

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

**Effects of high heels on body**

**The knee:** The altered posture of walking in high heels places pressure on the knee. The knee is a cushioned joint of interconnected bones. One study found that knee joint pressure increased by as much as 200 percent when wearing high-heeled shoes.

**Pump bump:** The rigid back-toe shape of high heels can irritate the heel, creating a bump (callus) often known as Haglund's deformity.

**Ankle injuries:** High heels force the foot into a greater angle of being, which could lead to sprains or ligament damage.

**Metatarsalgia:** High heels force the body's weight to be distributed "backwards" away from the ball joint and into the ball of the foot.

**Morton's neuroma:** Shoe height and a narrow toebox can create a thickening of tissue around a nerve between the third and fourth toes, which can lead to pain and numbness in the foot.

**The calf:** Calf muscles contract and adjust to the angle of the leg, heels. Muscles may stretch and tighten.

**Elusions:** Tight-fitting shoes can cause a painful bony growth on the ball of the foot, which forces the leg toe to angle to toward the other foot.

**Achilles tendon:** The higher a heel is, the greater the tension becomes on the Achilles tendon.

**Hammertoes:** A curved toebox pushes the smaller toes into a bent position on the middle joint. Over time, the middle joint becomes deformed, and the toe becomes rigid, even when there is no supporting shoe.

**Footwear:** High heels push the center of gravity to the body forward, forcing the hip and spine out of alignment (slouch).

**Pressure:** High heels may make high heels longer, but do not solve the problem on the forefoot.

**Pressure measurements on forefoot shoe soles:**

0	1	2	3
0%	17.25%	57.75%	100%

**Exploded view:** Forefoot, Foam inside, Heel, Metal shaft, Puncture, A heel of rubber, stacked rubber, or plastic covered with leather, Skin, Rubber top lift, Heel bracket.

[Download PDF version of :](#)  
**The Get More Sex Get Better Sex Course Weeks 5 8**