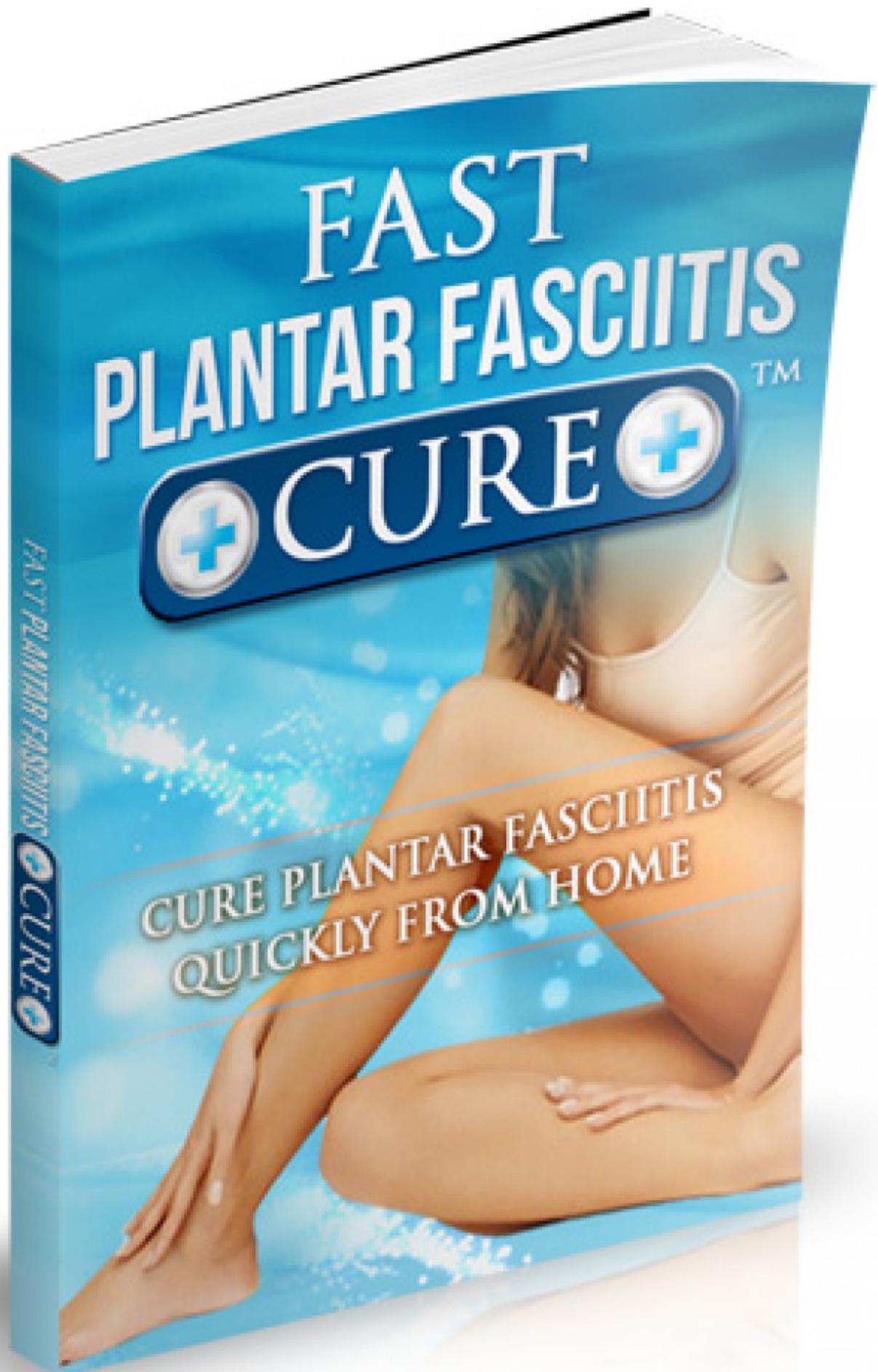


New Book Titled Fast Plantar Fasciitis Cure™ Reveals Techniques To Eliminate Painful Foot Condition

Fast Plantar Fasciitis Cure™ Summarizes Diet Tips, Stretches, And Exercises To Help Cure Plantar Fasciitis



New York City, Mar 2, 2019 (IssueWire.com) - An exercise rehabilitation specialist Jeremy Roberts, announces the release of a new incredible book that is intended to help individuals who are currently suffering from the painful symptoms of Plantar Fasciitis. This book is a step-by-step guide for identifying the cause and treatment of the condition.

According to the author, Plantar Fasciitis is a very common condition that affects the lives of 1 of every 10 people worldwide and accounts for an economic problem of over 375 million dollars per year. Plantar Fasciitis is a term for stress injury to the fascia of the foot a very thin membrane that protects other tissues.

