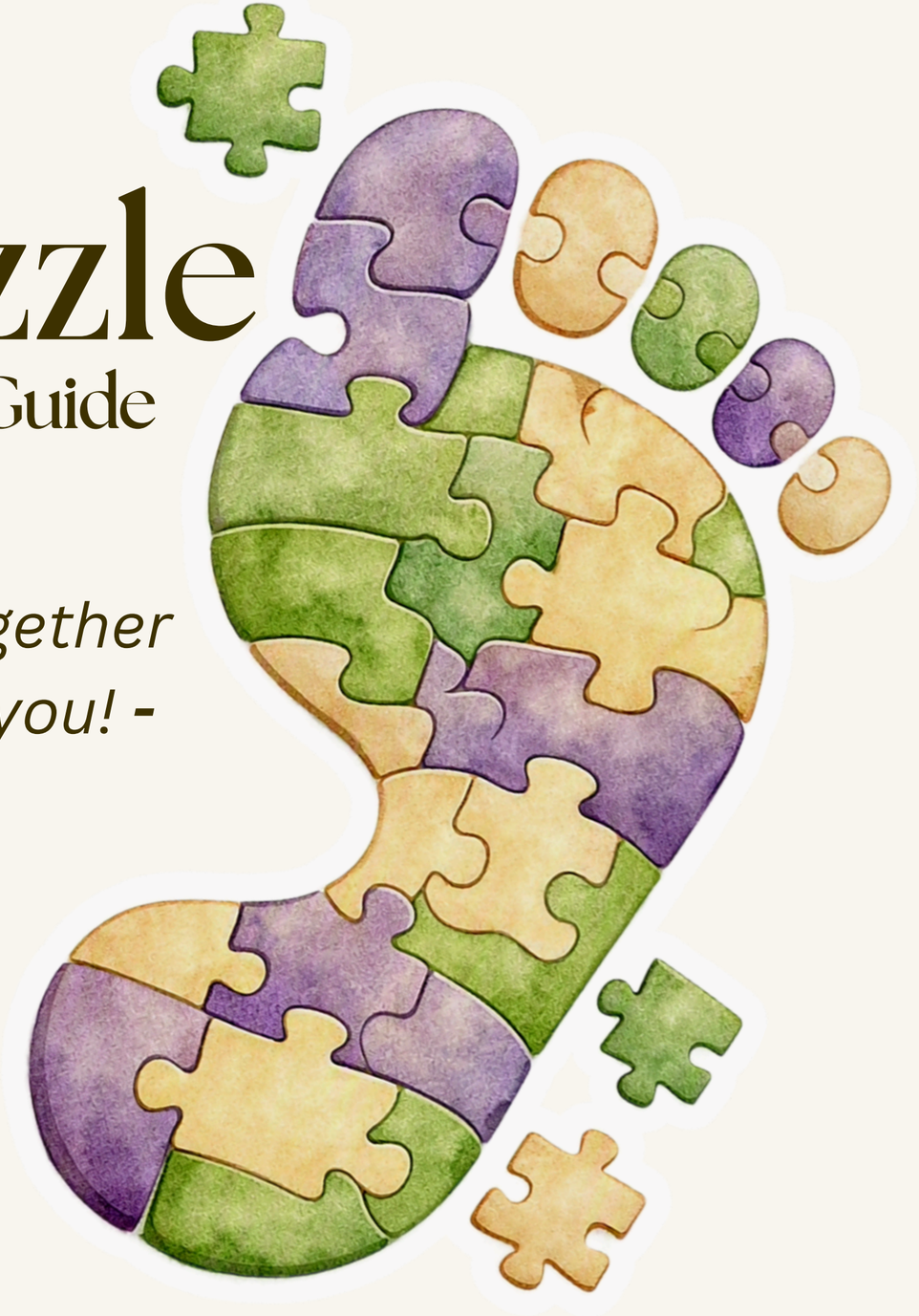
# The Barefoot puzzle

## Guide



*- Helping you put the puzzle pieces together and find the right barefoot shoes for you! -*

