

YogaMedic

RECOGNIZE
UNDERSTAND
TREAT IT YOURSELF

HALUX VALGUS



GUIDE

Dear Customer

Congratulations on the purchase of your YogaMedic product. First of all, we would like to thank you for the trust you have placed in us. YogaMedic was founded with the goal in mind to help people lead an active and symptom-free life. The e-book in front of you sums up the most important points about Hallux Valgus and is meant to serve as your trusted little companion on the road to recovery.

Before we start, we have a little request. Were you aware that only about 2 percent of our customers leave an honest product review on Amazon? As a small business we heavily depend on your reviews in order to sustain our position in the market on a long-term basis. It would mean the world to us, if you could take the time to share your experiences with us and other potential customers. You can easily take care of this on Amazon by clicking on your recent orders and choosing your YogaMedic order or by clicking on this link: www.amazon.com/ryp.

Thank you and we hope that you enjoy our e-book
Your YogaMedic Founders

Johannes and Sebastian

YogaMedic Hallux Valgus Guide

Recognize Hallux Valgus, Understand It and Treat It Yourself.

Surely you did not get here by accident. The following pages of this short book contain an abundance of information on what exactly defines Hallux Valgus (in short, “bunions”) but you may already be affected by it, one way or the other, and you may wonder, if it is time to change the way your toes look and feel.

Therefore, I would like to help you understand at what point it makes sense for you to invest a few precious minutes to read this e-book.

Let me say one thing up front: This is a compact guide. We consider it „compact“, because it offers important and easy-to-understand facts on origin, cause and also the solution to bunions, without creating confusion by providing too much detail. Because I figured at the end of the day, all you want is to free yourself of that pesky Hallux Valgus or its pre-stages that have been bugging you, and not pursue a PhD in anatomy.

Take Your Feet Into Your Own Hands

You will be happy to hear that the following pages will provide you with relief options if your big toe is hurting or if the shape of your foot negatively affects you in any way. That includes feeling like your shoes are getting tighter and tighter and insoles do not do anything for you anymore. Also featured in this e-book are useful tips and habits, that will help you to gently treat your bunion issues the natural way – even if you feel that you have an advanced case. In case you are wondering if you may need surgery, we will talk about this important decision as well and fill you in on some secrets most doctors do not want you to know. From many experiences, feedback and our own issues, we now know what an uncomfortable feeling it can be to be affected by bunions and simply have not yet found a solution. That is the precise reason why this e-book provides complete, yet easy-to-understand facts about your anatomy and possible bunion causes on one hand, and on the other hand, effective, yet gentle methods to turn things around.

Since we are already talking about it, please know that bunions are under no circumstances a phenomenon with unknown origin that have to make you miserable for the rest of your life. With a few natural resources, the right (typically easy and effortless) habits and some targeted exercises we have seen hundreds of cases, where Hallux Valgus could be corrected, and walking became fun again.

Are you ready? Then let's get started!

Are You Affected?

We would like to provide some words of encouragement. Not just to make you feel good, but because we know that it is never too late to symbolically take your feet into your own hands. Many people get blindsided by the truth. Once symptoms start, it is common for Hallux Valgus sufferers to let the problem slide, due to the mild nature of the discomfort in the beginning. They often think „it will work itself out“ only to realize that over time their bunion pain has turned into a real nuisance that is affecting their quality of life. Your foot is as much of an organ as your skin or your stomach is. If you neglect it, symptoms can worsen. However, if we take care of it, this part of the body also has the capacity to be healthy, instead of being a useless attachment to your body.

Then there is a second group of people that has already undergone surgery. A lot of times they just accept their fate and think „it is what it is“. We can promise you, this is not the end of the road for you! Even after surgery it is possible to improve the state of your foot even further! So please do not give up. This handy little e-book provides all of the information you need – you just have to make sure that you implement everything into your life.

Also do not let others get into your head by telling you that this is a waste of time. Just because those people may have given up and put their head in the sand, or their foot more precisely. Just think about it, there are women who are able to walk in high heels for decades and others, who effectively reversed their advanced Hallux Valgus symptoms – why shouldn't you be able to do the same thing? Nobody is so special that it would only work for them and not for you – even though sometimes we get too comfortable to try.

As we will explain later, the development of Hallux Valgus is no accident and in the rarest of cases hereditary. Usually it is a condition that develops slowly. It takes years to build up and may now finally rear its ugly head. That might sound like sobering news, but on closer examination not all hope is lost! Because even though it has been caused by destructive circumstances, with the right treatment method you should be able to reverse its effects all on your own.

What is Hallux Valgus anyway?

Just so you know: in today's language Hallux Valgus describes a deformity of your big toe and a change of its position that causes issues. Also affected are your toe joints as well as your tendons and ligaments, which are the actual cause of the toe deformity.

