

FIXING ARCH SUPPORTS

Centennial—

The new discoveries on this are that ***your shoes should not have any arch supports that are bilateral*** (bilateral means on both sides).

THIS IS A BIG DEAL...

A NEW DISCOVERY THAT HAS NOT YET MADE IT TO THE MAINSTREAM.

I know this is different than what you have been led to believe by shoe and orthotics companies but it is the truth. Everyone missed it until the early 1990's. It has been slow getting out because it will cost a lot of people a lot of money.

This concept of not having arch supports has been **tested** on 10's of thousands of patients – all with the same result.

The reason goes back to what happens with your feet.

First, something goes wrong with the mechanics of one foot. That changes that foot, the ankle attached to those bones on that foot, the knee above that ankle, and the hip above that. Then the entire pelvis goes crooked in some way (depending upon what happened to the foot and which foot bone is out of place).

Once the pelvis goes crooked, it causes the opposite side hip to get twisted. This changes its alignment.

This then changes the alignment of the knee below it and the ankle below that. Once the ankle is twisted out of

proper alignment the foot is also twisted out of alignment changing its mechanics. Given that you have two feet, what you then have is a foot with a mechanical problem because something happened to it that needs to be corrected, and a foot with a mechanical problem that is there strictly because of and to compensate for the other foot.

If you correct the original one, it will straighten the ankle, knee, hip, pelvis **ON BOTH SIDES. That means if you correct them BOTH with arch supports you will have a problem forever.** The compensating side DOES NOT have a problem – it disappears as soon as you fix the other one.

If you then support the compensation side (that automatically corrects when the other is corrected and no longer needs to be compensated for) you will CAUSE a misalignment of the foot, ankle, knee, hip, pelvis, back and god knows what else.

This is why so many people get orthotics, or use arch supports, to "correct" their back, foot, knee or whatever and then, they stop having problems with that, but... Now they are in my office for headaches or some other back pain or their hip or what-have-you. We get those arch supports out, adjust their body structure and then correct **JUST THE FOOT THAT NEEDS IT** and they are well and on their way.

Most shoes do need to be fixed for their arch supports one way or another. How to fix them is featured in my "Secrets to Good Posture...That Your Mother Never Revealed" DVD.

Yours in Health, Dr. Erica
Courtesy of Dr. Jerry Porter, DC
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