

## Guillermou

The prevalence of overweight and obesity has increased considerably in recent years, causing a worrying condition in people's health and especially in the development of children because it interferes with their physiological development. As a consequence of this overweight, children experience musculoskeletal disorders that mainly affect the lower limbs and feet, with frequent alignment disorders, pain in the hips, knees and feet, increased risk of fractures, reduced joint flexibility and difficulty walking. . The structure and morphology of the foot can be affected by different factors such as age, footwear or body mass index (BMI). Excess body weight can produce morphological changes and collapse ligaments and support structures.

Studies have shown larger foot volumes in overweight and obese children, as well as a decrease in the height of the medial longitudinal arch, while children with normal weight have narrower feet. . There is a direct relationship between an increase in body weight and a greater prevalence of flat feet. On the other hand, flat feet are associated with different conditions, such as the development of bunions or hallux valgus deformities in the adult population. Some authors claim that flat feet and excess weight increase the risk of postoperative recurrence of juvenile hallux valgus.

Posted On 05/31/2024

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Excess body weight can contribute to the development or worsening of bunions for several reasons:---  
- 1) Your gait or gait may be altered. The bones in this area are aligned straight, allowing weight to be evenly distributed when walking. However, when you are overweight, the extra pressure on your feet can misalign the toe joint. This causes the big toe to lean toward the other toes, forming a bony protuberance known as a bunion.--- 2) Carrying extra weight not only increases the risk of developing bunions but can also exacerbate the pain and discomfort associated with them. The extra pressure on the foot from excess weight can cause the bunion to enlarge and become more uncomfortable over time.

Tight or ill-fitting shoes, commonly worn by people with swollen feet due to being overweight, can also worsen bunion pain.----- 3) Altered foot mechanics: Carrying extra weight can change the way you walk, potentially altering foot mechanics and increasing the likelihood of developing bunions.--- 4) Inflammatory factors: Obesity is associated with chronic low-grade inflammation, which can affect joint health and potentially contribute to the development of bunions.-----

[www.ncbi.nlm.nih.gov/.../PMC10250541](http://www.ncbi.nlm.nih.gov/.../PMC10250541) (2023).-- [www.footfitpro.com/component/k2/item/594-how-being-overweight-affects-..](http://www.footfitpro.com/component/k2/item/594-how-being-overweight-affects-..) .--- [www.advancedfootclinic.org/is-your-weight-causing-problems-with-your-f..](http://www.advancedfootclinic.org/is-your-weight-causing-problems-with-your-f..) .--

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## juststeve

An old saying Gui - if your feet hurt, you will hurt all over. On a personal note, for some time now wrestling with a bad ankle and already having foot problems from bad accidents from decades ago has stymied progression getting back to my best set point available. There's a see saw affect going on. Still pushing to get beyond this as it travels throughout the body and causes joint issues to follow back and forth following if the foot/ankle in a better place or another set back. Very stubborn, but not an unknown situation, just taking much longer than in the past to have enough stable territory in the body to move ahead. Its the other old saying," life is what happens while you make your plans" that ran interference allowing negatives to progress further than would have been allowed in the past.

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The mind is wonderful and yours has a great capacity to overcome many adversities. "Well-focused mental power is one of the most powerful things on Earth." Mark Victor Hansen. Surely, Just, you know how to focus your thoughts to achieve your goals. A link that makes good the phrase cited by you: "if your feet hurt, you will hurt all over" TEN WAYS BUNIONS ON FEET AFFECT THE REST OF YOUR BODY---- [www.footsurgerycenternyc.com/blog/ten-ways-bunions-on-feet-affect-the-..](http://www.footsurgerycenternyc.com/blog/ten-ways-bunions-on-feet-affect-the-..) .---

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## CaraCamp

I'd love to see a debate on this with Dr. Ray McClaaahan, who promotes minimalist shoes and Correcttoes. There are so many opposing views that without an exchange directly between the various camps, it's very difficult to make an informed choice.

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## lizhoffmaster

Good point CaraCamp:) I'm a physical therapist and I've worn vibrams to hike for 14 years and love being on uneven and rocky surfaces. I do think training on flat surfaces is hazardous to our feet. They are designed for continuous varied input which is what our ancestors would have experienced. I'm 67 years old and my feet are strong and normal architecture, no pain even walking 6 miles on rocks with Vibrams. I am barefoot the rest of the time at home and work. My feet are better than they were when I was 30 because they are really strong but it is a lot harder for people with flat feet and bunions to build strength. Correct toes are great temporarily and so is the Toe Pro for strengthening. It takes a long time to safely strengthen a mature foot.