Maybe you are wondering why of all things the big toe? Why does it shift a lot more often than other toes, the knees or your fingers? We will find the reason when we look back in those times where it was common to make a living with a knife and a bow and not a computer.

Can you wrap your head around the fact that your toes were originally thumbs? No, really, we are not kidding. Because back when people were not yet walking upright - and our genes are still largely identical with those of our (chimpanzee) ancestors – they did not just use their feet for walking, but also for grabbing things. Just take a look at the foot structure of today's primates and you will have a pretty good idea what we are referring to here. Because of the fact that it was used for gripping, the big toe possesses, or used to possess, joints that were more flexible. Now this is what happened: Due to evolution, human development progressed to the point where they were suddenly walking upright. Meaning the big toe's thumb function was no longer needed to grab things, but rather for stabilization and support. We may even go as far as to say that the body's main weight is resting on that toe and that its sole function is the preservation of balance. Since this „thumb“ is located along the side of the other toes, it carries a tremendous responsibility to provide stabilizing support when we walk.

This is no problem under normal circumstances. However, it only works if the big toe's connective tissue, the structure and the muscle composition is strong enough. And the point is, that this is not the case for some people. There are several reasons for that. We will learn to connect the dots as we read on.

The Basic Problem and the Anatomy of the Big Toe

As you just found out, the feet, especially the big toe, need strength to stay healthy and strong. Because muscle weakening flattens the foot's structure and causes an inward heel bend, which actively destabilizes the entire foot posture.

What is going through your head when you hear this? Does your foot need more rest, more surgeries or more insoles to restore its health?

Of course, the answer is a complete different one than you think. One that is extremely logical at the same time! It is crucial to stop avoiding the problem and instead rehabilitate your foot in the most intelligent, efficient and gentle manner possible, so that your foot can gain back its natural strength. And an important piece of information up front: fancy new shoes with insoles are the problem, not the solution, because they contribute to the deformity of the big toe, or at least to its destabilization.

Let's go yet another step further and try to understand the composition of the foot. That is the only way for us to identify the main causes of your Hallux Valgus condition (or its pre-stages) and find a program that is right for you to help bring your foot back to its natural state.

Normally your foot should not be flat. It should have a slight arch, which is supposed to serve as a natural suspension system. To be blunt, it ensures that we do not automatically break our ankle every time we walk on uneven terrain. This is the normal foot position. If you look really closely, you can see how the toes are not perfectly straight. If we were to walk barefoot now, we would engage each and every one of these muscles and tendons, which would mean that the foot is used as nature intended. Like training an arm muscle, this would naturally strengthen the muscles in your foot too. Especially if you take into consideration that our entire body weight is carried by our feet. But there is a problem: Our shoes. They alone are not able to support the weight of our bodies, because as we all know, we live on a planet where gravity exists. So as a result, the natural movement patterns of our feet are drastically changed, and the natural contraction of the fine foot components are severely affected. This mainly happens due to

- our shoes being equipped with cushioning that is too strong, so that the foot does not "feel" enough

and

- our shoes being too tight, especially in the case of women, so that they disturb the natural muscle contraction along the inside of the foot

The over-cushioning in shoes mainly prevents the toes from connecting directly with the ground which means they are not able to slightly clench down as nature originally intended. As a result, the entire foot loses its stability along with the arch shape described above. Additionally, the rolling motion while walking is out of whack.

Because normally we are supposed to strike the ground first with the heel and then roll our foot forward, heel to toe. However, the way modern shoes are constructed has changed the way we walk. When we put our foot down to make a step, the heel often gets hit too far towards the back of the foot. This does not only cause repetitive shocks to the body, but it also weakens the tissue at the front end of the foot again.

Hallux Valgus – Origins and Their True Causes

Not all Hallux Valgus conditions are created equal. You are about to find out. Because not only are there different stages and types of bunions, but also different causes. And that of course means that the solution, which we are going to discuss later, may differ from case to case. But before we learn about those differences, I would like to bring up a common myth. A myth that I am about to debunk so that you can better understand why you should be able to correct this condition on your own. I hope that you will agree with me on the fact that the probability is very high that bunions can be treated and successfully reversed at home with a few simple steps. The myth I am referring to is the widespread fairy tale about genes.

Malpositioned toes may in fact be hereditary. At least that is the result of certain studies, that examined the causal relationship between genetic material and a toe deformity in mostly smaller control groups. But more and more experts believe that the „heredity argument“ is not solely responsible for deformed toes and is therefore completely overrated. The proof is quite obvious. It shows that other factors play a much bigger role than initially expected and that people suffering from bunions are able to control these factors.

