

A thick black L-shaped frame is positioned on the left and bottom right sides of the page, framing the central text.

EXTERNAL APPEARANCE

The biblical perspective: *Shoes*

DEDICATION

- **Exodus 29:20:** “Then shalt thou kill the ram, and take of his blood, and put it upon the tip of the right ear of Aaron, and upon the tip of the right ear of his sons, and upon the thumb of their right hand, and upon **the great toe of their right foot**, and sprinkle the blood upon the altar round about.”

PROMISES

- **Psalm 31:8:** “and hast not shut me up into the hand of the enemy: thou hast **set my feet in a large room.**”
- **Psalm 40:2:** “He brought me up also out of an horrible pit, out of the miry clay, and **set my feet upon a rock, and established my goings.**”

ADMONITION

- **Isaiah 3:16:** "Moreover the Lord saith, Because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and mincing as they go, and making a tinkling with their feet."

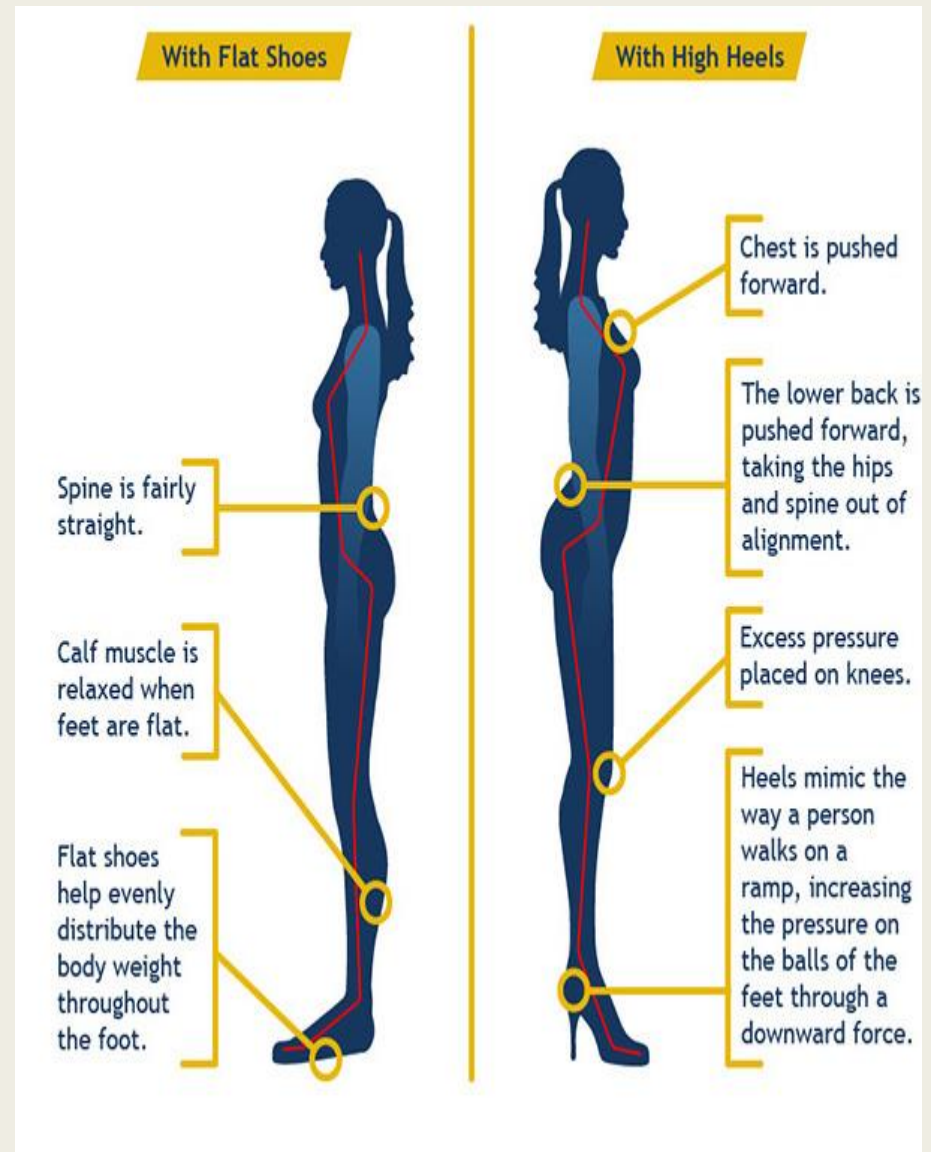
PURPOSE

- **Isaiah 52:7:** "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!."

