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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!**

**Presenting The Ankle – Front And Center**

**By Chris Murphy**

Jewelry designers specialize in every form of fashion...but usually from the hands up. That is now changing due to society's continued fascination with new, often uncharted areas on our bodies, in our attempt to highlight our best attributes.

As an area located well south of the hands, the Ankle has often been neglected or left out in the cold completely when it comes to fashion. Why has the ankle been an after thought or forgotten all together for so long? Were women hesitant to show off their ankles? Surely not. Did De Beers focus our desires toward diamond rings and necklaces the past few decades? Perhaps. There is no simple answer, but as women obtain more disposable income, they often want additional areas to display fashion. Women now want more than just simple rings and necklaces. In fact, they are searching high and low for unique ankle bracelets; not just for one, but both ankles so they can be fashionable no matter which foot leads the way.

The Ankle's time has really come. It is a great spot for a little fashion, or a lot of fashion - depending on your mood, the occasion, and the time of day. Items such as Beads, Charms, Pendants, Rings and sometimes a little Ribbon go a long way to jazz up the sensual, but often forgotten Ankle.

Designers are now developing "Fashion Forward" ankle jewelry, accessories and ankle wear pieces to satisfy the demand from women. They are addressing the ankle with spectacular lines of Jewelry and Accessories, with many being one-of-a-kind pieces.

Now when you want to garner that extra special "look" while at a party, gathering or function, and really be the talk of the town, put on a spectacular ankle bracelet...or two...and watch the heads turn. The ankle may never be lonely again.

Chris Murphy is a freelance writer dedicated to providing accurate, informative topics for readers. For more information and ideas, please visit

<http://www.purseandpursonality.com>

## **FootPower for Golf**

**By William Breland**

### **FootPower for Golf by William Breland**

Although the ankle is the most injured body part of an athlete, very little is ever done to strengthen the stabilizing muscles that prevent rolling in and out. Golfers are no exception in neglecting ankle strengthening. They seldom sprain their ankle swinging the golf club, but strength of ankle muscles is very significant to maintaining positions that establish balance, and create a powerful and efficient golf swing.

During the backswing, the moment a golfer allows body weight to move outside the neutral position of the ankle that was established at address a power leak is created. It then becomes a challenge to transfer weight in the forward swing with any consistency.

Although this lateral displacement of weight often occurs as a compensatory move due to hip inflexibility, it may be accentuated (or even caused) by weakness of the ankle evertors (or muscles that tilt your ankle up on the little toe side).

The ankle position of the forward foot (closest to your target) is a major factor in successful delivery of power at impact. At this "moment of truth" when tremendous force is created from the feet upward your ankle should hold fast to its neutral position. Strength of the ankle evertors becomes a major factor at this point as the body mass is quickly rotating and moving toward the target.

If your weight has moved outside the "power zone" and your ankle has rolled to the outside, you have once again created a power leak. The stronger and better trained your ankles are:

§The more power you can deliver at impact

§The better your ability to maintain proper spine angles

§You can more effectively resist compensatory moves in the swing

Perform this as an exercise and hitting drill. You will gain strength, improve footwork, establish better golf balance and increase swing power as you move from the backswing, into your forward swing, to impact and to the finish position.

The exercise---

Take your normal address position. Contract the outside muscles of each lower leg in order to flare up the outside of each foot slightly. Strive to maintain this "flared up" position with each foot as you hit a golf ball with a shortened half swing. As you move toward impact the back foot ( R foot of right handed golfer ) will naturally move out of the starting position as the heel leaves the ground to establish the normal follow through position. Just beyond impact the forward foot (L foot of right handed golfer ) will flatten but do not allow your weight to transfer to the outside of the foot. Your follow through is shortened to parallel to the ground for this drill/exercise. Repeat with 10 to 20 swings or until your leg muscles fatigue to the point of not being able to adequately hold your feet in the proper flared positions.

## Presenting The Ankle – Front And Center

Remember: During your swing keep proper spine angles, maintain a good solid position of the back knee during your backswing, rotate your center of gravity within the balance zone, and accelerate through impact just as you would in a normal swing.

To learn more about the GoLo GolfFitness System and other original training drills or to schedule your personal E-GoLo GolfBody Screensm go to [www.gologofitness.com](http://www.gologofitness.com) Article written by William H. Breland, PT, SCS, CGS. Mr. Breland is the only Board Certified Sports Physical Therapist and touring Golf Professional in the United States. He can be contacted at [wbreland@brelandhealth.com](mailto:wbreland@brelandhealth.com) or 866-840-GOLO.



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