

## Do You Suffer from Heel Pain/Heel Spur?

Have you tried **everything** . . . from cortisone injection to shoe inserts . . . from shockwave therapy to heat or ice . . . from night splints to stretching . . . only to find out that **none of them really worked?**



After living on pain killers or anti-inflammatory drugs, have you recently found out that they no longer work

for you?

Has your podiatrist told you heel spur removal surgery is the **only** option left for you?

Did you have heel spurs removed years ago and are they now coming back **even more painful than before?**

Did you know the real causes of heel Spurs (or plantar fasciitis)?

Did you think it's only a coincidence that, in addition to heel pain, you also suffer from osteoarthritis or osteoporosis?

Don't let your doctor **confuse** you: **plantar fasciitis** is inflammation caused by heel spurs.

If you answered **YES** to **any** of these questions, you **must** read Marvin's Life-Changing Story "**Do You Suffer From Painful Bone Spurs ?**"

Patients and doctors often confuse the terms *heel spur* and *plantar fasciitis* (*PLAN-tur fas-e-I-tis*) . While these two diagnoses are somewhat related, they are certainly not the same thing.



First we need to understand a few things related to our feet, there are 26 bones in the foot making up many joints. Click on the foot picture to enlarge.

**Plantar Fascia** is a thick ligamentous connective tissue that runs from the heel bone to the ball of the foot that forms the arch of the foot. This strong and tight tissue contributes to maintaining the arch of the foot. It is also one of the major

transmitters of weight across the foot as you walk or run. The stress placed on the

## Do You Suffer from Heel Pain/Heel Spur?

---

plantar fascia is tremendous and if we have weak bones and joints the stress is enough to **tear the micro ligamentous tissue** from the heel bone under normal walking.

Plantar Fasciitis refers to the inflammation of the plantar fascia.

A **heel spur** is a hook of bone that forms on the heel bone, an X-ray will show a point of bone protruding from the bottom of the foot at the point where the plantar fascia is attached to the heel bone. The heel spur itself is not thought to be the primary cause of pain, rather inflammation and irritation of the plantar fascia is thought to be the primary problem **cause by the tearing of the micro ligamentous tissue from the heel bone**. The heel spur then forms because the body is trying to heal itself and has calcium deficiency. After the heel spur is formed and stress is placed on the plantar fascia from walking the heel spur just adds to the irritation and inflammation.

**Good Biomechanics** is where the muscles, tendons, ligaments and bones are all in proper alignment and well balanced in order to allow you to function appropriately and free of pain.

There is no cure-all to plantar fasciitis despite the various "gadgets, joint pain relief, and magic potions in a bottle" being sold in stores or on the Internet. The key to helping plantar fasciitis often is related to the ability to decrease the tension or strain on the fascia. How? First lets look at the know causes.

### **Causes:**

**Bad Biomechanics**, your foot is simply not distributing your weight evenly when you exercise which could be caused by weak joints and muscles and over exercising.

**Injury to the Foot, Arch or Heel** - physical injury can occur while running, jogging or even walking and inflammation results due to weak joints and muscles.

**Tight Muscles in the Calf** - tight muscles in the calves place additional stress on the foot muscles and tendons a sign of calcium deficiency.

## EZorb Calcium® - Calcium Aspartate Anhydrous

### Do You Suffer from Heel Pain/Heel Spur?

---

**Being Overweight** - excess weight transmits more stress to the plantar fascia area. “You take about 2 million steps per year at up to five times your body weight depending on the height of the step, and so if you lose 10 pounds, that can be up to 50 pounds off your knee up to 2 million times a year,” says Kevin R. Stone, MD, head of the Stone Clinic, San Francisco.

**Weak bones and joints** caused by calcium deficiency generally worst the older we get.

So to cure **heel spurs** take EZorb to allow your body to provide healing to bones, joints, muscles and removal of the heel spur, which will decrease the tension or strain on the fascia.

Most heel spurs can be cured if treated properly. Heel spur removal surgeries in many cases are unnecessary. If this is the only option your doctor gives you look for the exit door, find another doctor.

### 3 Reasons Why You Want EZorb To Remedy Your Bone Spurs

**First of all**, EZorb stimulates osteoblasts (bone forming cells) to promote healthy bone and joint metabolism, so that the unbalanced structure can be aligned properly.

**Secondly**, EZorb Calcium provides the highest calcium absorption (92%). This means your body will always have sufficient calcium around so that your bones will be protected from calcium depletion.

**Third**, EZorb Calcium protects your cartilage so that existing bone spurs won't damage your cartilage to cause further problems that could lead to osteoarthritis.

As you can imagine, going through bone spur removal can mean excruciating pain. And there's no guarantee whatsoever that more bone spurs won't come back in the future. So what are your options?

Clearly your only option for remedying painful bone spurs without settling for the unbearable pain or going through intensely painful surgery is EZorb. It has a 92% absorption rate and works to remove bone spurs. Best of all, you can use it for 30 days to see if it brings you heavenly relief. Don't decide now; let EZorb prove itself to you in your own home.