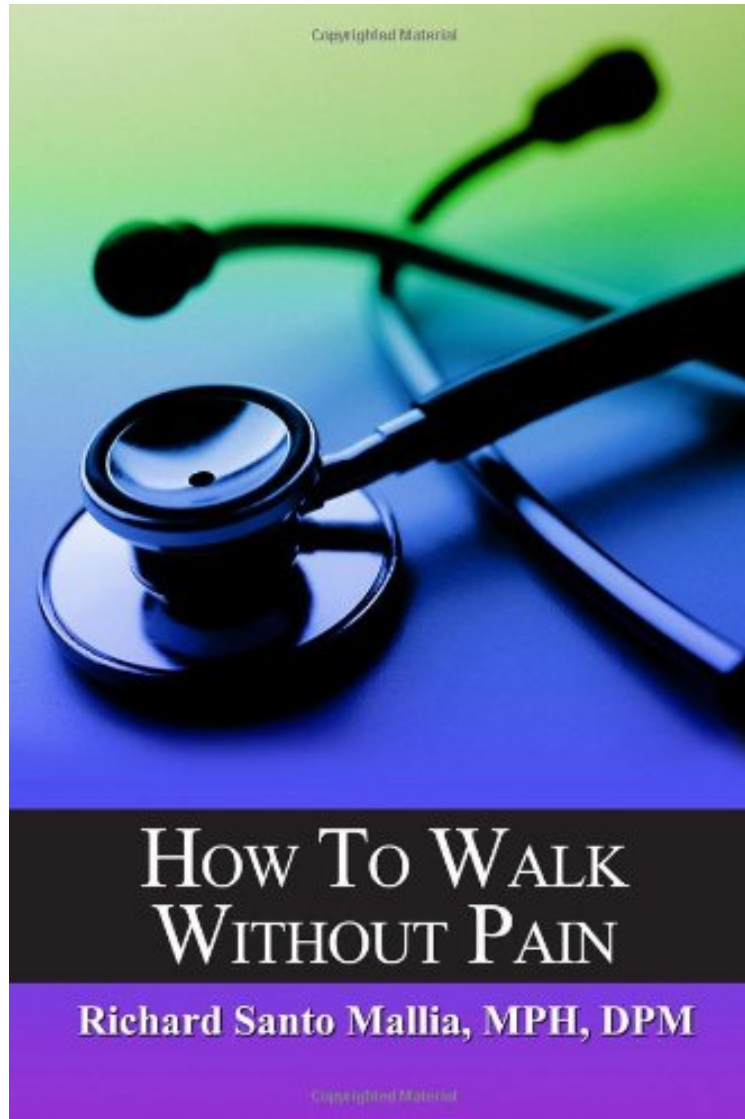


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How To Walk Without Pain

Richard Santo Mallia, MPH, DPM
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Richard Santo Mallia, MPH, DPM : How To Walk Without Pain before purchasing it in order to gage whether or not it would be worth my time, and all praised How To Walk Without Pain:

0 of 0 people found the following review helpful. Walking Pain Free (paperback)By BentMind52This book is very well written and to the point. My job requires me to be on my feet for at least seven hours a day. With the information provided in this book I was able to select better shoes and socks to help relive the foot pain I have been living with for years. This is a great book worth every penny. The book is written so anyone can understand it and put it to practical everyday use. If you read it you will be on your way to walking with less pain. Each edition has added info and leads

you to a more pain free life, my thanks to the author, he has helped me to eliminate a long time issue with foot pain.0 of 0 people found the following review helpful. Great BookBy Saint VThis is a must read for all who walk and very informative. I suggest purchasing it immediately! Critical for the promotion of podiatry and feet awareness!1 of 1 people found the following review helpful. Do your feet hurt? Try this first.By The Thin ManThis book is a must read for anyone suffering from foot pain while walking. Many of the topics covered may seem simple at first, but the truth is most of us don't stop to think about our feet (until they hurt, that is). By following the simple guidelines laid out in this book, you can avoid many of the problems that can cause foot pain.The author writes in easy to understand language, gives the reader a better understanding of the different causes of foot pain, and offers solutions that don't involve surgery.

Billions of humans walk several times the length of the world's circumference during their lifetimes. In some instances, these long and arduous journeys cause pain and discomfort along life's long road. To prevent and treat these aches and pains, we often seek advice and medication from a wide array of sources.In this book, you will find many facts to allow you to follow your wishes and dreams on feet that feel comfortable. When our feet are not painful, we hardly notice their existence, but when they hurt, they become our sole (pardon the pun) focus. Written lightly for people without much extra time, this book may provide the salvation your feet have been looking for.This book was written over a period of years, giving instructions and treatments to thousands of patients. The array of patients seen from 1 year to over 100 years young with ailments that can be prevented and easily treatment is this book's inspiration.

About the AuthorRichard Santo Mallia, MPH, DPM, was born in Hackensack, NJ, and moved to Miami, FL, at the tender age of six. He was schooled entirely in Florida, elementary, junior high, and high school (American High School), undergraduate (University of Miami, Major: Psychology, Minor: Education), graduate (Florida International University, Major: Master in Public Health, specializing in Health Policy and Management), and podiatry (Barry University School of Graduate Medical Sciences, Doctor of Podiatric Medicine), and residency at Cedars Medical Center. Also, there was a quick one-year stint at the University of Florida and several undergraduate years at Miami Dade College.After many years of hospital employment, he now works for himself as a Podiatric Physician in Miami-Dade County as an independent contractor. He has worked in all sorts of mental wards as a Mental Health Technician and did research and development in a Swedish Chemical Corporation. His interests are in music, medicine, and computers. He is ever so grateful to the technology for which this book would not have been possible.