Created by

Heds footprints

— CONNECTING PATHS —

# Introduction

## - Why I created this guide -



Hi, I'm Hed.
If you're reading this guide,
chances are your feet are asking you for help.  Mine certainly did.
For years, I struggled with Morton's neuroma: pain, numbness, and the feeling that every step was torture. Walking became something I tried to avoid. After trying insoles, therapies etc., I started to do my own research and I stumbled across *'barefoot shoes'*.
Not a miracle cure. Not a one-shoe-fits-all solution.
But a piece of the puzzle; one that changed everything, for the positive.
But it also came with its own challenges as every barefoot shoe fits differently, different brands are made for different foot shapes and therefor:
*"Every person's (barefoot) journey is unique."*
And that's exactly why I created this guide: to help you find your own puzzle pieces, so you can choose the right barefoot shoes for you!

# 1 Regular Shoes vs. Barefoot Shoes

Modern shoes have become… dramatic.
They act like over-protective parents, cushioning your every move!
And then the narrowing, stiffening, and weight; everything your feet never asked for.



## Regular shoes

- **Narrow toe box** — squishes your toes together;

  *increases problems like bunions and Mortons neuroma*
- **Raised heels** — creates unnatural posture;

  *alters your gait and increases plantar fascitis*
- **Thick cushioned soles** — reduce sensory feedback;

  *reduces balance and increases ankle instability*
- **Rigid structures** — limit natural motion;

*weakens your foot muscles and increases general discomfort*




– Modern shoes are basically like corsets for your feet — no breathing space, no freedom, just fashion –

# 2 Regular Shoes vs. Barefoot Shoes

Barefoot shoes are designed to let your feet behave like… feet.
Simple, right?



## Barefoot shoes

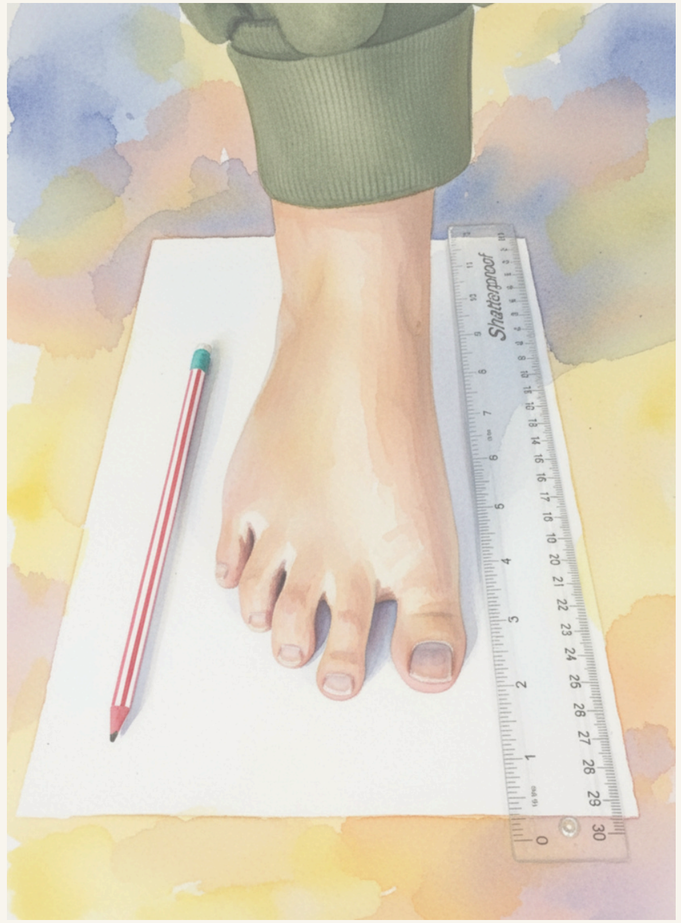
- **Wide toe box** — room for natural toe splay;
  *toes can move freely*
- **Zero Drop** — lets you stand up straight;
  *the 'natural' alignment*
- **Flexible sole** — bends with your foot;
  *let the muscles do their job*
- **Thin sole** — better ground feel;
  *gives the brain sensory feedback*
- **Lightweight** — less fatigue;
  *beneficial for your joints*
- **Secure fit** — no sliding or rubbing;
  *your feet aren't trying to hang on for dear life*




– The unfortunate side effect after experiencing barefoot shoes – You will have to say goodbye to your 'old shoes wardrobe' –

# 3 How to measure your feet correctly?

Grab a piece of paper – It's time to meet your feet properly. Do this *step-by-step* with both feet.
To find right size: add between 0.5/1.2cm on top of your longest foot measurement,
match this with an insole length given by the brands and find your correct size.




