

Finally an end to heel pain – without surgery!



Carsten Stark **The Heel Book** [Das Buch für die Ferse]

Südwest
192 pages
50 colour illustrations
Format 17,0 x 24,0 cm
April 2020
With ca. 50 4c illustrations
80,000 copies by Carsten Stark sold

Carsten Stark is a specialist for feet and their effect on the body. He developed 'foot cartography', a method in which a digital foot image is created with the help of a foot scanner in order to holistically get to the sources of physical symptoms. For many years now in his practice, he has successfully helped with foot, knee and back conditions as well as other organic symptoms through the applications and foot rehab measures that he has developed.

Many people suffer from heel problems, including heel spurs, inflammation of the Achilles tendon, and ankle joint pain. Finding specific healing methods as an alternative to surgery is sometimes difficult. In addition, the long-term whole-body consequences of heel disorders are largely unknown.

Bestselling author and foot specialist Carsten Stark has written an all-around heel book. With his expertise in holistic methods and supportive, insightful information, he offers those affected in-depth insights, including how heels and ankle joints can be revitalised.

- Everything on heel disorders and their healing from the successful author
- Holistic health for the heel, heel spurs, and Achilles tendon