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END YOUR FOOTPAIN!

Dear Friend:

"In This REPORT You'll Discover A Little Known Secret That May Finally Release You From The Misery Of Foot Pain!"

If you asked for this report for your own use then perhaps I have already mentioned or suggested some of the information contained inside or maybe you got this report because someone really cares about you and is concerned about your health and well-being.

It really doesn't matter whether you have been suffering for months or for years if you have been missing out on living or doing the things you enjoy because of pain then I want you to know that there is at least some hope with chiropractic care.

I truly enjoy helping others improve their quality of life and perhaps I can do the same for you, congratulations for taking this first bold step so just keep reading...

"The Soft Tissues in the bottom of the foot Are Incredibly Strong but must also be flexible. If you have Pain you've probably lost the flexibility and have tight soft tissue in your foot."

A common stress of living in modern life is dealing with the problem of not being able to get around. And when walking causes pain, life can very frustrating. You go from doctor to doctor searching for a solution but just don't get the results you desire.

What may have started out with a small occasional ache in the foot has become a more chronic problem that may even now be sharp pain like a "knife" in the foot—sometimes just in the morning when first stepping on your foot or maybe just with exercise.

Soft Tissue Injuries in the Foot Are Often Misunderstood, and difficult to detect.

I'll describe a typical experience and see if it at all relates to yours. At the first hint of foot pain it may have gone away on its own. The next time it came around, it may have stuck around a little longer. If it didn't eventually go away then you may have gone to your medical doctor. There you may have been told to try something like stretching or to rest your foot and use some ice to decrease inflammation.

You probably went home and tried the suggestions that you were given. Maybe they worked and that was all that was needed. If it wasn't you may have tried a physical therapist that showed you more stretches and maybe did some ultrasound to help you with your discomfort. Maybe this helped you temporarily but not permanently. A few months later you may have tried a podiatrist who specializes in foot problems and were prescribed an orthotic. If that didn't work you probably went back to your medical doctor, but this time may have gotten some anti-inflammatory medication and maybe an x-ray.

Does this sound remotely familiar. Maybe, maybe not. But way to often doctors never even touch your foot to check the soft tissue for its flexibility and ability to fully function. If you're reading this report, you've probably tried many possible solutions and haven't found what works. Hopefully this report will change that.

So What's The Problem? What's Causing The Pain And How Can It Be Corrected?

The Problem!

In each foot you have 28 bones, 33 muscles and 9 major ligaments that can cause pain if they don't work right. If one or two of the small structures tighten up it's not a big deal, you may not feel pain. But if one of the larger structures stops working, you can have sharp stabbing pain with each step. You may use medication to help the pain, but it's not that the nerves need numbing up, it's that tissues are being stretched and pulled improperly causing pain.

Foot Pain and the plantar fascia:

The foot acts and functions like a flexible arch (see figure 1) and it needs to stretch and then recoil again with each step. The plantar fascia keeps the arch from collapsing but isn't so rigid as to not allow any foot motion. When you step down on your foot the plantar fascia stretches and stores energy like a rubber band that springs back to help you move forward when you walk. Now what do you think would happen if the plantar fascia couldn't stretch? It would either break or cause a tremendous amount of pain wouldn't it? This lack of stretching is medically termed plantar fasciitis. Now what many doctors do for this is support the bottom of the foot with a foot insert (orthotic) so that the plantar fascia can't stretch as much; so the "rubber band" isn't under as much tension. But this doesn't fix the true problem; it just may resolve the pain for a while. As the plantar fascia gets stiffer over the years the pain will get worse and sharper with each step. To get rid of the pain the flexibility must be restored back to the plantar fascia so the stretch can be restored and the swelling and pain can disappear.

So this describes the plantar fasciitis problem but what about other foot pains?

Well every muscle and ligament in the foot must also be able to stretch properly in order to be pain free. So the majority of foot pain, cracking or tightness can be resolved by restoring motion back to the appropriate tissues without using surgery or drugs, quickly and comfortably.

What causes the loss of flexibility in these joints, muscles and ligaments?

