UNNATURAL MISALIGNMENT & DEFORMITY: An Unprecedented Medical Catastrophe Hidden In Plain Sight For Centuries

The modern human body has been severely deformed by ordinary elevated shoe heels. A new gold standard for 3D joint measurement confirms that elevated shoe heels unnaturally supinate the foot's subtalar joint when running. The abnormal supination tilts out both ankles by 8° and twists both ankles to the outside by 18°, critically

MODERN
HUMAN
ANATOMY
The Incredible Effect
of Shoe Heels on the
Human Body

By: FRAMPTON ELLIS

misaligning both legs in opposite directions during the body's peak repetitive loads of three times bodyweight or 3 G's that occurs during running. The frequent running typical of childhood and adolescence results in abnormal anatomical development that is perversely mistaken to be normal. Over a lifetime all of the modern body's anatomical structures, from toe to head, are artificially deformed. The unnatural deformities gradually progress to a peak in the elderly. The cumulative result each year is an estimated 900,000 deaths and \$1.3 trillion in avoidable medical costs in the U.S. alone, as well as a substantially reduced quality of life throughout everyone's life.