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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Good Golf Shoes And Foot Placement Can Improve You're Game

By Willie Jones

Before you enter the golf course, especially if you are a beginner, know that there is a technology

behind a good golf shoe. Just like a good Pima cotton shirt and pants can breathe and keep you cool, a good golf shoe can actually help your swing.

Golf shoes have come a long way in style and comfort. Water proof shoes are always a good idea but in a golf shoe, pay attention more to comfort than style. Style is ok but it is not going to do you any good if you have to walk 4 plus miles on the course.

The shoe itself today is designed for the stresses put on the feet from the swing. The feet start out with weight equally balanced on the right and left foot. A good golf shoe will keep you balanced but be comfortable at the same time. In a good golf swing there is a shift of the lower body and feet that take place. From a lightly balanced position the weight transfers to the front foot with more weight placed on the inside of the feet as you are leaning over, then as the back swing occurs the weight shifts to the back foot still while maintaining a slight inward stance of the feet. If you shift to the outer part of the foot, you can get the very undesirable sway.

If your feet are pronated outward or inward then you can have special inserts made by you Podiatrist that you can place inside your golf shoe. This can dramatically improve your game.

Some name brand quality golf shoes:

Tommy Bahama Ecco Dexter Foot Joy Etonic Addidas Nike

The spikes on golf shoes have changed considerably and most clubs have banned the metal spikes because they rip up the course and are bad for golf carts and club walk ways. Today's shoes have plastic spikes that still grip the course but are far more comfortable than metal. As spikes wear down, they need to be replaced to ensure that you stay at the top of your game.

Do your research on shoes before you buy. Shop later in the afternoon when your feet have spread and walk around in them enough, to really get a feel for them.

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Willie Jones is a freelance writer, researcher, floral designer, and artist, for Art Inspires, Inc. Make sure you enroll in the free motivational poster drawing at

<http://www.artinspires.com>

Golf Accessories

By Jonathon Hardcastle

Golf is one of those games that have particular and special attire and has the largest amount of accessories connected to it. Golf is no ordinary game. It has a distinguished and venerable origin. As it developed with time it gained more and more fame. The golf clubs alone were not enough. Today the market of sports goods has a bigger percentage of golf goods than any other sport goods.

The world of golf is an entirely different world and stepping into it reveals minutest of things available for golfers to make their stay of a few hours in the golf course as easy, enjoyable and comfortable as possible. Men and women can play golf in a trendy and fashionable way. When you happen to go for shopping for golf you can be sure of getting surprised at what you will find. It is unbelievable but true that starting off from the head of the golf club to the end of golf shoes there are thousands of different accessories that are available in the market.

Ladies should hold on to their hearts when they find out what cute things they can carry with them in the golf course. There are specially designed soft shoes for their delicate feet. They can now have their stylish golf accessory bags with beads and hangings made of different materials. The most attractive accessory is definitely the colored golf clubs that are available. The pinks and blues and turquoise colored golf clubs. They even get to have diamonds planted in their gloves and their golf clubs! That is of course for royalties and extraordinarily rich people.

Weather is unpredictable and while you are trying to enjoy your game of golf rain might start pouring on your head. So for that you have rain coats, even waterproof covers for your golf bags. You don't have to worry about your clubs and golf belongings getting ruined any longer. Men need not to feel disappointed. They too get to have loads of golf accessories. Their attires and shoes have a wider variety than before.

There are automatic score readers available in reasonable prices so you don't need to wait for your caddie or helper to get the readings done for you. It saves time and makes your game smoother and faster. Without doubt, golf has invited a lot more competition not only in terms of the sport itself, but also for the sports goods makers.

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