



Obesity

The Foot Alignment Connection

A Simple Solution that Solves a Key Piece of the Treatment Puzzle

Contents

+ Introduction	3	+ Daily Exercise	12
+ Getting Started	4	+ Why Does it Hurt to Exercise?	13
+ Obesity Key Facts	5	+ The Connection Between Foot Alignment & Obesity	14
+ How Does Obesity Affect Me?	6	+ Treating Misaligned Feet	15
+ Childhood Obesity	7	+ An Internal, Minimally Invasive Solution to Misaligned Feet	16
+ Adult Obesity	8	+ The HyProCure Advantage	17
+ The Role of Diet	9	+ A Real Solution for Real People	18
+ Is there such a thing as a Magic Pill?	10	+ Get Back on Your Feet & Recover Your Health	19
+ Rev Up Your Metabolism	11		



Introduction

Obesity is one of the world's most rapidly growing conditions. Even in our age of medical advancements, over 35% of the adults in the United States alone are considered to be obese. The only way to prevent this destructive chronic disorder is to take back control over our bodies.

We know that diet and exercise help to put us on the correct path to a healthier lifestyle, but for some this may be easier said than done. Sometimes, to find an effective solution, we must look at the problem from a different angle.

This e-book is written to the millions of people who are looking to win the “battle of the bulge”.

<https://www.nichd.nih.gov/health/topics/obesity/conditioninfo/Pages/risk.aspx>



Getting Started

- + Are you or a loved one fighting an up-hill battle with weight gain?
- + Does it hurt when you exercise or try to be physically active?
- + Do you have chronic pain in your back, hips, knees or feet?
- + Are you having trouble exercising due to joint pain?
- + Have you found dieting alone is not helping you lose weight?
- + Are you worried about how long-term medical issues associated with weight gain are going to affect you in the long run?

If you answered yes to any of these questions, this e-book will explain how flat or misaligned feet may be impacting your ability to effectively lose weight.



Obesity Key Facts

+ Over 75% of hypertension cases are directly linked to obesity.

+ 72% of older men and 67% of older women are now overweight or obese.

+ Approximately two-thirds of U.S. adults with type 2 diabetes are overweight and have obesity.

+ Today two-thirds of adults and nearly one-third of children struggle with overweight and obesity.

+ Annual health costs related to obesity in the U.S. are nearly \$200 billion, and nearly 21% of medical costs in the U.S. can be attributed to obesity.

+ Obesity is linked to more than 60 chronic diseases.

How Does Obesity Affect Me?

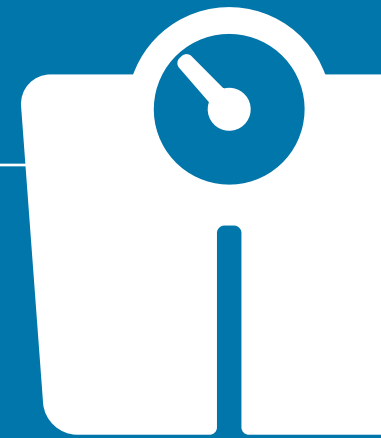
Carrying around too much weight doesn't seem like it should equate to a life threatening condition, but the truth is that there are many detrimental effects to your body. Not only are the musculoskeletal structures put to the test, but there is also the toll taken on the various organs of the body.

Finally, but just as important, there are the mental implications associated with excess weight. No one wants to be over-weight.

There are many long-term health implications of obesity including diabetes, high blood pressure, heart disease and even certain forms of cancer. The first thing patients with these medical conditions are told is to lose that extra-weight.

Obesity can lead to many secondary conditions such as:

- + Diabetes
- + Heart Disease
- + Stroke
- + Metabolic Syndrome
- + Cancer
- + Osteoarthritis
- + Sleep Apnea
- + Reproductive Problems
- + Gallstones



Childhood Obesity

Obesity has more than doubled in children and has quadrupled in adolescents in the past 30 years. This puts them at a significantly higher risk of developing chronic disease at a much earlier age. They are more likely to have high cholesterol and blood pressure, which puts them at risk for cardiovascular disease. There is also a greater chance that they will develop diabetes, as well as bone and joint problems.

Furthermore, there are associated psychological and social problems, such as stigmatization and poor self-esteem, which stem from childhood obesity.

Many children will continue to be plagued by obesity into adulthood, which puts them at risk of developing heart disease, type II diabetes, stroke, several forms of cancer and osteoarthritis.



