

# the barefoot book

50 Great Reasons  
to Kick Off Your Shoes

The human foot is not broken by default. The foot is perfectly designed for its functions. Shoes are man-made devices that alter the natural way we stand, walk and run.

Shoes are a major cause of hallux valgus, hammer toe, bunions, fallen arches, Morton's neuroma, Achilles tendonitis, plantar fasciitis... even knee arthritis.

Shoes are excellent incubators for bacteria and fungi. Shoes are the #1 cause of athlete's foot, toenail fungus and that infamous stink! Going barefoot prevents these conditions.

Arch supports are unnecessary and in fact detrimental. The foot arch is designed to be a shock-absorber & spring. Arch supports diminish the natural function of the arch and increase stress on the body's joints from the feet to the spine.

Shoes are casts -- they immobilize the natural flexing motions of the feet when walking & running. Walking barefoot improves blood and lymph circulation which reduces swelling in the feet and cleans away toxins.

Barefoot walking is essential for healthy feet. Constant use of the shoe-cast causes ligaments to weaken and muscles to atrophy.

It is not illegal to go barefoot in public or to drive barefoot.

There are no health codes that prohibit bare feet in shops, restaurants or markets of any kind.

Shoes are especially damaging to the developing child's foot. Evidence indicates that the shoeing of children is a major cause of adult foot ailments.

The risk of contracting hookworm by going barefoot is exceedingly small in the U.S.

All of these topics and more are discussed in The Barefoot Book. Over 30 illustrations provide stunning depictions of human foot anatomy, the conflicts between foot anatomy and footwear, and how shoes deform our feet.

**The evidence is clear -- Going barefoot is healthy, safe and legal.**



Hollman, P. (1985). The American Journal of Orthopedic Surgery

## about the author



Dr. Daniel Howell is an avid barefoot hiker and barefoot runner. He has logged over 2000 miles running barefoot and hundreds of miles hiking barefoot. He is the founder and leader of the Barefoot Hikers of Virginia, a group of hiking enthusiasts loosely associated with other barefoot hiking groups across the country ([www.barefooters.org/hikers](http://www.barefooters.org/hikers)).

Dr. Howell is an Associate Professor of Biology at Liberty University where teaches human anatomy & physiology. He obtained his Ph.D. in biochemistry from Virginia Tech in 1998 and has performed biomedical research at Duke University Medical Center and McGill University. Dr. Howell is a member of The Society for Barefoot Living and an advisory board member of The Primalfoot Alliance.