# Plantar Fasciitis



Plantar Fasciitis is pain in the bottom of the heel and the arch of the foot. It is caused by inflammation of the plantar fascia, a thick ligamentous/fibrous band on the bottom of the foot that is attached to the heel and runs forward into the front of the foot. If a nerve is irritated due to the inflamed plantar fascia, the pain may radiate into the ankle.

**What to do:**

* Custom-made orthotics provide stabilization to the arch of the foot
* Massage Shaklee’s Mentholated Herbal Cream onto the bottom of the foot in the morning and the evening
* For severe inflammation, use Shaklee’s Joint and Muscle Pain Cream
* Provide optimal protein in your diet to strengthen the plantar fascia … start your day with a Shaklee Soy Smoothie (the Shaklee 180 Smoothees are recommended because they contain Leucine which repairs tissue damage)
* Supplements:
  + - Supplement liberally with Shaklee Alfalfa … 1 for every 10 pounds of body weight (if this brings relief, but there is still room for improvement, increase to 2 for every 10 pounds for about 6 weeks) … inflammation of the plantar fascia is often caused by mineral deficiencies, and alfalfa is the richest known food source for minerals
    - Shaklee Vita-Lea (multi-vitamin/mineral supplement)