The assumption that hereditary factors are the sole cause of deformities of the toes, or the painful ball, aka. Hallux Valgus, becomes a lot less likely when you look at a newborn baby's feet. If you closely examine the toe alignment of babies up to the age of approx. two years old, then you will notice that almost none of these babies show signs of a deformed ball or bunion underneath their big toe, which is what we consider Hallux Valgus. This leads to the conclusion that: **With very few exceptions, we are all born with healthy, perfectly aligned toes.**

Just take a look at the feet of indigenous people. You will find that the bunion problem is pretty much non-existent among their adult population. In fact, the opposite applies. Their toes have a very pronounced natural V-shape and therefore these people have virtually no problems with painful balls forming underneath their big toes.

This means that it is safe to assume that in most cases the cause must actually be our way of life, as well as our footwear, that causes the problem of toe misalignment and not just factors relating back to gene issues.

You may wonder how else Hallux Valgus could arise. After all, there are many people who do not have any issues when they are young and then eventually experience a sudden onset of symptoms.

In the meantime, the main cause appears to be what we have already indicated: our modern shoes. The fact that bunion problems among

indigenous people simply do not exist and that those issues only found their way into countries with modern, "western" footwear speaks for itself. A very good example for such a country is Japan, where the switch from traditional to western clothing happened extremely quickly, which makes it easier for us to recognize the impact on feet and toes. To sum up what we just learned:

Originally our feet were made for walking barefoot on uneven terrain. Just like our ancestors did a long, long time ago. But with shoes that are meant to look good, more than anything else, combined with the evolutionary young and smooth streets, we jumped ahead by at least three stages. **There is an imbalance. People suffering from bunions tend to put less weight on the affected foot which shortens, weakens and even deforms muscles, tendons and connecting tissue alike. Now that the entire weight of your body is resting on feet that are consistently getting flatter, the added strain from shoes is suddenly unbearable. The result: The connective tissue can no longer stand up to the pressure, so it gets inflamed and the toes inevitably shift into a crooked position.** And this is how it happens:

It starts with a feeling of your shoes being "just a little" too tight. That causes you to kick them off quicker than usual after a long day and maybe the spot that bothered you turned a little red already. The desire to relax your feet is getting stronger. Especially the front parts of your feet are paying their dues, they are starting to feel warm and tender, particularly when you are on your feet for extended periods of time. The feeling is described by many as a burning sensation. We know from several experts that our feet react to the rapidly changing circumstances by cramping up at night. This is a logical consequence which often times turns into a chronic issue and is not stemming from a simple magnesium deficiency, as often suspected by people.

Next thing you know, a callus has formed, as the body's way to protect the tissue. This is often the start of the downward spiral, something that certain doctors and their methods tend to make even worse. Because the possible causes of bunions, such as your footwear or your daily habits, are not typically a topic of discussion during a consultation with your doctor. After less than 10 minutes many patients are being sent on their way with a half-baked prescription for insoles. Of course there are exceptions, but unfortunately the majority of our customers experience just that.

And as you know, insoles typically worsen the problem. At first, the additional cushioning seemingly lessens the pain, but since it also limits the space available inside of the shoe, the tissue and the joints experience even less use. This means – While insoles provide temporary relief, they usually worsen bunions on the long run.

So even if the issues started out very slowly, more and more problems typically arise over time which of course is a worrisome process for those affected. Because suddenly you will find yourself being faced with the question of whether the only effective treatment method for progressively worse weakening of the connective tissue, toe inflexibility and the resulting pain is surgery. We will talk about your options in a bit here.

Additional Causes

To be fair, the shoes do not carry all of the blame alone, even though needless to say, based on the experiences throughout the last few years, they are still the number one cause. However, there are several other factors that weaken the connective tissue even further. Let us take a closer look at each of these causes:

The Nervous System: The peripheral nerves are in control of our whole body. They are the reason why you can give your foot the command to move and then it moves. There are people whose nervous system is simply overwhelmed. This can happen through an imbalance in the body, the organs or the brain. More often than not there is a stress pattern behind it, which is fired up again and again and which causes the autonomous nervous system to accelerate repeatedly. Symptoms may include tingling, twitching or your foot falling asleep.

If this describes your symptoms, it is important to consult a doctor and have the nerve paths checked out. Because in these cases it is often of little or no use to work directly on the toe. Instead, a solution to the basic neurological problem is required.