## Step-by-step

1. Place your foot flat on a piece of paper.
   *(Keep your balance)*

2. While standing, draw around your foot.
   *(Keep your pencil straight)*

3. Measure from the longest toe to the back of your heel.
   *(Foot length)*

4. Measure the width at the widest part.
   *(Foot width)*

5. Compare your measurements to the brand's size chart.
   *(Find your correct size)*



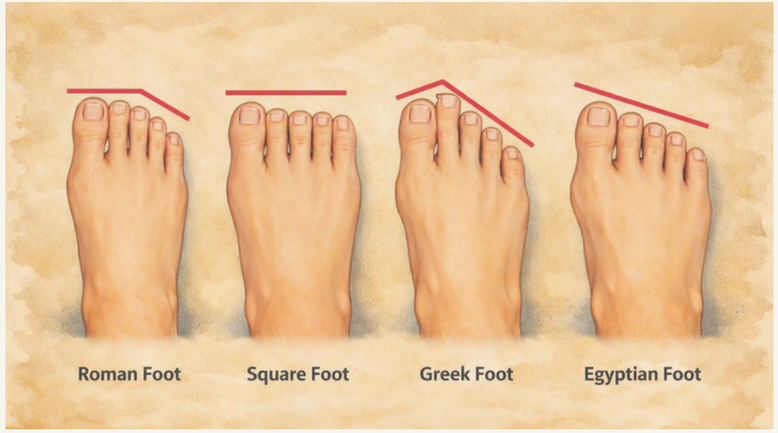

– No fancy tools needed - just paper, a pen and the courage to look at your real foot shape –

# 4 Decoding your foot shape

Your foot shape matters – a lot!
It determines which barefoot shoe brand fits like a glove and which one will (still) feel like a torture device.
Let me explain foot *shape*, *volume* and *width*.

