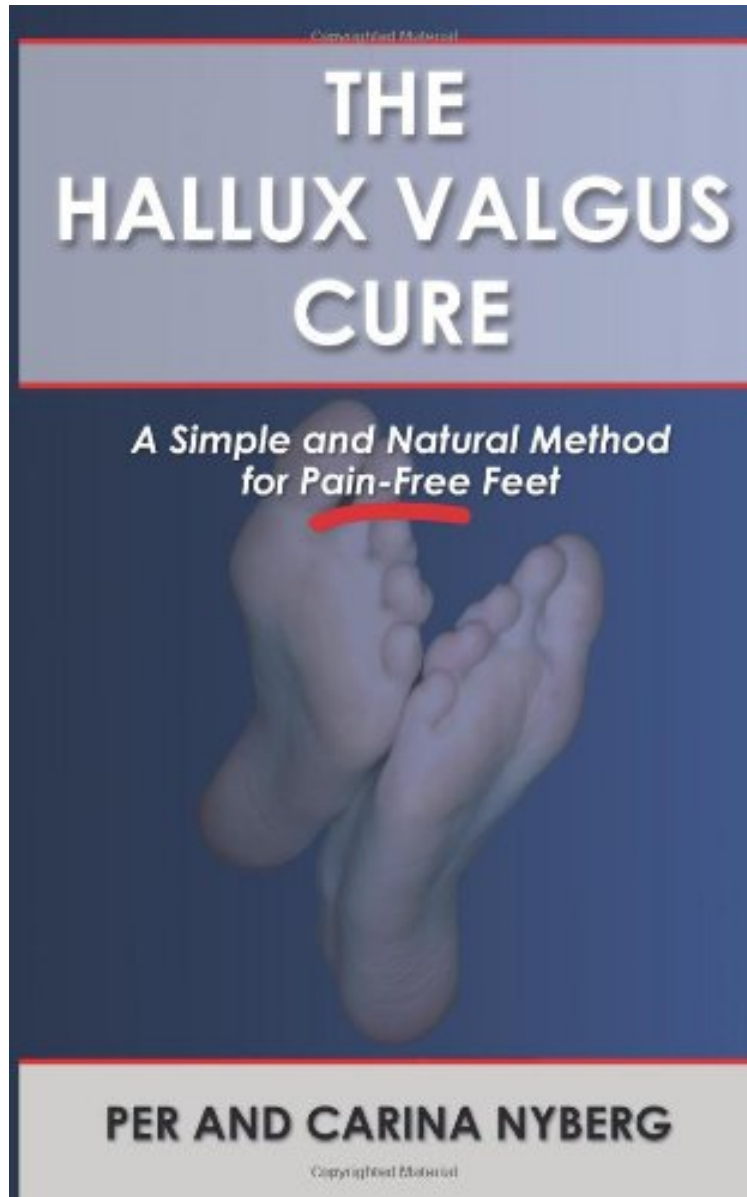


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The Hallux Valgus Cure: A Simple and Natural Method for Pain-Free Feet

Per Nyberg, Carina Nyberg
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Per Nyberg, Carina Nyberg : The Hallux Valgus Cure: A Simple and Natural Method for Pain-Free Feet
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1 of 2 people found the following review helpful. for pain, not a 'cure'By Ankethis is not a "cure" for hallux valgus, it's just about taking the pain away if you have pain. Waste of \$6 for me :/ Check out Spiraldynamik for actual changes to your foot.

In modern society, an increasing number of people are afflicted by painful foot disorders, and one of the most common disorders when it comes to our feet is Hallux Valgus, also known as bunions. Sooner or later, approximately 25 % of the population develop this painful condition, but current scientific research within the field has yet to come up with an unequivocal answer to why we develop bunions. Up until now, the recommended treatment has been to use different orthopedic aids, or to restore the angle of the toe joint by a surgical procedure ndash; often followed by a long period of convalescence. Unfortunately, surgery is no guarantee that the condition doesn't return. This book presents a new, proven and simple method for preventing and treating Hallux Valgus, without any need for surgery and/or expensive orthopedic aids. In this book, both the theory behind the method and the different exercises that constitute the treatment are described.

About the AuthorCarina Nyberg works as a Pilates- and strength training coach, and has over 10 years experience of working with functional training and health-related aspects of life. Per Nyberg works as a writer and has a background as a martial arts coach. He has been involved in strength training and fitness for over 25 years, and is committed to continuously researching and understanding how physical training, diet and health are connected and affect one another.