Scar Tissue is the culprit. The best way to explain this is to ask you if you've ever been to a restaurant and ordered a nice juicy steak? If you have, then you've probably had an experience where you've been served a delicious looking steak but after cutting into it you realize that it's not a good piece of meat. You take your first bite and realize that it's tough and gristly. You may be so inclined to return the steak and ask for a new one. Why am I describing a piece of steak in the middle of talking about foot pain? The answer is simple! The reason why muscles lose their flexibility is because they can become gristly just like the cows. Gristle is another name for scar tissue.

Now I know what your saying. How can you relate me to a cow? I wish I could explain it a different way, but it's the best way to understand this concept. Muscles lose their flexibility when they become gristly. You can stretch them till the cows come home but you'll never get rid of the gristle with stretching alone or wearing orthotics or exercising the muscle. Once it's there, you're stuck with it.

Ok, so what next? I suppose your going to tell me that you have to add tenderizer to my foot and hit it with a meat tenderizer right. Well not exactly.

It's true that when you tenderize a steak by hitting it with a wooden hammer you are breaking down the gristly connections between the muscles fibers so that you won't have to do it with your teeth when your chewing, but in a living person there are much easier and luckily better ways of getting rid of the gristle.

Picture two muscles next to each other and touching but they're not connected. In fact there's a thin layer of lubrication between them that even reduces friction between these healthy muscles. Now as these muscles work individually they hardly even know the other one is there because they're not connected, they're just touching. But what would happen if there was some new connection between them—Say some gristle—A newly formed connection between the muscles that didn't allow them to work separately. In fact if one muscle contracted it would actually pull on the other one. Do you think this could possibly cause some pain? You've got it. In fact not only can you get gristle connecting between separate muscles, but you can get gristle between the individual muscle fibers within one muscle.

How Does Gristle Develop in the First Place?

I am commonly asked this question so I figured at least half of you would want to know—the other half can skip this part if you choose. Researchers have figured out that lack of oxygen to tissue causes the development of gristle. It's almost that simple. But what causes the lack of oxygen? A common reason is due to an injury to the tissue. It could have been from twisting your ankle as a kid or landing on the ground really hard from jumping off the monkey bars. Maybe it was from working on your feet all day long. There are lots of causes for this and it's hard sometimes to figure them out because the problem may have started as a child and slowly built up as time went on.

Could your ankle joints be causing the pain?

Yes, they could. It's difficult to explain how the joints in the ankle function or what normal motion of the ankle is like. You may even think that your ankle is just fine, but when you get it examined and are shown what's working right and what's not—Only then are you enlightened about proper joint function. When your ankle doesn't work correctly it can add a lot of extra tension across your plantar fascia and cause plantar fasciitis also. So all in all, you may have a combination of scar tissue and/or a joint problem causing your pain. Both need to be checked and corrected to give you a much longer lasting result.

Here's the kicker!

Just when you thought it couldn't get any worse.

If you're taking painkillers you could even be making the problem worse!

How? Because you're causing more damage to the area. You see we tend to do activities as long as they're not painful right. But lets say we have some foot pain that would not allow us to go walking in the mall, but we want to go shopping so we take Advil, Tylenol or Aspirin or one of the many prescribed pain killers and the pain goes away or at least subsides enough to go shopping. Well the nerves that were once telling us about our problem are now shut off enough that we don't feel the pain. Is this a good thing? What do you think?

Well this actually causes more problems because as we walk through the mall, unbeknown to us we're causing more injury to our foot and more gristle. But we don't feel the new micro injuries with every step because we've literally numbed the pain that was telling us that we're causing more damage. Is it a surprise that we need stronger painkillers as time goes on? No way, we helped worsen the problem.

Could A Heal Spur Be Causing The Pain?

A spur is extra bone that grows out from bone in response to tension on the tissue that connects to the bone. A common occurrence that happens with foot pain is when you get an x-ray taken of your foot and a spur is found and the doctor says, "Ah Hah! This spur is causing your foot pain." But this is typically not the case. What happens is that tension in the plantar fascia (which connects to the heel bone) pulls on the bone. A little traction spur develops in response to the traction and lack of oxygen to the soft tissue and through a complex chemical reaction the bone grows. Sometimes you can even get rid of the traction spurs by treating the plantar fascia. This increases flexibility, which increases oxygen flow and the traction spur can be reabsorbed by the body. But the point I'm trying to make here is that the heel spur is in response to inflexible soft tissue, not some mystical entity that just develops for no reason. Kind of interesting, wouldn't you say?