Viruses, Bacteria and Toxins: Everything in our body is connected. From experience we know: little aches in your hip may very well lead to little aches in your pinkie toe. If a person's exposure to heavy metals and toxins - absorbed through food, bleach and the environment - is too high, the toe skin serves as an excretory organ, which could get overwhelmed. It is even possible, that cheaply made shoes may give off toxic substances when getting wet from either sweat or water. Other than that, it is also possible that viruses or bacteria are responsible for toe pain. You may have experienced this before - your winter cold is causing body aches and joint pain. The only thing happening to the toe is a subtle pain that comes and goes. If you suspect that you may be suffering from this, we recommend that you see your doctor or nonmedical practitioner for a consultation.

Age-Related Weakening of the Connective Tissue: Once a person hits age 35, muscles throughout the body begin to weaken, unless we proactively work out to counteract this process. Unfortunately, the muscles in your foot are no exception. The arch on the bottom of your foot decreases and your step becomes flatter over time. The result: the toes are under more physical stress and get pushed outwards. This situation combined with shoes that are too small can obviously lead to bunions.

Tilted Body Posture: It is not uncommon for a tilted body posture and Hallux Valgus to go hand in hand. The question, which one was there first, is not that easy to answer, but in any case, that does not really matter anyway. Because based on what we have seen, when a patient manages to get a handle on one issue, the other one usually improves as well. The body's two most common weak points are the atlas vertebrae, meaning the first cervical vertebrae, and the lumbar spine. There are quite a few testimonials from patients that are suffering from bunions out there who have improved or even cured their toe misalignment through osteopathic treatment.

The Organs: The thyroids have a special connection with your toe as well as the intestines. Thyroids play a significant role when it comes to your hormonal balance, which makes them a crucial factor in nervous system health that affects the entire body, and yes, also the toe. The intestines are of vital importance for your immune system and their nutrient processing function helps during Hallux Valgus treatment. As you know - the better the nutrient absorption by the body, the better off are the connective tissue and joints. If there is a concern regarding how well the intestines process and absorb nutrients, it may be wise to consult with your family doctor and to schedule some bloodwork to be sure.

There are many other things that could potentially play a role but they may be very specific to the individual case. Let us sum up what we know so far:

A human being is the sum of many different factors. The same applies to Hallux Valgus. Due to genetics, a person may have better or worse chances to get it and admittedly, some of the most extreme cases are in fact legitimately caused by genetics. But there is something new that we have learned from studies and experiences – we now know that people's feet are not particularly well adapted to modern footwear. Our feet are falling into a numbing sleep, because the receptors on the bottom of our feet can no longer feel anything, they no longer have a

real purpose, are no longer challenged. It is almost surprising that under these unnatural conditions not all people show more symptoms.

If now you add the above-mentioned co-factors into the mix, for example bacterial infections, physical and organic blockages and an unnatural lifestyle, it can certainly lead to bunions over time.

The condition can sneak up on you in a way that you may not notice it until it already severely affects your quality of life.

So, in the second part of this compact e-book we would like to explain what is required to tackle the issue. We are going to inform you about the things you can do and give some holistic recommendations regarding your bunion treatment. Because what good is it to dwell on the problem for months and be annoyed about the fact that it happened to you. Let us not waste any time and, with the right treatment method, let us get rid of Hallux Valgus, even if it is just in its beginning stages.

But for that, we must determine where you stand first. What are the symptoms and consequences of bunions and how do you even recognize the condition? So, before we can move on to the solution, we have to take a closer look at these topics.

What Are Typical Hallux Valgus Symptoms and How Is the Condition Diagnosed?

At this point, we have to provide you with some basic facts about bunions, so that you are able to correctly identify the condition. Because the most well-known form, a.k.a. Hallux Valgus, is only one of three types and there are still some additional diagnoses that can cause considerable confusion.

Hallux Valgus means that the big toe sticks out at a 20 degree angle. The epicenter of the pain is typically located at the connecting joint by the outward facing side of the toe. Usually this spot is warm, „red“ and inflamed. This pain is throbbing and especially noticeable when resting your feet or sleeping. Hallux Valgus-sufferers describe the sensation as pulling and stabbing. Further indicators: The toe shows an unnatural bend, the nail is discolored, infected or even ingrown. The callus typically covers the first three toes, especially the inside of the big toe.

The way someone walks is also a good indicator for Hallux Valgus. If they position their feet in a so-called V-position and angle their upper body forwards while walking, it is possible that they suffer from Hallux Valgus. Physically feet appear colder by the heel, but warmer by the toes, the neck is tense and the buttock might ache.

Please do not jump to conclusion if some of these symptoms match yours. We are merely providing this list as an overview of typical symptoms to establish a baseline.

Hallux Rigidus is an inflammation of the upper toe joint. Even light contact or pressure from the shoe may cause discomfort. The joint typically swells up over time and turns numb. With this type the big toe stays relatively straight, however, the other toes may stick out at an angle. A pre-condition to Hallux Rigidus is called **Hallux Limitus**, which is also located at the joint.

