

ALWAYS WALKING BAREFOOT

Deanne U. Uchida

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3 Reasons To Walk Barefoot, And 2 Possible Dangers

Barefoot is the most common term for the state of not wearing any footwear. Wearing footwear is an exclusively human characteristic, however some animals held by humans are also issued with footwear, such as horses and, more rarely dogs and cats. There are health benefits and some risks associated with going barefoot. develop as a result of someone who has always worn shoes.

Walking barefoot: my thoughts after three months without shoes.

Your foot and leg muscles will be much stronger than those of a shoe-wearing person walking the same distance per day. You will never have problems such as athlete's foot, smelly feet, blisters, corns, deformations that are all much more common among people wearing shoes.

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Danish filmmaker, actor, and stuntman, Adam Brix far left uses barefoot runner

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In certain societies this rule pertains to this day where slavery is still un-

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