

When you stand, do you favor one leg?

You may also notice that one pant leg is longer than the other. Many people do not realize that this is indicative of a common problem.

Rarely it can actually be that one leg IS longer than the other, in which case you will need a lift in your shoe. It is most often, that their pelvis, or hip bones, are not aligned properly. Instead of “fixing” the problem, many health professionals merely measure the twist, put a lift in your shoe, or tell you that you have a problem. I want to tell you that the problem is FIXABLE.....so why not do it? I have written a book, “Staying Flexible”, to help you assess yourself. There are enough instructions there so enable you to figure out which problem you have and then instructions for how to “fix” it.

When you become aware, you will be on the road to “standing tall”!