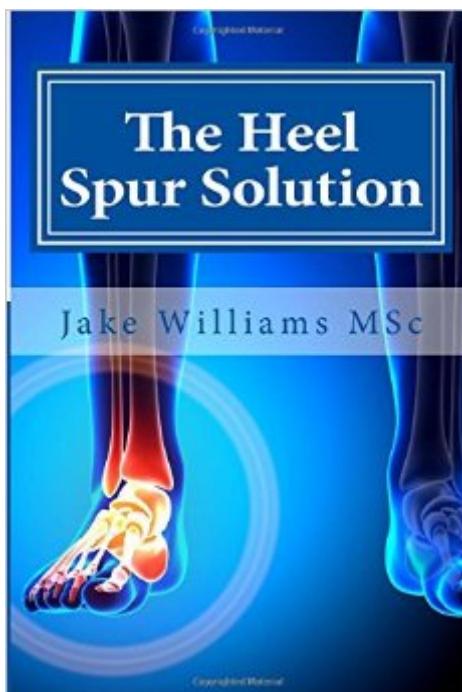


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# The Heel Spur Solution: How To Treat A Heel Spur Naturally And Get Quick Relief



## Synopsis

There are several holistic healing techniques to cure heel spur and get quick relief from foot pain including plantar fasciitis. This report is an attempt to make people aware about Heel Spur and how you can get it treated without any medication. There are several yogic poses and foot massages and also Bach flower therapy that can help you to heal holistically. Singing bowl treatment and acupressure can also help to relieve pain from the foot, and are discussed in detail. First let's understand what a Heel Spur is and then look at the holistic healing techniques. So read on...

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