You may have to be vigilant when Hallux Valgus is diagnosed by a doctor. We are not saying all doctors are incompetent, but we have seen some diagnoses that were generally too broad. It is not uncommon for doctors to diagnose Hallux Valgus as Arthritis. This news might not only come as a shock to you, but it is also not really accurate. Because Arthritis is just a general term used to describe joint issues and is typically treated with a certain treatment plan. Medicine, anti-inflammatories and anti-rheumatic drugs, that often come along with serious side effects. The specific factors that caused the Hallux Valgus condition and the potential to treat it naturally are completely ignored. If you are affected, consider your options and get on the path to reverse your bunions the natural way.

Why Most Surgeries Are Not Necessary

We do not want to make you wait for this any longer, because there is a reason why many times surgery is not immediately necessary: Simply because it is not yet too late! Many people affected by bunions have anatomical abnormalities, but relatively mild symptoms. Symptoms that can be relieved or even reversed if you follow the suggestions on the next few pages. We have seen many Hallux Valgus patients that have been told to have surgery by their doctors, when in reality, their condition was still at a stage where it could have been treated at home. As a bunion sufferer, surgery should only be an option when your pain is taking over your life and affecting you to the point where you can no longer function. Otherwise it makes much more sense to launch an attempt to heal yourself first. Reconsider and change some of your habits. Change your shoes. If that helps you find relief and improves your condition, an immediate surgery suddenly does not seem as much of a logical approach anymore. An operation only makes sense if there is no improvement. In that case, let us say it how it is, surgery will correct the anatomical issue, but it will not tackle the issue at the root and eliminate the cause. In fact, surgery may cover up the cause, so if you do not change the factors that caused your problem in the first place, it may very well return at some point.

Not to mention that the connective tissue could then already be negatively affected by scarring and internal injuries. So rather than risk that, let's explore which measures you can start taking right away if you are already affected by bunions in any way.

Hallux Valgus – Goodbye Pain!

The toe can be compared to how your gut works. Not only are these two systems connected and exchange nutrients, but also in the way in which symptoms can be improved. Of course, treatment is easier if your symptoms are light or if you are looking to address the problem before pain kicks in, but generally the priority should be to prevent Hallux Valgus altogether, similar to protecting your gut health before problems arise. Once pain is present, experts tend to treat bunions with two different approaches at the same time. On one side, you have to eliminate harmful factors, such as actual items, habits, behaviors and misconceptions. On the other side, you have to add in things that improve your bunion condition and help to correct it. In this context, toe exercises come to mind, helpful gadgets that make your life easier and proactive thinking. We are going to discuss all of these points in the same order.

Prevent Hallux Valgus

Surely you have heard of TCM before. It stands for Traditional Chinese Medicine. All Eastern teachings support the idea that meridians circulate through the body and exchange energy and information. Even if you are a sceptic, in the meantime the meridian system can even be measured electronically. By the way, this is the same concept that acupuncture is based on, when you get pricked by needles in order to release energy blockages. You are wondering why I am telling you this?

Because our feet contain all meridian points and they are also considered a detoxifying organ. You will notice that when realizing how much our feet actually perspire. Another reason is the fact that you can find countless nerve endings in our feet. These nerve ending clusters are used in foot reflexology therapy and massages. When the foot is treated in one spot, the nervous system and the pressure point's partner organ also relaxes. But unfortunately, this system goes both ways. When something in your body is out of whack, your feet and toes are negatively impacted, too. And you may have an idea where this is going, this can have a huge effect on toe misalignment.

Therefore, we recommend the two following measures for prevention: First of all, take care of your feet by detoxifying them often. Footbaths and self-massages work wonder. This does not only cause the skin to be more permeable so that it can better preform its detoxifying functions, but it also

stimulates the lymphatic system and helps getting unwanted substances released faster. We could also say that the metabolism in the feet is stimulated and less toxins can settle in the joints and connective tissue.

Massage your feet or let someone massage them twice a week if you can. You do not have to become an expert in Chinese medicine but rather intuitively massage the spots with the most tension. You will see that it is not only very relaxing for your nerves but more importantly, it serves as a direct prevention measure, to make sure the muscles in the big toe do not get too tense.

This leads me to another point that is a huge prevention classic. Because, as we have already explained to you, Hallux Valgus arises primarily because the fine muscles and tendons are no longer sufficiently challenged as nature once intended. That means that all of the weight is now carried by the heels which puts a strain on the large muscles. Based on what our customers tell us, a very pronounced flat foot can go hand in hand with extremely tense calf and shin muscles. They are often so tight that it feels as if they just got done running a marathon. A good exercise is to place a tennis ball on the ground and gently roll it back and forth under your foot a few times. This loosens, supports and strengthens your small fascia.