Posted On 06/01/2024

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## BeatriceW

Some years ago I had two painful bunions. I went to the doctor who scheduled me for surgery which I didn't want. Somebody suggested custom made orthotics and I started to wear those at all times. Gradually the bones went back into place and the pain went. I recommended them to someone with hammer toes and their problem resolved too. I try and go barefoot when I can (on grass for example) but as soon as I have any discomfort I use the orthotics again.

Posted On 05/31/2024

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## Guillermou

Congratulations Bea. Bunions are a progressive condition and develop against a background of predisposing risk factors. Bunions tend to be hereditary, but it is not the bunion that is inherited, but rather the foot type such as flatfoot. Poor foot mechanics combined with other risk factors such as narrow shoes, weight, occupation, trauma, tight Achilles tendon, arthritis, neuromuscular disorder, congenital deformities increase the chances of developing bunions. A combination of these factors can affect the critical structures that hold the big toe in place, causing them to fail and leading to the formation of a bunion. This is a progressive condition, therefore years of abnormal pressure on the joint causes bunion formation.

Orthotics help control foot function and reduce excess pressure on the big toe joint, which can reduce symptoms and progress toward healing if triggering factors are taken care of. Padded pads are similar to orthotics. The main difference is that a shock-absorbing pad offers additional shock absorption, while an orthotic offers that in addition to support. Cushioned pads reduce the weight placed on your foot when walking or doing sports activities. Wear thick socks to avoid environmental exposure to your bunions! [thefoothub.com.au/bunion](https://thefoothub.com.au/bunion) [www.pmcfootandankleclinic.com/blog/3-shoe-modifications-that-will-help..](https://www.pmcfootandankleclinic.com/blog/3-shoe-modifications-that-will-help..)

Posted On 05/31/2024

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## **Dordee**

You have "common sense, something lacking today in most people.

Posted On 06/01/2024

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## **ellengrimes**

I was really suffering with a bunion back in 2018. I found Dr. Ray Mc Clanahan DPM online and started wearing his Correct Toes. In order to wear them I needed a shoe with a large toe box. The Correct Toes saved me--no more pain. I still wear them everyday and I walk 3-5 miles daily.

Posted On 05/31/2024

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## **ell2918**

I almost destroyed my heels with crocs. Horrible pain and tenderness every night. Thought it was because I was overweight, which likely wasn't helping matters. But I had a croc epiphany. Stopped wearing them, and within a month or so, pain was gone. Wish it was that easy to lose weight!

Posted On 05/31/2024

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## **Dordee**

Loose weight? Organics, no processed foods, prayer and perseverance! Went from 295 to 140

Posted On 06/01/2024

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## warriormom

My almost 90 year old father has a huge bunion on his right foot. I have taken him to three different podiatrists who say there is nothing they can do about it. He is too old for surgery, their only option. They x-rayed it and say he also has a bone spur with the bunion. It prevents him from walking very much as it is quite painful. He is on no meds, takes vitamins, and when pain is overwhelming he is given one tylenol because his kidneys are at stage 3 ckd. It does take the edge off. He has arthritis in his wrists and fingers too. One issue is finding the right shoes. Right now he can only wear backless slippers because any pressure on toe is excruciating. I will check out lists mentioned in article. If anyone else knows of alternative therapies that could help him I would appreciate it. Thanks.

Posted On 05/31/2024

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## Guillermou

Hi warriormom, see if any of the advice in these links helps your dear father [draxe.com/.../bunion](https://draxe.com/.../bunion) .----  
----- [www.modernfootankle.com/resources/foot-care/guides/bunion-treatment-at..](https://www.modernfootankle.com/resources/foot-care/guides/bunion-treatment-at..) .-----  
[www.verywellhealth.com/how-to-shrink-bunions-naturally-7642656](https://www.verywellhealth.com/how-to-shrink-bunions-naturally-7642656) .----- BEST 5 EXERCISES  
FOR A BUNION---- [www.surreyphysio.co.uk/.../best-5-exercises-for-a-bunion](https://www.surreyphysio.co.uk/.../best-5-exercises-for-a-bunion) .----- TEN WAYS  
BUNIONS ON FEET AFFECT THE REST OF YOUR BODY---- [www.footsurgerycenternyc.com/blog/ten-ways-bunions-on-feet-affect-the-..](https://www.footsurgerycenternyc.com/blog/ten-ways-bunions-on-feet-affect-the-..) .---

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## Kecia

Bone spurs are terribly painful. Something that may help your father is vitamin K2. K2, would help the body rid itself of calcium deposits in soft tissue. I would also give him magnesium Glycinate. For the inflammation I would look for a supplement that had tumeric, black pepper and perhaps white willow bark, while he eats an anti-inflammatory diet. Hope that helps.

