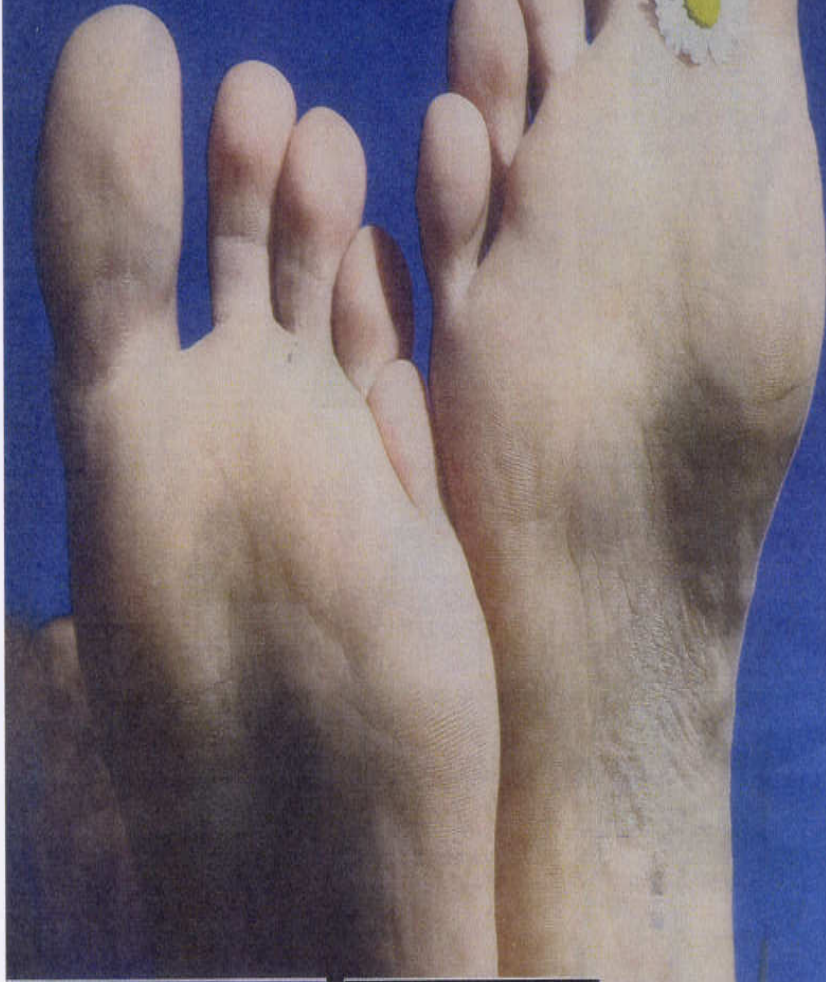


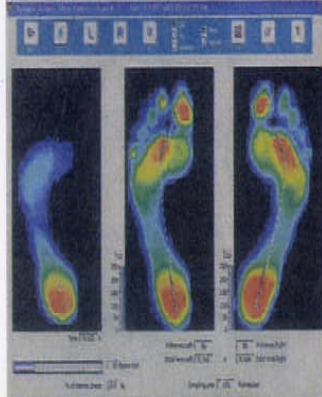
Meet my



sole mates



HOT TO TROT: Amanda Brunker (centre) with (from left, back) Barry Cahill, Eric Miller, Aoife Cullen and Katie Taylor



BEST FOOT FORWARD: A TOGS practitioner will scan your feet in order to customise your Orthotics



HEELING GOOD: A TOGS practitioner will individually customise Orthotics; wearing high heels should be limited

Suffering from back pain, Amanda Brunker found the problem lay in her love of stilettos. Here she reveals how she kicked the habit.



frustration from my partner Philip having to listen to me, he convinced me to have my feet scanned by www.toginternational.com he had done some work with.

Feet scanned? I didn't understand. It was my lower back that was having problems, not my feet.

But after meeting my pain threshold, I finally agreed to give it a shot, and met with the company's director and inventor Dr Travis McDonagh to see what he could do for me.

After a short consultation he told me my back was thrown out due to my pelvis being off balance.

Apparently that's extremely common with new mothers as our pelvis becomes loose to enable childbirth and remains so for up to a year afterwards.

As I constantly switched between ridiculous high-heeled shoes to wearing flat flip-flops



SMALL STEP: Get your feet checked

support during my fat-swollen ankle moments during heavy pregnancy and life around the house, my back suffered the consequences of neglect and left me feeling crippled.

During my consultation, Dr Travis made me walk over an electronic mat several times, and explained through several pretty digital graphics that I wasn't spreading weight across my feet evenly and that my toes never touched the ground. "Your feet are very

unbalanced," explained Dr Travis. "It's not just my feet," I added.

Two weeks later, my personalised Orthotics arrived in the post. Initially they felt weird when I placed them in my boots, because I wasn't used to wearing the correct support in my shoes.

Easily slipped from one pair of boots to a pair of runners, I now wear my Orthotics all the time (except in my killer heels but that's not very often anymore) and they're guaranteed for a lifetime.

Within another couple of weeks of wearing them I had begun to feel the benefits, and was happy to lend my support to the product after feeling the results.

Although TOG is relatively unknown in Ireland, they already have approximately 122 practitioners around the country qualified to dispense TOGs, and I'm not the only face about town that gives them the thumbs up.

World Boxing Champion Katie Taylor has

been wearing her custom-made Orthotics and says: "Obviously both boxing and soccer rely heavily on balance and strength all of which emanates from my feet. Since I was fitted with my Orthotics I find the strain on my back, thighs and calves has been reduced 10-fold which is a major bonus."

Other ambassadors include rugby star Eric Miller, Dublin footballer Barry Cahill, Clare hurler Gerry Quinn, explorer Hannah Sheils, and camogie All Star Aoife Cullen. Using the most advanced diagnostic technology to formulate custom-made Orthotic insoles, TOG could be the solution to many ailments that plague us on a daily basis. For more information, visit www.toginternational.com or call one of their representatives on 00353 65684 1140, and they will guide you to your closest TOGS practitioner.

FOOTLOOSE: Back or hip pain is often linked with problems in the feet and poor fitting footwear, so it is important to have your feet checked by an expert



D ID you know back pain could be solved by your footwear? Well, your insoles to be exact, and not just back pain, but foot, knee and joint pain also. After my two pregnancies in quick succession I suffered incredible back pain, and like most women in my position, I did my best to ignore it, and struggled through hoping it would go away. It didn't.

After much moaning on my part, and much