



How To Walk Without Pain

Richard Santo Mallia, MPH, DPM

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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.

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James Martin:

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