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## Thora61

I don't know if this will help your dad, but I had cured my very painful bunions by cutting fluoride and high oxalate foods from my diet. Does your dad drink tea, especially black tea, which is loaded with oxalates and fluoride? Does he drink a lot of fluoridated water or fruit juices with fluoride in? Does he eat a lot of "healthy" foods that are high in oxalate? Spinach, almonds, oatmeal are just a few. There are low oxalate foods as an alternative. I recently discovered I carry several hyperoxaluria genes which can effect the metabolism of oxalates and I have found that cutting out as much fluoride and oxalates as possible cured my painful, throbbing bunions. Its been 3 1/2 years now and no more pain in my feet or bunions. The discovery came after I stopped drinking lots of sun tea during the summers. Of course I have to drink a little bit of milk with my meals to help bind to the oxalates to get them out of my body. I was reading where some people can develop a dietary oxalate condition from eating too many oxalates. You may want to read up on oxalates. I hope your dad gets the help he needs.

Posted On 05/31/2024

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## Heimdall1

I came to the conclusion some years ago that also the chairs are build destroy our backs, because they can then make money to sell us garbage to fix it, just like with 'food' that makes people sick for pharma to 'fix' it afterwards. Actually most of the words should go into " ".

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## JLeaZee

I've been to many foot Drs and none really help me. One diagnosed me with something I didn't have, so the shoe inserts were useless. If I don't take care of my feet well, which I do to the best of my ability (I'm diabetic), it's still no use to go to a foot Dr when I have a problem. They all want me to get much worse so they can make more money, IMHO. I get free shoes with custom inserts, but I can only choose from four pairs, without the ability to try them on first. It's a total racket, as is most health care situations nowadays. Very frustrating.

Posted On 05/31/2024

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## **Dordee**

Exactly! It takes effort, prseverance, avoiding Oreo cookies, processed foods. Type 2 diabetic, now control it with Berberine thanks to Gui, organic, no sugar, just Stevia. A1C steady at 5.7, no heart problems. Do not go to foot drs, etc, just primary for yearly visits or ER when get stupid, when do not look where going or get dehydrated. The only prescribed med I use is a bit of insulin when I have a pitty party and indulgewith two much ice cream. You can have a pitty party, just do not let it last. Best advice I ever got!

Posted On 06/01/2024

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## **Jrn5658**

I wear Altra shoes...zero drop shoes. I do not wear arch supports because I make my feet strong by doing calf raises with focus on a deep eccentric move. I think people should work on making feet arches strong instead of wearing arch supports.

Posted On 06/01/2024

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## **eveningsunrise**

This is a very random question but here it goesWhat about during sleep, I'm curious if the position of our feet being angled downward has any affect on the feet/ankles/shins. I spent 4weeks in a hospital bed when I had Guillian Barre' syndrome and the docter had me wear hi top sneakers so that I wouldn't develop drop foot

Posted On 05/31/2024

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## **dogsnkids**

I developed bunions from going barefoot and wearing only flip flops. I did my research and started using toe spacers/separators between my big toe and the next one. Full-time. I even found some that would stay on while barefoot. In a surprisingly short amount of time they went away. It's been 5 years now with no bunions. I still wear the spacers when I wear shoes, but I'm barefoot in the house.

Posted On 05/31/2024

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## **Dordee**

Thanks, will try that! Most, my little toe points in, likely from wearing heels when working .

Posted On 06/01/2024

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## **tidewatergirl**

Great article. I have very large bunions which, fortunately, are not painful, so I have not had surgery. I believe tight socks or hosiery also contribute to lack of circulation.

Posted On 05/31/2024

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## **Dordee**

Lots of time, jus tcommon sense, thinking for yourself will do it.

Posted On 06/01/2024

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## **m231231**

Just concluded 100 miles sprinting and walking (2,225/10,000 hundred yarders and walking back to my start line) with used or says used but are new tennis shoes always from eBay. Since I don't advertise for anyone, (ocd, and I don't get paid) I only wear/buy New Balance since the NB is not highlighted on shoe like Nike swoosh. Age 69. I only write for humor and or entertainment purposes only, which is usually neither. Ankles are an incredible part of the body. When I jumped rope 200,000 4 years ago in 51 weeks at only 3 times a week due to travel. With final two days back to back of 23x200 or 4,600 jumps each day to reach 200k. Ankles are impressive, almost as impressive as the high heel! Uffda!

