

"Barefoot Science presents a unique approach to the maintenance of proper foot biomechanics. As a user with an injured foot and ankle, I am now able to generate ground reaction forces and a functional push off. I am particularly impressed by the product's underlying science, which is founded upon accepted musculoskeletal rehabilitative concepts. As chair of the Barefoot Science Medical Advisory Board, I look forward to collaborating with others to obtain further clinical and biomechanical data about this distinctive product."

Peter J. Fowler, MD FRCS(C)

Past president of the American Orthopaedic Society for Sports Medicine 2002-2003

Medical Director of the Fowler Kennedy Sports Medicine Clinic at the University of Western Ontario

"As you know, I have been using your product on my patients for two years now, in approximately 1600 cases, with nothing less than spectacular results.

The list of conditions that I have alleviated with Barefoot Science includes: bunions, metatarsalgia, claw toes, hammertoes, corns, plantar fasciitis, patellar malalignment, chondromalacia patella, ITB syndrome, recurrent low back pain of mechanical origin, recurring mid-back pain, headaches and TMJ syndrome. I have witnessed an 11 year old's lifelong pigeon-toed gait disappear in just 4 steps using Barefoot Science insoles, and I have seen the claw toes of a 60 year old become normal within a month. It has become routine, in this office, to visibly restore the longitudinal and transverse arches of individuals as old as 32. I have found that older patients (beyond 50 years of age) who, despite their developed foot deformities, are capable of full symptomatic ease via the use of Barefoot Science insoles, and that patients under the age of 12 not only have their foot arches restored, but symptoms are usually gone in less than one week of using your insoles.

I believe the most powerful evidence for the efficacy and uniqueness of Barefoot Science technology comes from the pleasure and gratitude expressed by individuals who, due to many years use of "custom fitted"/rigid orthotics, suffered severe and relentless pain until Barefoot Science insoles completely ameliorated their symptoms. In most cases, taking less than three weeks to do so. I estimate the success rate (i.e., symptom eradication) of my compliant users to be 90-95%.

I thank you and commend you for creating this wonderfully effective product. It may well be the most significant orthopedic product of all time."

Bruce Comstock, DC

Author, Weight Training Safely - The F.I.T.S. Way

"Barefoot Science philosophies are based on sound medical and scientific principles, common sense, and provide a vastly superior understanding of foot function when compared to conventional views.

Barefoot Science technologies clearly offer the most effective preventative and rehabilitative treatment option available today to address poor structural integrity of the foot's arch system.

I am convinced that orthopedists will be receptive to the information provided in the Barefoot Science Foot Strengthening System educational tools. I have found these tools to be extremely useful in understanding the cause of their problems, enhancing treatment compliance. With increasing orthopedic acceptance, I predict other medical professionals will also begin to incorporate Barefoot Science technology in their practices. I believe that primary care physicians, chiropractors, physical therapists, and athletic trainers will see the value of this technology and begin to use it."

Thomas D. McClain, MD ABOS AAOS

American Board of Orthopedic Surgery

"It was while searching for an extra light orthotic for track and field spikes six years ago that I chanced upon the Barefoot Science Foot Strengthening System. From the get go I was getting feedback that these inserts were preferred by the athletes over their original products. I have seen ironing board flat feet transform into pain free normal functioning feet.

My own story involves a badly crushed and nearly amputated foot that was partially responsible for my chiropractic decision. I now realize that trapping my foot into a rigid orthotic doomed a two-year rehabilitation effort. After faithfully wearing Barefoot Science insoles, I now have an arch and a pain-free foot.

Barefoot Science has put together a very thoroughly researched Medical Overview for your perusal. It holds solid scientific evidence that supports the strengthening and functional adaptation process. This direction follows closely to the chiropractic philosophy of restoring normal function.

Expect to feel a difference as you start implementing the Barefoot System. You will usually realize change throughout the entire Lower Kinetic Chain as it realigns and adapts to the Barefoot System. These minor symptoms are temporary and confirm a change is in process.

I am quite confident that the Barefoot Science Foot Strengthening System will make a difference to your wellness. I have seen results clinically and can personally attest to their effectiveness."

Dr. Lawrence S. Bell, DC FCCSS(C) FICC ART

"I have just finished reading Barefoot Science, Foot Strengthening System – Foot Care Steps in a New Direction and would like to commend you on its quality and significance. From a chiropractic standpoint, it is clear to me that you have put together a rather comprehensive explanation for the causes of mechanical back pain, using the closed kinetic chain model.

An old chiropractic axiom has been "...in difficult cases, look to the feet", and now, more so than ever before, we can validate that premise with your research. The wealth of references that you provide to support every biomechanical feature of your thesis essentially makes your conclusion irrefutable. Once one understands and accepts your premise of foot dysfunction as the cause of non-traumatic pain patterns of the weight bearing structures, the logic behind Barefoot Science, as a therapeutic agent, becomes crystal clear.

Congratulations, and thank you, for the clarity you have brought to a difficult, contentious, but hugely significant topic in health care."

Bruce Comstock, DC

Author, Weight Training Safely - The F.I.T.S. Way