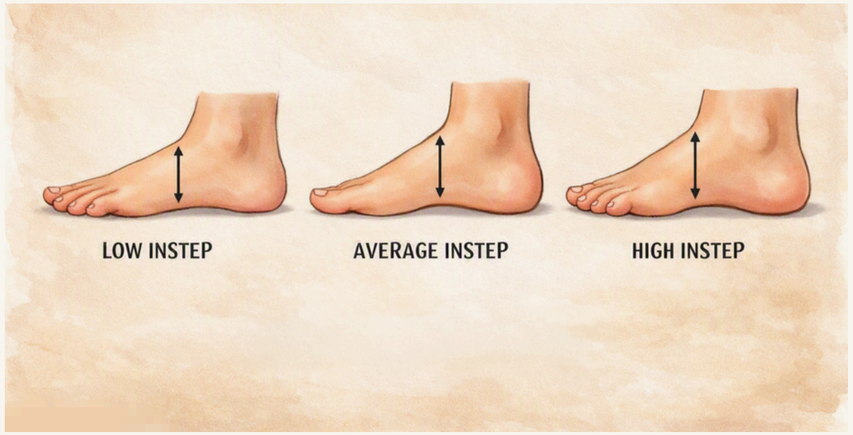
## The most common foot shapes

- *Roman*
- *Square*
- *Greek*
- *Egyptian*



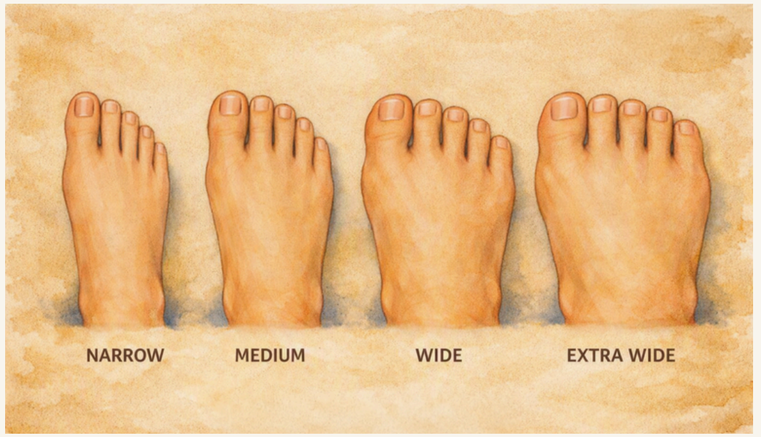

## Foot instep/ volume

- *low*
- *medium*
- *high*




## Different foot widths

- *narrow*
- *medium*
- *wide*
- *extra-wide*




– Your foot shape isn't weird - it's yours. And there is a shoe out there that fits it –

# 5 Transitioning safely & avoiding mistakes

Switching to barefoot shoes is exciting – but your feet do need time to adjust.

## Start Slowly

1. Begin with 20-30 min a day in barefoot shoes
2. Walk barefoot around the house whenever possible
3. Alternate between barefoot shoes and regular shoes
4. Add simple foot strenthening exercises
5. Increase time gradually



## Common mistakes

1. Transitioning too fast
2. Choosing the wrong shaped shoes
3. Ignoring your foot strength
4. Expecting instant results
5. Pushing through pain

– Don’t run before you can walk - especially when your feet are still learning how to walk *naturally* again –

# 6 Barefoot shoe brands by foot width

Finding your perfect barefoot shoes starts by knowing which brands suits your foot width.
Some brands do offer different models (widths), so they could fit in more than one catergory.
Here are a few examples, but there are plenty more:




## Narrow feet

- Vivobarefoot
- Xero Shoes
- Wildling
- Angle
- Camper
- Blusun
- Leguano
- BeGreater (kids)
- Bobux (kids)
- Reima (kids)

## Medium feet

- Vibram FiveFingers
- Oak&hyde
- PaperKrane
- Wildsole
- Saguaro
- Groundies
- Rayve
- Origo
- Dotty Fish (kids)
- Tip Toey Joey (kids)
- Tikki (kids)

## Wide/ Extra wide feet

- Freet
- Be Lenka/ Barebarics
- Bahe
- Bohempia
- Wyde
- Shamma sandals
- Luks Barefoot
- Annika Barefoot
- Froddo (kids)
- Bar3foot (kids)
- Beda (kids)

– These brands actually care about your feet - unlike regular shoes brands –

# 7 Barefoot shoes for children

Have you ever had a *proper* look at a baby's or child's foot?
Untouched, undamaged – all natural, the way it was designed.
It is important to start in the early years, when it comes to foot health,
as this can help prevent foot, joint and posture problems later on in life.
They will thank you for it!



## Why barefoot shoes for children?

1. Encourage Natural development
2. Strengthens muscles
3. Supports healthy balance
4. Prevents foot discomfort
5. Gives their brain sensory feedback



– Children's feet are naturally wide, flexible and curious - dont let tight footwear get in their way –

# 8 Final Puzzle Piece

*I do *not* claim to be a foot specialist. I have however spend hours researching and I have gained a lot of knowlegde on Barefoot shoe, the different brands and where to find specialists help if required.

Whether you're a beginner, a parent
or someone who is dealing with foot pain,
I hope *The Barefoot Puzzle Guide* has been helpful in understanding your foot shape
and the puzzle pieces involved in choosing barefoot shoes.



## But if you are still unsure about 'Your Puzzle'

If you'd like more personalised guidance*,
I offer one-to-one video calls,
where we explore:

1. Your foot shape
2. Your measurements
3. Your lifestyle needs
4. Your ideal brands
5. Your transition plan

You can find me on:
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– Your feet have carried you through life - now its time to give them the care and freedom they deserve –