The Real Harm in High Heels

- Those perfect pumps can create the perfect storm for **permanent health problems**. If you frequently wear high heels, you are setting yourself up for long-term issues. Extended wear of high heels and continually bending your toes into an **unnatural position** can cause a range of ailments, from **ingrown toenails** to irreversible damage to **leg tendons**. Additionally, cramming your toes into a narrow toe box can cause **nerve damage and bunions**, says Dr. Fotopoulos. High heels have also been linked to **overworked or injured leg muscles**, **osteoarthritis of the knee**, **plantar fasciitis** and **low back pain**.”

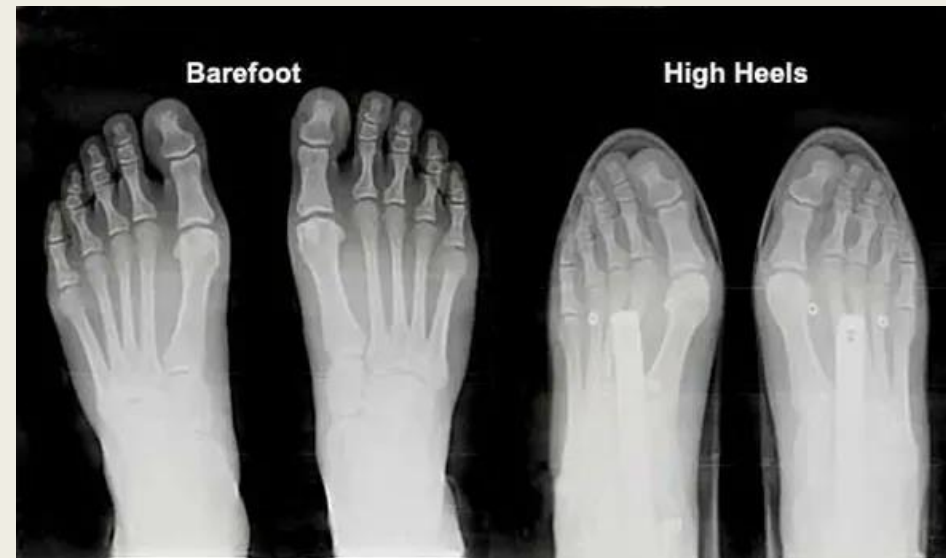
<https://lecomhealth.com/the-real-harm-in-high-heels/>



<https://www.malverneastphysio.com.au/high-heel-pain/>

Over time, wearing high heels can **shorten the muscles in your calves and in your back**, leading to **pain and muscle spasms**. Any time you wear shoes that restrict the natural shape of your foot, you're at risk for experiencing pain, Dr. Fotopoulos points out. According to Dr. Fotopoulos, many women who wear high heels often suffer a **shortening of the Achilles tendon** because once the heel is pointed upwards, it tightens up. Stretching it again or switching to flats can be very painful; it can even lead to plantar fasciitis. This tendon is designed to be flexible, so the foot can lie flat or point.

- According to Dr. Fotopoulos when you wear high heels, shoes with a heel two inches or higher, your **foot slides forward** in your shoe forcing the toes into the unnatural shape of the shoe and **redistributing your weight incorrectly**. The increased weight on your toes causes your body to **tilt forward**, and to compensate, **you lean backwards and overarch your back**, creating a posture that can strain your knees, hips, and lower back. **The change to the position of your spine puts pressure on nerves in the back and can cause sciatica, a condition where nerves become trapped, triggering pain and numbness as far down as the feet**, says Dr. Fotopoulos.



<https://lecomhealth.com/the-real-harm-in-high-heels/>

- An average person walks more than 115,000 miles in their lifetime. Every step you take puts pressure of up to three times your body weight on your feet. Running puts up to ten times pressure on your body weight. We put our feet in tight or very hard shoes, we subject them to unnatural angles from high heels, we run on pavement or asphalt, we compress them into shoes and socks without ventilation, or we simply stand for many hours. It's no wonder that the skin, the 26 bones, and the intricate network of muscles and ligaments in each of our feet are sometimes unable to withstand the pressure.

The Effects Of High Heels On Body

Exploded view

- Footbed
- Foam insole
- Nails
- Metal shank
- Toe box
- Rivet
- Padding
- Filler
- Foam
- Welt
- Sole
- Heel breast
- Rubber top lift
- A heel of rubber, stacked leather or plastic covered with leather.

Posture
High heels push the center of mass in the body forward, taking the hips and spine out of alignment (RIGHT).

Pressure
High heels may make legs look longer, but as the heel height goes up, so does the pressure on the forefoot.

Pressure Increases on forefoot when wearing:

3-inch heels	+76%
2	+57%
1	+22%

CORRECT POSTURE vs **EXAGERRATED POSTURE**