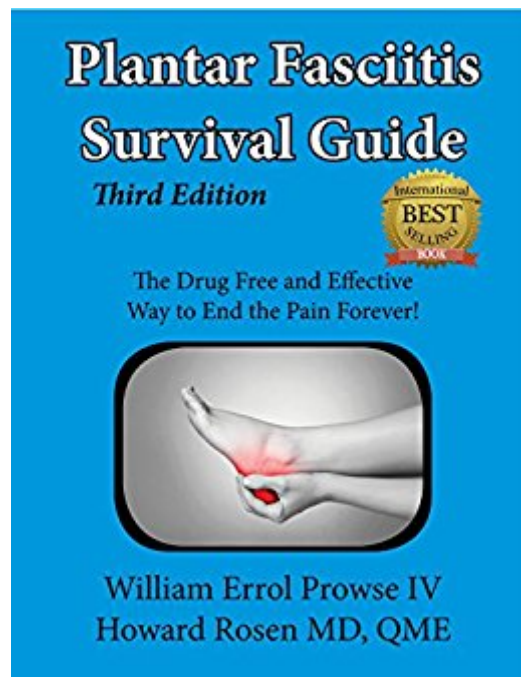




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# Plantar Fasciitis Survival Guide: The Ultimate Program To Beat Plantar Fasciitis!



## Synopsis

Check out: <http://www.pfsurvivalguide.com> Are you in tons of pain from plantar fasciitis and want a guide to fix it for good? Plantar fasciitis Survival Guide is a concise and scientific approach to beating your plantar fasciitis by yourself. Information is in a step by step layout with tons of pictures to show you how to fix your heel pain. The program is a combination of "soft tissue therapys" to address the many causes and perpetuating factors associated with plantar fasciitis. Most people see results even when they have had plantar fasciitis for months. This program is also great for getting results that last, and prevents the heel pain from coming back.

## Book Information

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## Customer Reviews

First of all, I have suffered from Plantar Fasciitis for over 2 years now and anyone else out there who has it, knows what a complete drag it is. I have spent so much money on this issue, it's ridiculous - it takes over your entire life. I started watching you tube videos in my spare time of plantar fasciitis looking for answers because I was so desperate (this is one of the many fun past times when you suffer from this issue is you watch videos on how to help your aching feet). I came across William Errol Prowse and he looked all of 23 years old and I was like who is this guy?? And

how does he know so much about this nightmare of a problem?? He makes so much sense in his videos and I learned more from his videos than I have in visiting doctors, chiropractors and PT's. And I've seen them all. Anyways, I just got the book and it's great in detail. Pictures are good. He spells everything out in good detail. Shows how to massage tight areas (EVERYTHING IS CONNECTED) and how to use common household items as massage tools. Massage is key for this issue, I've always suspected that and he just drove that point home. I am impressed and very grateful. I don't see my issue going away overnight, but I feel with further reading and discipline in paying attention to things, it may continue to improve. Self education for this issue is key. You have to find what helps you. Thank you William for your valuable information and for sharing it with the rest of us suffering with this painful issue! You're amazing....keep up the great work!

If you really want PF help, spend \$ on this book by William Errol Prowse. It is amazingly insightful. I now tape my feet & am seeing a therapist who specializes in ART (active release technique) massage therapy, as he suggests. She has helped me more in two sessions than the physical therapists who I've seen for MANY visits, all w/o relief. Be careful about releasing trigger points, as you can over do it. My therapist has helped guide me. Much better than when I started in my own & bruised myself all over! I've just started his dietary suggestions, so I can't comment on that. Best of luck!

The instructions in this book made a huge difference in my plantar fasciitis in only a couple of weeks. This kid really knows what he is talking about. If you are suffering from heel pain, you should give this book a chance.

I (literally) stumbled on William's U-tube site. Skeptically watch a few videos. (Who is this...dude?) Then realized he knew what he was talking about. The book really puts all the pieces of the puzzle together. I struggled with triggers in my calves for a few years and cycled through partial recovery and re-injury when running. Achilles problems and ~7 months ago into classic heel-pain. Been doing the calf rolling, balls and scraping for a month and things are improving., It will take some consistent work but I now have a plan to fix it. Thanks William!

Clear and simple explanations. The recommended process is sensible, but probably almost impossible for busy people who have to sit for long hours. Still, its nice to know that there is at least one solution out there that makes sense. It would be wonderful if Mr. Prowse described a grossly

simplified process - the minimum viable diet and exercise rules - in a visual, easily digestible form. I suspect that a half dozen rules for diet, and a half dozen for other treatment, would work for most people with PF. After reading this book, the average office employee is left feeling a bit intimidated.

This book has really helped me. I started using the techniques in this book a couple of months ago for my plantar fasciitis. I can't say it is completely gone, but it is definitely better.

This information was helpful to me, and I'm already seeing an improvement.

Good suggestions for helping those afflicted with plantar fasciitis. I wish I had picked this up sooner

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