Adult Obesity



There are many reasons why adults gain weight but the main reason simply comes down to a tipping point where someone is eating more calories than they are burning them off. There are genetic factors, but the leading reasons are due to diet and lifestyle habits.

The reason we need to get more aggressive in reducing weight is because of the many costly associated health problems. Type 2 diabetes, heart disease, high blood pressure, stroke, kidney disease, sleep apnea, and liver disease have all been linked to adult obesity.



The Role of Diet

Eating healthy food is the first place to start, but for many of us that is easier said than done. Everyday life—work, school, family—can leave us with little time to prepare healthy meals. The end result is to microwave or pick-up something quick and easy. Unfortunately, many quick meals contain processed ingredients and a high calorie count. The consumption of fast food has tripled, and calorie intake from fast food has quadrupled in the last twenty years.

It is agreed by many researchers that weight control is 75% diet, 25% exercise. A safe, effective long-term weight reduction plan includes balanced, nutritious foods, which help to avoid vitamin deficiencies and malnutrition. Switch to fruits, vegetables, lean meats and unprocessed foods with a lower calorie count.

Comparison of Weight Loss Among named Diet Programs in Overweight and Obese Adults: A Meta-analysis. J A M A 2014; 213(9):923-933.



Is there such a thing as a “Magic Pill”?



The answer is no. While we live in a society where there seems to be a “magic” pill for everything, this is not true when it comes to weight loss. The use of medications in the treatment of obesity is typically limited to those who have significant health risks associated with obesity. Medications should never be recommended for cosmetic reasons.

The key to a long-term solution is

**Healthy Diet
+
Daily Exercise**

Weight Loss

Rev Up Your Metabolism



A very important part of the discussion on weight gain/loss is the physiological function of metabolism.

Metabolism refers to the body's ability to burn off energy. A high metabolism or metabolic rate means that the body is burning off calories, whereas a low metabolic rate means our body isn't burning off as much as it should. When the body isn't burning off the calories from the food we eat it is turned into fat cells. Simply put, a low metabolic rate leads to weight gain, a high metabolic rate could lead to weight loss.

The bottom line:

Eat Less, Move More

This all seems simple enough, so why is it so difficult to achieve? Furthermore, why does the number of people affected by obesity continue to grow year after year?

Daily Exercise



One of the most important benefits of daily exercise is the increase to the body's metabolism. This means the body will burn off excess calories.

30 minutes of exercise daily helps to:

- + Lower your blood sugar.
- + Improve insulin sensitivity, which means your body's insulin works better.
- + Reduce body fat.
- + Build and tone muscles.
- + Lower your risk for heart disease.
- + Improve circulation.
- + Preserve bone mass.
- + Reduce stress and enhance quality of life.

Note: Always contact your health care provider before beginning an exercise regimen. Check your feet daily for cuts or sores.



Why Does it Hurt to Exercise?

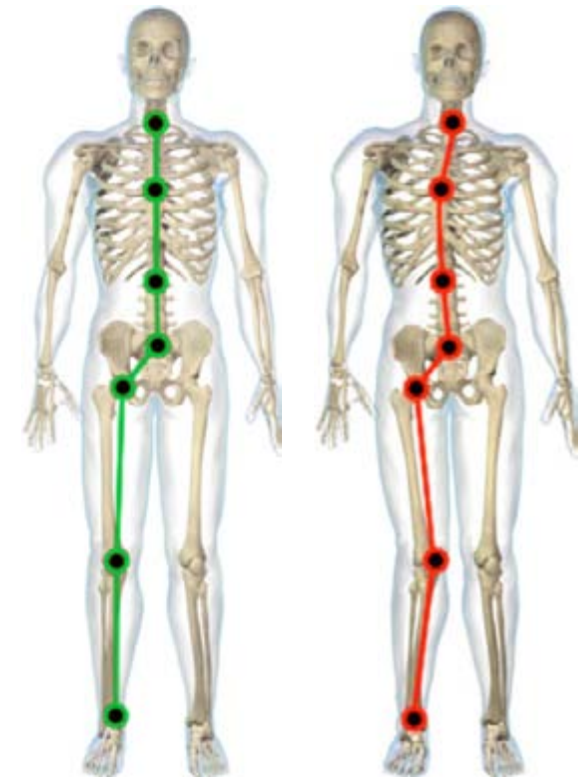
Many people who exercise regularly develop secondary conditions such as **shin splints, heel pain, foot pain, knee pain and hip pain**. While these symptoms are quite common, the underlying cause is lesser known.