The common of all symptoms of [Plantar Fasciitis](#) is the pain. This pain can be acutely radiating or focused outward towards the toes or heels, depending on the cause of the injury. Majority of the individuals who suffer from the Plantar Fasciitis report that it negatively affects their performance at work, most especially those whose positions require longer periods of standing on their feet.

Fast Plantar Fasciitis Cure™ is a comprehensive book that presents a very detailed treatment strategy for those who suffer from the painful condition. The author quotes leading clinical research to support techniques such as stretching, massage, dietary supplementation, and much more. Those who suffer from Plantar Fasciitis will definitely find it extremely easy to relieve symptoms and rapidly eliminate the condition for good.

[The book](#) starts by giving out an overview of the condition and identifying risk factors such as occupation, types of shoes, physical activity and age. The author moves on to name the many different causes of Plantar Fasciitis such as flat feet and bone spurs for example. According to Fast Plantar Fasciitis Cure™, at least 50% of those patients who have been diagnosed with Plantar Fasciitis have heel spurs.

Fast Plantar Fasciitis Cure™ gives a well-detailed description of the exercises that need to be done to relieve pressure and improve the conditions of the tissues of the feet. The patients can use common household objects like hand towels and tennis balls to help perform some of these stretches.

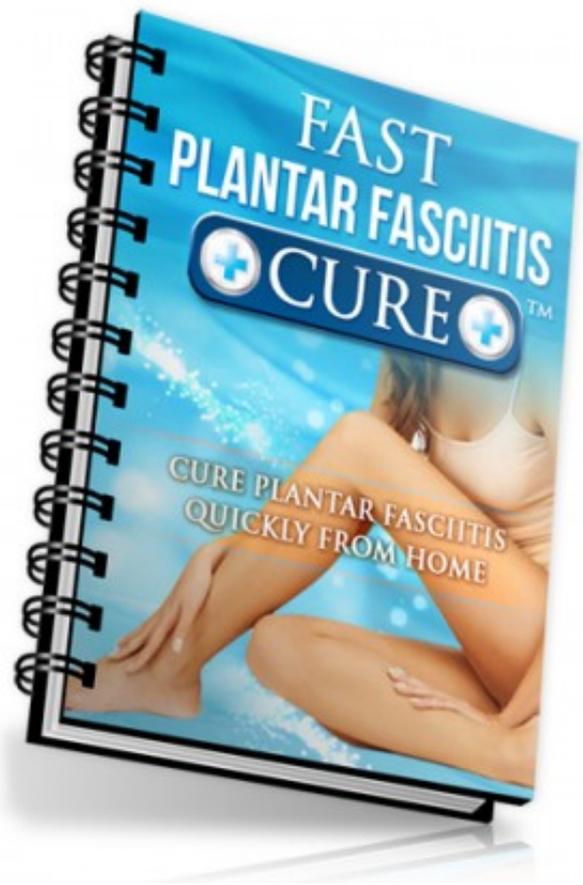
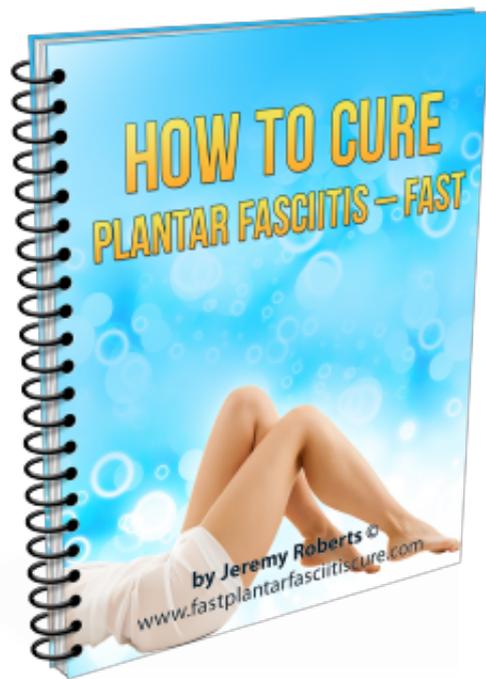
Fast Plantar Fasciitis Cure™ is a comprehensive guide for anyone out there suffering from the pain of Plantar Fasciitis. With over 20 different medical citations and several detailed images, this book gives its readers a clear plan of action for healing their condition fast.

If you'd like more information about how to cure Plantar Fasciitis, visit www.healthcaresolutionz.com

About the Company

We are a business that is grounded in care

Customers and patients are at the heart of our business, and we are committed to providing exceptional care to them. We want to be the first choice for their health needs.



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Source : Fast Plantar Fasciitis Cure™

See on IssueWire : <https://www.issuewire.com/new-book-titled-fast-plantar-fasciitis-cure-reveals-techniques-to-eliminate-painful-foot-condition-1626954449879287>