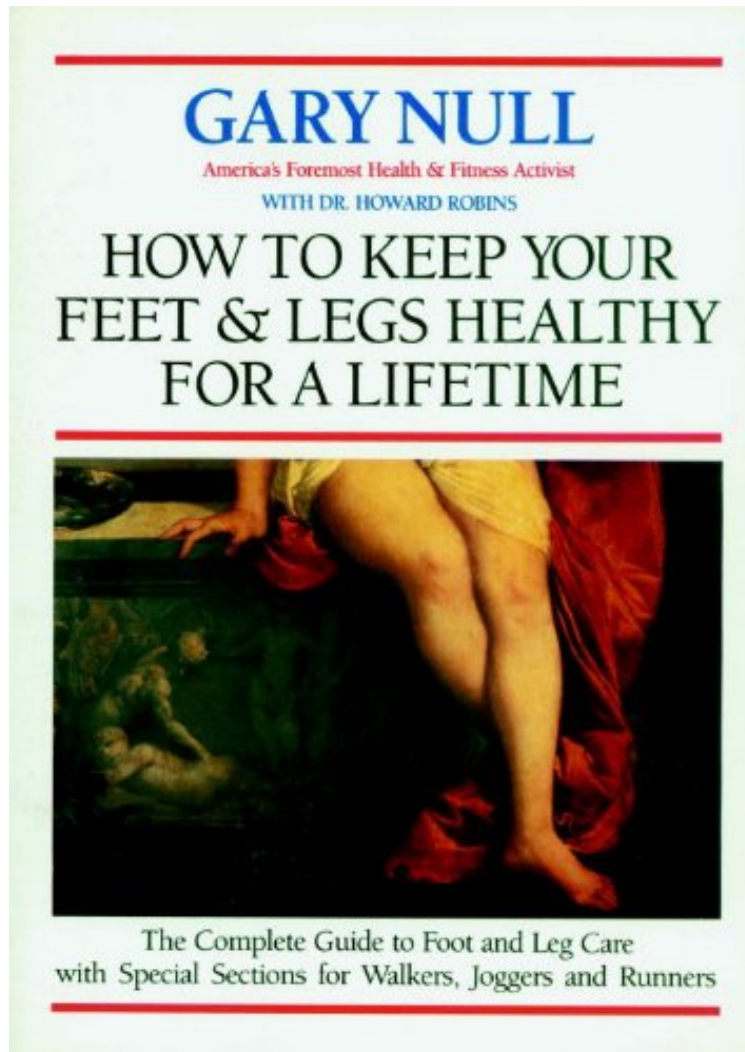


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# How to Keep Your Feet and Legs Healthy for a Lifetime: The Complete Guide to Foot and Leg Care with Special Sections for Walkers, Joggers and Runners

Gary Null

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Written by Dr. Gary Null and Dr. Howard Robins, a foot specialist, *How to Keep Your Feet and Legs Healthy for a Lifetime* tells you everything you always wanted to know about your most active body parts. It includes chapters on the true course of athlete's foot and how to prevent it, a complete manual of foot massage, a guide to proper foot wear, advice on how to treat common foot ailments and deformities, optimum performance exercises for walkers, joggers and runners, pointers for athletes to help them avoid sports injuries, and much more.

About the Author Nutritionist and natural-living advocate GARY NULL is one of America's leading health and fitness writers. The author of dozens of books and hundreds of medical articles, Null's film documentaries on the politics of health have won awards around the world, and his daily and weekly radio broadcasts educate millions on nutrition-based approaches to wellness and disease prevention.