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## **josephunger**

Additionally foot bones can also get out of alignment and respond to proper manipulation. 25% of all the bones in the body! Have had many patients improve with FootLevelers orthotics when many others failed. A different technology. We performed a brief study in my office and demonstrated immediate measurable improvement in overall balance and stability. Good for us old folks.

Posted On 05/31/2024

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## **wagginwheels**

Have been wearing Z-Coil shoes for many years. They have a wide toe box, and are supported in the heel with a shock absorbing spring. The best I've found for prolonged standing and for lots of walking - impact of the heel striking the pavement is drastically reduced.

Posted On 06/03/2024

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**rillie**

No shoes ever fit unless I get them 2 sizes bigger I always buy wide width and extra wide but they never are I wear super supportive flip flops or Birkies most of the time tennis and boots are horrible for me

Posted On 06/03/2024

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**homejusthome**

Do people from isolated tribes have foot issues? They don't seem to. They also appear to utilize the full range of motion within their foot. Isolation of use and overuse are both detrimental. Balance with fluid and complete movements seem to be key to proper foot health.

Posted On 06/02/2024

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**homejusthome**

Every action pre-determines the next action. Posture while walking, standing, or sitting is crucial to proper health and lymphatic flow. Stand tall, sit proud, and walk like you are trying to stretch your head to the heavens. I like to call it "Be Like a Tree" always reaching up. Keep movements fluid and balanced. Excess unbalanced movement will create excess unbalanced movement that always creates pain. Be like a tree and breathe, relax, yet stand proud and stay fluid with motion. Limping makes things worse by focusing in on the pain instead of focusing on the rest of the body that is trying to compensate and heal that pain.

I chose to discipline myself by forcing the use of my left, non-dominant hand, hand to perform every task that my right can perform. This has been a great test of patience, but the rewards are amazing. After 15 years I no longer have to think about using my left, I just do it naturally now. The balance that I feel within my body and my mind is unbelievable. Extremely empowering and enlightening. I have done similar things like removing sight from daily tasks like eating, walking, or working. Each time I remove one sense I exercise another with profound results. Why do so few people expand their own abilities to thrive?

Posted On 06/02/2024

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## **RkPk4144**

(1) After a podiatrist recommended wearing Brooks Addictions with orthotics, I find that my feet don't hurt anymore. (2) Another podiatrist, who had grown up in Peru, once told me that he'd seen natives in Peru's Amazon jungles (east side of Andes Mountains) who had developed bunions despite never having worn any kind of shoe.

Posted On 06/01/2024

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## **danmara**

what is your suggestion to treat a bunion at home? I have tried so many gadgets and they DO NOT work, I know because I still use them after years just in hopes of them working.

Posted On 05/31/2024

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## **ABR1866**

**BUNIONS ARE NOT HUGABLE**

Posted On 05/31/2024

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## **Thora61**

Cup-I guess this blog is for certain people only. I discovered important info on my own for bunion pain relief. Too bad the 90 y/o gentleman has to suffer.

Posted On 05/31/2024

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**cup**

Yes! Right? Thank you so much for your comment. And I so agree, it makes me feel so bad and hurts my heart over the 90 y/o not being able to receive some additional helpful options!

Posted On 05/31/2024

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**kvd**

It makes no sense to say that the body was not designed to walk without shoes. The weakest point of an arch is upward force in the middle!

Posted On 05/31/2024

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**JaynePe**

I'm surprised there are no truly wide toe box shoes on the recommended shoe list. I've wore Brooks adrenaline for years. Yes, they are called wide toe box, and that's why I even started with them. But if you look at them the toe end rounds from the outside and comes to a point instead of letting all the toes be where they need. I am certain I've started down the tailor bunion path and not happy about it since I thought wearing Brooks was preventative.

Posted On 05/31/2024

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**pjucla**

Ballet toe dancing and gymnasts

Posted On 05/31/2024

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## **Eevee**

Palladiums.....been wearing them for years, only wear heels occasionally now.

Posted On 05/31/2024

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## **mir3930**

I am overweight and have trouble standing/walking without foot pain. 2 years ago I found Kuru Kinetic Shows - Stability in Every Step. These are designed for healthcare workers. Kuru has a whole line of shoes, boots, slippers etc. The arch supports make this shoe outstanding

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