Besides that, there are other ways to stay active. Ways that strengthen your entire organism and keep it from getting too sluggish. So, avoid long periods of tense sitting and a sedentary lifestyle. There are countless people that were experiencing toe pain and practiced Yoga or Gi Gong as a way to become more active. As a result, they revived their tired bodies and with that, their feet, toes and foot joints. So, if you are affected and can tell that your upper body is stiff, do not wait until your feet are catching on fire.

In addition, we recommend making some basic changes to your diet. Don't worry, we do not want to completely change your way of thinking, that is a conversation to be had with one of the many nutritionists or healthy eating experts out there. But here are some basic requirements in the fight against bunions:

- Drink enough water to flush out harmful toxins from your cells and your lymphatic system
- Fruit and vegetables in particular offer an abundance of detoxifying and cleansing properties
- Do not consume any toxic substances (alcohol, nicotine, caffeine)
- Provide your body with calcium, magnesium, zinc and B vitamins.
- Practice relaxation techniques such as yoga, meditation and autogenic training, which will help you unwind. The relaxation is particularly healthy

for the nerve paths that lead to your toe, and it boosts its regenerative properties.

General recommendations that do more harm than good

There are some common misconceptions out there, that some experts still swear by. But these things often do not contribute to the solution and, even worse, may increase an already bad toe misalignment.

So here is a list of the things you don't need to do (anymore) and we'll tell you why.

Shoes that are too tight. The classic under the misconceptions, even if it is an understandable conclusion that was drawn here. Because you simply want to believe that a snug fitting shoe constricts the foot in a way that will narrow its shape. But the problem is that the longitudinal axis of the foot is even more stressed and the toe and joint are robbed of any potential to move naturally. This may lead to worsening bunion symptoms. One thing you can do is not to tie the shoe too tight. Pull shoelaces tight starting at the middle of the shoe, not below and tie them loosely. A little trick such as this one can already make a big difference over time.

Insoles. As we had already hinted at, insoles only make the problem worse. The fact that initial insole prescriptions are still the preferred treatment method of so many doctors makes this even more dangerous. But initial relief is quickly overshadowed when logic kicks in. Because insoles leave even less room in your shoe, which causes imbalanced muscles and extreme over-cushioning that can actually harm your feet rather than help them. The natural suspension system as well as the foot's adapting function are basically lost. But if you are set on short-term use of insoles please make sure to purchase your shoes at least one size up and do not use them for extended periods of time.

Not challenged enough. The connective tissue along with muscles and tendons work similar to your biceps. If you train it, it gets stronger. If you don't challenge it, it gets weaker. And especially if you suffer from bunions, you should strive for having the strongest connective tissue possible. Don't try to kill yourself with extreme workouts that you can only get through, while suffering from severe pain. But at the same time, please don't rest your foot too much either. Everyone's feet should have a healthy dose of exercise each day.

Walking on your heels. Even if it takes time getting used to, try to roll your foot through from front to back when you walk. Because nowadays many people don't walk right anymore, which allows bunions to develop. One of the

reasons for that is the fact that we strike down with our heel first which allows the toes in the front to get squashed. The excessive cushioning in our shoes won't even let us notice this deficit anymore. Make a conscious effort every day to roll your foot from top to heel. But keep in mind, you don't have to be perfect, and you don't have to remember all the time. We want to prevent any type of inner stress and pressure, which would be counterproductive. So please adapt a rather laid-back attitude about it.

Overstretching. Many Hallux Valgus sufferers overdo it in the beginning. Because they are so incredibly frustrated, they pull or even yank on their big toe as if there is no tomorrow. This can't be the solution. Sure, we want to strengthen the structure of the toe by stretching it out, however, what we don't want to do is aggravate the problem further. You are better off adhering to the following exercises which will help you to strengthen the toe in a healthy, targeted, but at the same time, relaxed manner.

Hallux Valgus - Change Your Mindset, Change your Habits.

Are you ready for an honest conversation? Because none of our organs is as underestimated as our feet. And unfortunately, this also shows in the appreciation we have for them. We know quite a few people for whom the feet are nothing more than a useless attachment. There are even a large number of people who have developed some kind of a foot phobia and who simply describe their feet as unsightly. Of course, this attitude has its consequences. While the head or an organ in the center of the body is usually much more important when it hurts, the feet are "just there". While we brush our teeth, style our hair or wash our armpits, there often isn't a similar foot care ritual in place. That has consequences. As we know from different experiments, a body region or organ which is getting more attention, is also supplied with more energy. One example for this are the water experiments of the Japanese scientist Masuro Emotos, who proved that matter changes its energy (meaning electron strength) and shape, the fonder we think of it and the better we take care of it.

