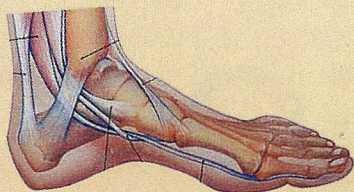


Yaakov Wieder Lic. Ac has over 30 years experience in the healing arts: including advanced training with some of the foremost teachers of alternative medicine.

His extensive background provides the skills and understanding needed to deal with all the following issues and how they relate to most kinds of foot pain.



How?

- 1) Each foot contains 26 bones. In order for proper foot function each bone needs correct articulation (flexibility and stability) at each joint.
- 2) Both feet support the entire body weight. Any imbalances in weight distribution caused by improper movement, poor posture or hip imbalances can lead to abnormal stress being added to different parts of the feet.
- 3) Six major acupuncture meridians begin or end in each foot. Blockages or imbalances in one of these meridians can

cause foot pain. (A foot injury usually leads to a meridian problem; resulting in pain remaining long after the foot has "physically" healed.)

4) In response to gravity, energy flows in a vertical line from the top of our heads (through our bones) to the bottom of our feet. Any block or interference with this vertical line can also result in foot pain. (As well as feeling "spacey, disconnected or ungrounded.")

5) Our feet are infinitely more flexible than we can imagine. Just look at an infant's foot; it can grasp almost like another hand. Children can walk barefoot on even the most inhospitable surfaces. Through many years of wearing (usually too tight) shoes or (other foot stresses) we have lost this inherent flexibility; replacing it with chronic pain or discomfort.

We can recover that flexibility. We can experience a lighter, freer way of walking.

Wouldn't it feel great to feel pleasure when our feet touch the ground?

Yaakov's unique blend of modalities can B"H offer hope for the even most troublesome, misshapen, injured, traumatized, or abused feet.