

CHOOSE YOUR SHOES – UNLOCK YOUR SPINE

The idea of putting big cushy arch supports in shoes is relatively new. Thirty years ago, athletic shoes were almost flat inside, as were all other types of shoes. Most of the world happily walks barefoot or on flat sandals or cotton shoes.

It turns out that arch supports do not enhance one's bio-mechanics or performance. God did not make a mistake by putting a space there that needs to be filled out. For most people whose spines are locked in compensation, the imbalance caused by arch supports does not reveal itself. For people like you, whose spines are being released and have started to unwind out of the injured and compensating twists, they have had to be in, having permanent arch supports designed into your shoes is a disservice. They are detrimental to your overall health. They hinder and may actually prevent the unwinding process. This has been tested on several thousand people receiving **ABCtm** care.

Try these recommendations and see for yourself.

1. Buy and wear shoes whose soles are as flat as possible. That does not mean no heels, we are discussing the inside of the shoe (see below). If they have arch supports that are removable — take them out! If this makes the shoes too big, fill the space with flat innersoles (Dr. Scholl's, etc) that you can get at a drug store. If you need the extra space, just use the shoes like that, or buy leather innersoles that act as very thin liners.
2. Just like you can support your spine and enhance your unwinding process by putting a towel, etc. under the buttock of your BREAKDOWN SIDE when you sit, you can support yourself while standing and walking by slightly supporting your foot on your breakdown side only. Take 2 Band-Aids, put them lengthwise, one on top of the other, so that the pad(s) will be right under the highest part of your arch; take a walk and notice the difference. You can try one, two, or three – most people find two correct. Waterproof Band-Aids last longest. Remember, do this only on the shoe of your breakdown side (right or left). If you want to experiment and do it on the other side while noticing the differences, try it!
3. Avoid shoes such as “cross trainers”. These have arches molded into the shoe that can't be reduced. Unfortunately, great shoes like Teva sandals have, over the years, gone from being flat and sensible to arch-sculpted (feels sort of good, but screws up your spinal mechanics). Some people file or scrape away a quarter-inch from the arch of the non-breakdown side Teva to make them work.
4. Make sure your shoes are large enough and wide enough in the toe box.
5. The other issue is heels. **Heels are actually good for you** up to the point where they are so high that they pitch your body forward past the balls of your feet. Usually one- to two- inch heels help your body stay upright. Exactly how high is ideal for each person depends upon their body, so experiment.