That's why I would like to ask you to be careful how you think of your feet all day long. Sure, it's important to adjust your habits, do your exercises and change your shoes, but you better your chances to successfully beat Hallux Valgus if you also better your attitude.

With that, we have reached the second point. Maybe you are not sure, what it's all about, but you feel obligated to decide how you feel at this moment. What emotions do you cultivate throughout the day? Because you guessed it, even that has a scientific background and it dates back to the dawn of time. Because if you let emotions such as anger, frustration and sadness, caused by bunions, become a habit, your toe is suffering!

These emotions can affect your brain waves which can get you really worked up. The autonomous nervous system reacts and believes that it is in a dangerous situation. The result: Stress, because it activates the natural fight or flight response. Now, of course every organism in the world can handle stress, but not chronic stress over long periods. This leads to your nerves getting more and more instable and your circulation getting more and more irregular. The detoxifying functions also suffer, as well as the nerve endings in your feet. The body is too busy now to fight its own battles. In a nutshell you could say that if you want your crooked toes to get better, you have to make sure to keep your overall stress levels down.

Exercises for Every Day, Start Right Away! Works for Every Kind of Bunion Condition

If you leave things out and avoid things that hurt you, combined with fostering a refreshingly happy attitude, there is really only one thing left that will turn this thing around. Here are your daily exercises.

Please be aware, daily exercises mean (almost) every day, so you must integrate them into your schedule. This is not supposed to put pressure on you, but instead, make things easier. Because sustainable, long-lasting changes to your muscle groups and the position of your toe joint do not happen overnight. After all, it didn't develop overnight, so cut yourself some slack. Be patient, little by little you will start feeling better. Contrary to treatment with surgeries and pain killers those changes are there to last. At least as long as you stick with it. When we say daily, we do not mean every day by the way. Based on our experiences 5 times a week appears to be a good number to create lasting improvements. Start off slowly. Your body has to get used to the new workouts and may react with sore muscles in the beginning. Consider that a good sign.

A little note before you begin:

Do not overdo it if you feel pain. That would only aggravate the big toe's joint even further. The goal is to gently stretch out the muscles, tendons and joints. True to the motto: You want to feel the stretch, but not the pain.

Beginner-Exercises

Dry Brushing

If you do not have any open wounds, use a massage brush to stroke down your calves, along the entire bottom of your foot until you reach your toe. This

passive exercise is not only incredibly beneficial in the evening, but also promotes blood flow and removal of toxins. And it also activates the nerve channels on your feet. If you feel a tingling sensation and warmth, please do not be alarmed, this is a good sign indicating that energy is set free and finally flowing again.

Small Squats

Squats are a very good exercise to strengthen the coordination of the small muscle groups up to the big toe. Please make sure to position your feet parallel to each other. Keep them straight, do not let your feet point outwards. This way the knees also stay parallel to each other. We recommend to do slow squats and only go down as far as it feels comfortable to you. 10-15 light repetitions are enough.

Walking Barefoot

This is an ongoing exercise. If we get the foot used to walking barefoot again, we are giving him back a bit of what it needs. Wherever you are, indoors or outdoors, make a habit of walking barefoot. But introduce it back into your life gradually and walk slowly. As long as you don't walk too fast, you are giving your muscles time to feel the impulses and to „translate“ them accurately. Running or jogging would only aggravate the problem further, because the speed would cause the heel to experience too much stress.

Exercises to Benefit Your Big Toe and Fight Hallux Valgus

Thumb Wrestling

Take your fingers and put your big toe into a „headlock“. That means grab your big toe from underneath using your entire hand. Now, from below, push up with your hand against the toe while at the same time pushing back with your toe. Next, use your hand to pull at the toe. Resist the pull and try to pull the toe towards you instead. This exercise works wonder for your joints, because it tends to improve your mobility significantly.

The Tennis Ball

Take a tennis ball – ideally one that is not completely filled with air anymore. As a way of massaging the bottom of your foot, use slight pressure to roll it around on the floor under your foot. The ball doesn't just activate different muscle groups, it also stimulates the channels that the impulses to your toes travel through very effectively.

The Roller

Many people prefer a small massage roller made of plastic or carbon over a tennis ball because it is easier to manage. Make sure you put enough pressure on the roller and move very slowly while using it.

The Opposite Tree

Stand up and stay standing during the entire exercise. Now tighten your butt and push your thighs outwards. Make sure that your feet stay flat on the ground the entire time. Next, try to pull your ankles towards each other, meaning pull your feet inwards. If you are doing it right this exercise will give your legs, butt and the inner tendons of your feet a good workout. Just make sure that you don't allow your feet to lift from the ground. The contrast between the thighs pushing outwards and the feet pulling inwards creates a fantastic training effect. Try to hold the position for 1 – 2 minutes.