Are Steroid Injections or Surgery The Answer?

In severe cases this may be appropriate, but only after trying conservative care first. The problem with Steroid injections is that they destroy both good muscle and gristle at the same time as well as inhibit pain. This creates weak tissues that are much more prone to further injury—again a short term fix if it works at all.

Surgery on the other hand can create more problems than it solves because injury to tissue causes scar tissue. So it doesn't matter how you injured your tissue (surgery or direct trauma)—your body repairs it with scar tissue. You may feel relief after the surgery because your not walking on that foot while it heals. But the true test is how does it feel once it's healed. Sometimes surgery is the only option and may have to be considered but more as a last resort.

So What Do You Do?

You can't tenderize your foot with a fork and a hammer. You can't buy a new foot. And painkillers will eventually harm your kidney and liver and cause more foot pain in the long run. Stretching and exercising won't get rid of the pain in many cases and foot orthotics don't fully address the problem.

The solution is to get rid of the gristle and restore function to the joints of the foot and ankle—To quickly and easily break down those gristly connections between the muscles, ligaments, bones and nerves of the foot and restore proper function.

This gets rid of the pain!

Proper evaluation and treatment by a doctor who specializes in foot anatomy and function can make the difference between...

True Recovery, Healing And Strength Vs. Lingering Pain, Sickness and Disability
My name is Dr. Jens Korgaard,

I have treated literally hundreds of foot pain patients like you and I am well trained in the diagnosis and treatment of foot problems. Now guess what? I'm not a podiatrist or an orthopedic surgeon or neurologist.

I'm a chiropractor! Yes a chiropractor. Now people have a hard time believing that a chiropractor could fix a foot problem, but I can treat many of the problems described here in this article. I can't fix ingrown toenails or do bunion surgery but I can get rid of most foot pain. After treating people's feet by doing specific adjustments to the foot and working on the soft tissue of your feet you will feel like you have new feet. It's not something you can describe in words; you have to feel the results to understand how good it feels afterwards. It's like trying to describe the taste of sugar to someone who's never had something sweet before—I mean how would you do it. "It tastes like sugar" Well what's sugar taste like? "Well it tastes sweet" Well what's sweet taste like? You just couldn't describe it could you? And that's the same thing here. Until you have your foot evaluated and checked for gristly connections, you won't know if you have them. And the same thing goes for the treatment. Until you have it done you don't know what it's like to have a limber, pain free foot.

If you're interested in having your feet checked out, please feel free to let us know you would like to be evaluated. You'll get further and more specific information for your individual condition and problem. You'll also be able to ask any further questions that you may have. This report covered the basics and hopefully answered many questions. But it may have created new questions that need further explanation.

You're welcome to visit our office and have a one on one consultation as we discuss your problem for no charge. If you read this report, you're more than likely looking for a solution. For no charge and no obligation you will find out if I can help you with your foot pain or not.

Dr. David Bohn, Director
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www.accentonhealth.org

My practice is "different" it focuses on patients who feel they have no hope. People like you, suffering with numerous symptoms and pains and wondering what else can be done. I want you to know that I promise to help you with the most advanced natural methods available and it will always be a team effort, you and I.

Here's What Some of My Patient's Have Said About My Practice...

"Dr. Bohn is very competent and is thoroughly knowledgeable regarding his profession, I have benefited greatly from his teaching" Dr. Michael Pollard

"Dr. Bohn always hears his patients...he always has time to listen" Terri Lowery

"The service and people are excellent...they make the patient feel really comfortable"
John Myers

Well, that's about it. I hope you have learned something from this report. I also hope that I have enabled you to make good, educated decisions about your health.

I appreciate the time you have spent reading this report and wish you only the best in health and wellness!

Sincerely,

Dr. David A. Bohn

Thank You