Misaligned feet force certain muscles and tendons to work harder than they were designed to work. They over-stretch many ligaments and force bones to become displaced. This means that the more you stand, walk or run, the more strain there will be to various parts of your body.

The majority of people with a misaligned hindfoot have a lowering of their arch, or flat foot, however it's possible to have a normal appearing arch height and still have a misaligned hindfoot.

Other signs of hindfoot misalignment are:

- + Flat Foot
- + Growing Pains
- + Overpronation
- + Heel Pain (Plantar Fasciitis)
- + Bunions
- + Hammertoes



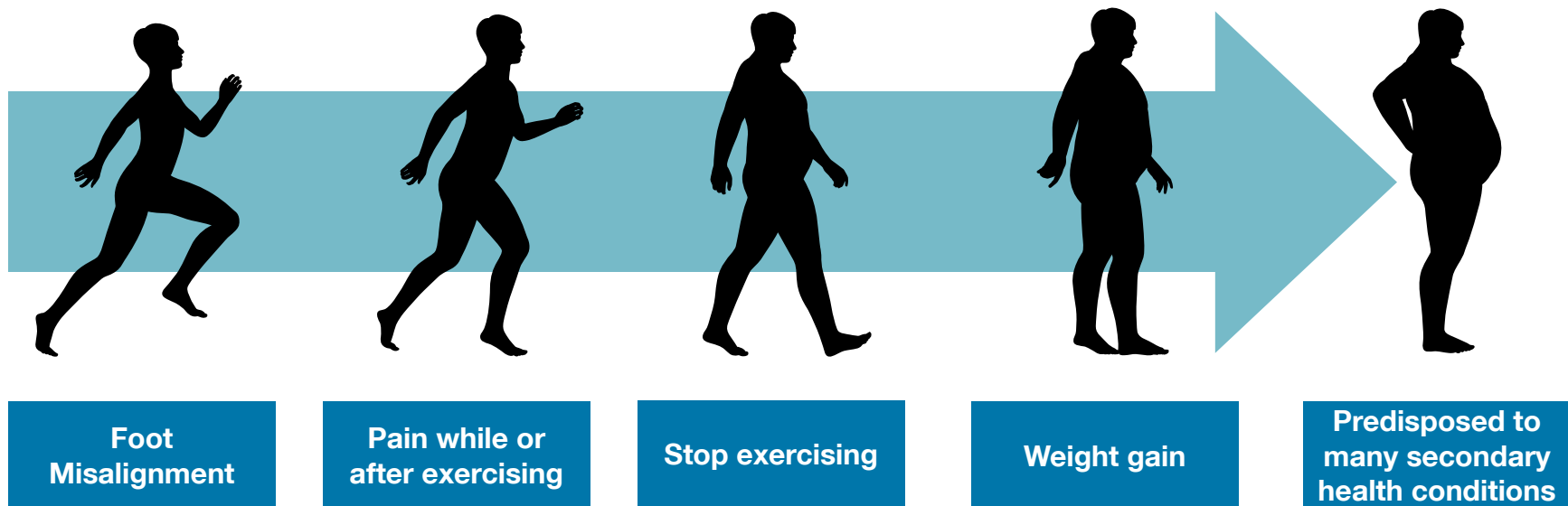
Aligned

Misaligned

The Connection Between Foot Misalignment & Obesity

If your feet are misaligned, you will eventually develop pain in one or more joints while trying to exercise or do normal everyday activities. The pain leads you to stop exercising, which slows the body's metabolism. Your body doesn't burn off the calories, which leads to weight gain. Weight gain is a leading cause of a variety of secondary health disorders including diabetes and heart disease.

Less active lifestyle leads to increased weight.



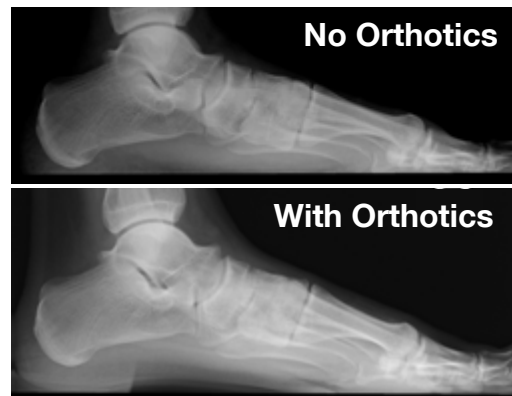


Treating Misaligned Feet



Observation/No treatment

Misaligned feet are caused by an internal structural problem with the ankle and heel bone. The problem will not correct itself and will only continue to get worse over time.



