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The Fundamental System: Bad Feet, Bad Spine

Roy Stanley Ashton

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Roy Stanley Ashton : The Fundamental System: Bad Feet, Bad Spine before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Fundamental System: Bad Feet, Bad Spine:

A classic, originally published in 1949. Doctor Roy Ashton perfected and taught a specific foot technique, practically painless, by which in connection with spinal adjusting surprisingly pleasing results were obtained. This book also includes Illustrated, drawings of actual manipulations of the foot.