will be pain. If the foot problems are not corrected, they can lead to knee and hip joint degeneration and arthritis resulting in joint replacement.

I Have Over 30 Years of Clinical Experience in Treating Foot Pain to Back Up What I’m Telling You Right Now. What I Do Works and is Proven by the Results in Patients Who Used to Suffer... And No Longer Do.

I will do my best to determine the right diagnosis, the correct evaluation, and the proper treatment of the cause of your pain. If I do not think you will respond favorably to my care, I will tell you. Get back to work and play—CALL TODAY!

If you have suffered from back pain for 10, 20, or 30 years or more, you may have fallen arches in your feet that contribute to your chronic low back pain. Prior treatments may have given you temporary relief. Perhaps you have given up hope on being pain free again. When you come to me, I will check your feet and their possible effects on your low back, knees, and hips. The good news is that many chronic pain victims can recover and live a **higher quality of life**. **Just imagine what you could do without foot pain. The beginning of a new life for you may be only a phone call away.**

When you visit our office you will have the opportunity to meet with me and my understanding staff, get to know us, and tell us about your problems. **Your FREE DEMONSTRATION VISIT** will give us a good idea about the severity and true cause of your pains and what we can do to help you live a normal life again. **Your Free Demonstration Visit includes standing on our computerized foot scanner.** This colorized scanner takes 14 measurements of your feet, and provides us with a free personalized report for you to take home.

If, after your visit, you believe there is no benefit to working with us, you simply leave and that is that. However, if you do feel that you can benefit from our help like hundreds of other patients, than we will discuss how to proceed. We inform and educate. You decide what you want to do.

What do you have to lose except pain and suffering? **Why not step forward to having “happy feet” and to feel good again** and enjoy your life more fully? **Take your first action step now** and call for a **Free Demonstration Visit**. We make time available in our appointment calendar every day. Be sure to mention to my staff that you are visiting us for a free Demonstration Visit foot scan. For more valuable information about some of the conditions we treat please visit our website.

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