The Candle

Get on your tippy toes and lift your heels from the ground. If it is difficult for you to keep your balance you are welcome to hold on to something. Feel free to rotate your heel to the left and right, as long as it does not feel uncomfortable. This especially strengthens the foot's arch and provides the muscles and tendons, which are keeping the big toe in position, with much-needed relief.

The Sprinter

An incredibly awesome exercise to stretch and relieve pain is the sprinter stance. It is reminiscent of a runner's starting position.

Get down on your knees. Put the knee of the leg with the affected foot approx. 60-80 cm in front of the other one. Now lift up the front foot and only stabilize the foot with your toes. The heel is sticking up straight in the air and the toes are getting a good stretch this way. If you put a little more weight on your foot, you are stretching the entire length of your foot even more. If the stretch is too intense this way, feel free to put your hands down on the floor for additional support.

Additional Tip: Using a Toe Separator for Ultimate Support

Wearing a toe separator is one of the most efficient and at the same time easiest measures to help with beginning toe misalignment caused by Hallux Valgus. It may not replace the exercises, but it provides quick and efficient pain relief and buys time so that you can take care of the (beginning) bunion

problem the natural way. High-quality toe separators are usually manufactured from soft silicone gel and help shift the toes back into their natural position. Additionally, they help combat muscle cramps and provide relief to fascia and nerves, because the painful pressure points in your feet are less stressed from walking.

This is the precise reason why high-quality toe separators have been a center piece of YogaMedic's product lineup for years.

Healing Always Affects Your Whole Body – A Summary

And so we are getting to the end of our compact little e-book. As you could see, Hallux Valgus itself is a pretty simple and straight forward topic – however, the causes and possible solutions can be diverse. Therefore, we would like to send you off with a little summary of the most important points.

One thing that we have definitely learned: Bunions do not develop from one day to the other and only in very few cases they are solely based on genetics. This does not mean, that it is your fault that you have it, or that you did something wrong. Technically our modern way of life is to blame for the appearance of Hallux Valgus. The main culprit are our modern day shoes, but also toxins that are not released by the body through its natural detoxification process and the fact that we do not pay enough attention to foot care in today's society. All of those cofactors often cause the big toe to develop problems. But putting the focus too much on the causes is not necessary, it is much more productive to concentrate on the solution instead.

We know several different approaches that all contribute to the overall solution, which is effectively managing Hallux Valgus symptoms or even reversing the condition completely. There are three main pillars. Prevent, eliminate and reinvent yourself. All pillars together support the body as a whole, but also support the foot tissue by itself and address the actual toe misalignment. The best prevention starts with daily (dry brushing) massages from the knee down and alkaline detox-footbaths. Make sure to follow the basic diet requirements and take your recommended vitamins. And most importantly – avoid stress! The best way to destress is by practicing yoga, doing autogenic training or meditating. Simply everything that helps you unwind. A long walk through nature could be an effective method for example. When it comes to the things that you are supposed to eliminate, the first things that come to mind from the body perspective are the toxins of course, but also the tight shoes and insoles are on the list. When it comes to reinventing yourself there are mainly two things you need to incorporate: exercise (almost) daily to strengthen your joints, tissue and muscles and change the way you think. With the right attitude you will learn to appreciate your feet and start taking better care of them as you now recognize them as a significant part of your entire organism.

If you follow these instructions with a smile on your face and a positive attitude (think no stress and nervous system), then your toe will do, what other parts of your body, for example a scraped knee, have always done: it will heal on its own. Should a surgery be absolutely necessary, you should still adhere to these steps in order to fight the actual cause of the issue. For the many cases in which surgery was recommended way too soon, a toe separator is an efficient measure to ease pain and buy time.

From our hearts to your yours, we hope that you are able to take your feet into your own hands again. Because as experience has shown, it is never too late for that.

About YogaMedic

YogaMedic fights common widespread diseases with a combination of medical science and traditional methods to provide a healthier life. To accomplish this goal, YogaMedic relies on proven health care products. We believe in offering our products at fair prices while maintaining a high level of quality. Besides our premium Toe Separator, our YogaMedic Nasal Irrigation System along with our YogaMedic Tongue Scraper complete our line-up of prime health care products. Beyond that, YogaMedic collaborates with many experts in the corresponding areas, to create independent reading materials about natural remedies that are worth your time.

Did you like our guide?

We would love to hear your feedback, so that we can make improvements to this guide in order to help our customers even better in the future.

You can easily reach us through our WhatsApp or Facebook Chat at yogamedic.net/chat or via e-mail at service@yogamedic.net.

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Publisher: YogaMedic, JRSK Comercio S.L.