



## Barefoot Running: Keep it Prehistoric

### Greetings!

It's the latest trend among long distance runners: To run without shoes. This means running without foot support and without protection from the elements. There are theories and arguments in favour of this new trend; claiming that man in the prehistoric times ran without shoes, which encompassed natural movements and foot stamina. However, there is one problem with this: **evolution**. Humans have evolved wearing shoes. This has resulted in the bones and muscles of the foot to become reliant on the support and protection shoes provide. If you are planning on trying barefoot running please read the articles below to help guide your transition period to avoid injuries.



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### RESEARCH REVIEW



*Barefoot Running: Current Hypotheses, Clinical Applications & Future Research*

By Nicholas Tam, Janie L Astephen Wilson,  
Timothy D Noakes, Ross Tucker

This article discusses the popular topic of barefoot running. Evolutionary theories thought to reduce the risk of injury have increased the popularity of running barefoot among runners. This article concludes that there is not enough evidence for or against barefoot running but benefits could be achieved with practice and

### FEATURE ARTICLE



*The Lowdown on Minimalist Running Shoes*

By Kathryn Doyle

This article is a short read that demonstrates an increase in injuries with the use of minimalist shoes in the early stages. With proper transition and guidance from a professional who can teach correct running form, athletes may reduce injury risk in the long run.

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running on softer surfaces.

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## RUNNING IN A NUTSHELL

*By The American Academy of Podiatric Sports Medicine*

"The combination of 26 bones, 33 joints, 112 ligaments, and a network of tendons, nerves, and blood vessels all work together to establish the graceful synergy involved in running..." This article provides tips for the beginner runner on how to prevent running injuries.

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## RECIPE BOX

*Mediterranean Chicken Salad*

The perfect salad for Summer (or any time!) that is high in protein, antioxidants, and healthy fats, and is also gluten-free. A quick and easy-to-prepare salad that will feed for two, or be divided into multiple meals.

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Have you ever thought about orthotics? Dr. Stephanie Adey provides custom fit orthotics utilizing non-weightbearing foam cast technique from Premier Orthotics laboratory. The average insurance coverage for orthotics is \$500. This includes a custom made orthotic with a new shoe choice.

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