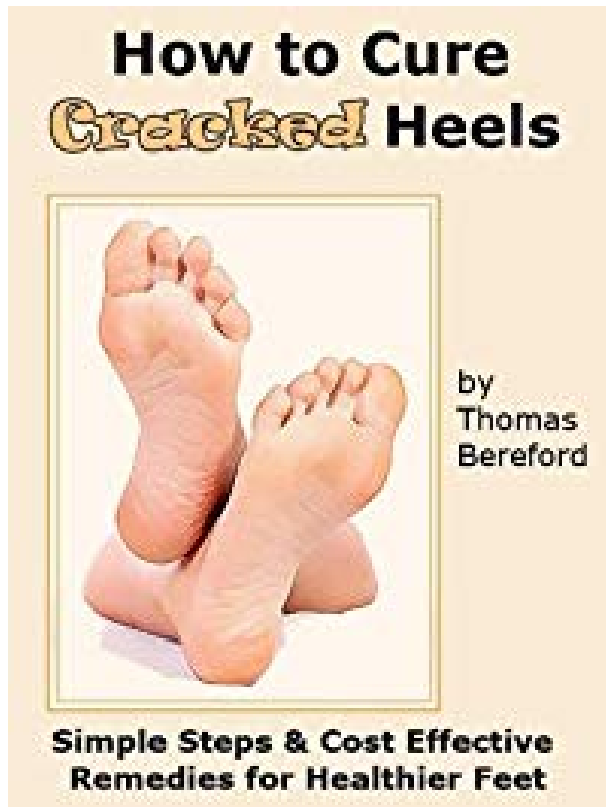


# How To Cure Cracked Heels - Simple Steps & Cost Effective Remedies for Healthier Feet



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Simple Steps & Cost Effective Remedies for Healthier Feet Take a look at these words. Which would you choose to describe your feet? Healthy, smooth, vibrant, beautiful, sweet smelling, damaged, ugly, cracked, flaky, painful, itchy. If you chose either or all of the last five examples then chances are you may have dry cracked feet; particularly in the heel area. This is also known as Heel Fissures and in extreme cases can be very painful. Generally speaking having cracked heels is quite common especially with women and those at retirement age. At first the condition seems nothing more than a little dry skin but if it is left untreated it could escalate to something more serious. Luckily, this can be treated and your feet will be back to normal within a few weeks. In this book I focus on cracked heels specifically. It is written in chapters, each examining areas such as the symptom and causes of cracked heels. You will be able to determine if you have mild or severe Heel Fissures. In chapters 4 and 5 there is information on how to prevent dry cracked heels and how to cure it with a list of very useful natural remedies. The list of remedies featured in this book are very simple to create and are cost effective saving you a lot of money in the long run. Stop the pain in your heels and bring the life back into your feet!