Orthotics or arch supports

While they provide a temporary solution for some, many find that they don't provide enough relief. Also, like glasses, they only work when you wear them. This option gives a false sense of correction.



Reconstructive surgery

This is used for severe conditions, and involves a large incision and long recovery. There are many potential complications and in most cases can not be reversed. In this case, the "cure" can be worse than the disease.

An Internal, Minimally Invasive Solution to Misaligned Feet.

There is a minimally invasive procedure, called Extra-Osseous TaloTarsal Stabilization (EOTTS) where a small titanium stent is inserted into a natural space between the ankle and heel bones. This stent, called HyProCure[®], maintains the normal hindfoot alignment while allowing the natural joint motion.

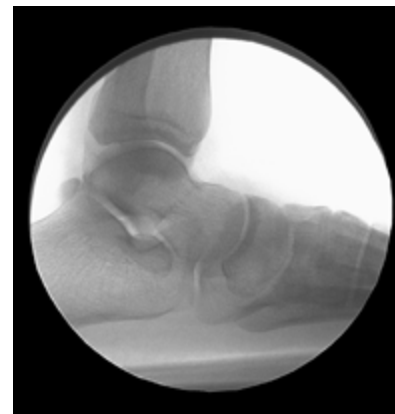


Enlarged to show detail. HyProCure measures to approximately 3/4s of an inch in length, which makes it smaller than your average paperclip.

Misaligned



Re-Aligned



The HyProCure[®] Advantage



Advantage Over Other Common Treatments

Unlike orthotics, HyProCure is an internal permanent solution and functions with or without shoes. It is also 100% reversible and requires little recovery time, unlike traditional reconstructive surgery. It is FDA cleared (since 2004) and is used by leading foot and ankle surgeons in 60 countries. It is routinely used in both children and adults.

Most patients experience minimal pain after the procedure and are allowed to walk on their feet the same day. Once fully recovered, patients are able to run, jump and participate in physical activities, allowing them to finally experience life pain free again.*

* typical results for most patients but individual results may vary

Benefits

- + offers a long term solution for misaligned feet
- + is FDA cleared since 2004 and is used by leading foot and ankle surgeons in 60 countries
- + permanent yet reversible solution that is routinely used in both children and adults
- + most patients experience minimal pain and are allowed to bear weight on their feet the same day

Scientifically Proven to:

- + have the highest success rate
- + positively affect tendons, ligaments and nerves
- + normalize misaligned hindfoot bones
- + reduce high pressure areas to the bottom of the foot
- + improve arch height

A Real Solution for Real People.

Cindi struggled with her weight for years. At her heaviest, she hit 300 pounds and was warned by her doctor that if she didn't do something about her weight she would be facing serious health problems. However, due to her misaligned feet, even walking had become so painful it brought her to tears.

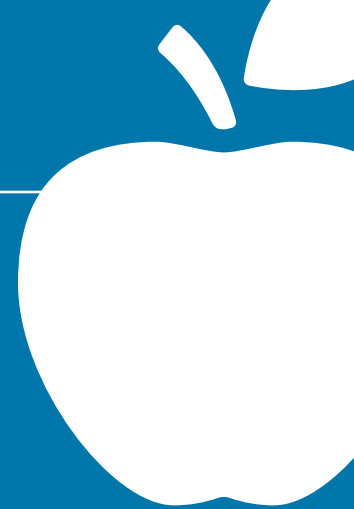
Since her HyProCure procedure, her pain is gone and she has lost over 125 pounds. Speaking of life after HyProCure, Cindi says "I'm a completely different person.....I'm happy and I'm content. It really did change my life."



To watch Cindi's story, [Click Here.](#)

For More Success Stories, [Click here.](#)

Get Back on Your Feet & Recover your Health



Making sure your feet are properly aligned is one of the first steps to becoming more active and enjoying your life pain free!

We hope that this e-book has helped you to better understand the importance of activity in the prevention and management of obesity. If you or someone you love is being adversely affected by misaligned feet, find a foot alignment specialist at:

www.AlignMyFeet.com

For additional literature, please visit:

www.hyprocure.com/published-studies/



“A body in motion seeks to stay in motion.
A body at rest seeks more rest.”

Keep your body in motion.

Find your foot alignment specialist at

www.AlignMyFeet.com

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Disclaimer: nothing in this ebook is meant to diagnose or treat a condition. Only a foot care specialist can accurately diagnose and offer realistic treatment options.

