

# Barefoot

1. Noun
2. Noun
3. Noun - Plural
4. Noun
5. Adverb
6. Verb - Past Tense
7. Noun
8. Noun
9. Noun
10. Noun
11. Body Part
12. Body Part
13. Adjective
14. Adjective
15. Body Part
16. Body Part
17. Verb - Base Form
18. Noun
19. Noun - Plural
20. Adjective
21. Noun
22. Noun - Plural
23. Noun

24. Noun - Plural
25. Location
26. Noun
27. Location
28. Location
29. Noun
30. Noun
31. Noun
32. Noun
33. Noun - Plural
34. Part Of Body
35. Part Of Body
36. Noun
37. Noun
38. Noun
39. Noun
40. Noun
41. Noun - Plural
42. Part Of Body
43. Adjective
44. Noun
45. Verb - Base Form
46. Nationality
47. Noun - Plural
48. Noun

- 49. Body Part
- 50. Noun - Plural
- 51. Adjective
- 52. Adjective
- 53. Noun
- 54. Adjective

# Barefoot

I first discovered vitamin \_\_\_\_\_ Noun after a nearly fatal accident in 2006. I was training for a cross-country \_\_\_\_\_ Noun, a world-record attempt to help students with \_\_\_\_\_ Noun - Plural. Going slowly, I rounded the first bend, and there before me, a \_\_\_\_\_ Noun with a small \_\_\_\_\_ Adverb \_\_\_\_\_ Verb - Past Tense out onto the bike path. I threw myself down to avoid the \_\_\_\_\_ Noun. I lay broken and hurt but thankful I hadn't hit the \_\_\_\_\_ Noun. I almost lost my life, and nearly lost my \_\_\_\_\_ Noun. Months of rehabilitation followed. However, the accident put me on a new \_\_\_\_\_ Noun life, and over time, this turned out to be for the best.

With a titanium \_\_\_\_\_ body part, titanium \_\_\_\_\_ body part, ten \_\_\_\_\_ Adjective operations, nearly a one-inch \_\_\_\_\_ Adjective length discrepancy, and little left of my lateral or medial \_\_\_\_\_ body part, not to mention no \_\_\_\_\_ body part anchor my knee, I was told I'd never be able to run again, and barely be able to \_\_\_\_\_ Verb - \_\_\_\_\_ Base Form.

Add to this my chronic \_\_\_\_\_ Noun (I had to wear hard plastic \_\_\_\_\_ Noun - Plural just to get across my living room floor), there seemed to be almost no chance I'd be fully \_\_\_\_\_ Adjective again.

But little did I know I had \_\_\_\_\_ Noun on my side. And so do you.

We believe there's natural abundance all around us. The ability to heal is not limited to \_\_\_\_\_ Noun - Plural; instead,

healing can be found in everything we see, hear, eat, breathe, and, in this case, touch or feel with our feet.

Being limited to life in a \_\_\_\_\_ Noun \_\_\_\_\_ wasn't acceptable to me, so I picked up a pair of \_\_\_\_\_ Noun - Plural \_\_\_\_\_ and headed out into \_\_\_\_\_ Location \_\_\_\_\_, determined to heal. I felt a healing \_\_\_\_\_ Noun \_\_\_\_\_ there, as if something was drawing me to the trails--as if something healing was out there that I couldn't get on the \_\_\_\_\_ Location \_\_\_\_\_ or \_\_\_\_\_ Location \_\_\_\_\_.

And beyond that, something was drawing me to take off my \_\_\_\_\_ Noun \_\_\_\_\_.

Now, I was literally a tenderfoot. My \_\_\_\_\_ Noun \_\_\_\_\_ had told me I was never, ever allowed to go barefoot. A grain of \_\_\_\_\_ Noun \_\_\_\_\_ in my shoes or a \_\_\_\_\_ Noun \_\_\_\_\_ underfoot would nearly give me an anxiety attack. But as I worked my way off crutches and into \_\_\_\_\_ Noun - Plural \_\_\_\_\_, something didn't feel right.

As my \_\_\_\_\_ Part of Body \_\_\_\_\_ grew stronger, my \_\_\_\_\_ Part of Body \_\_\_\_\_ remained weak. How could I walk again, run again, or simply take a step and be pain-free?

On June 14, 2007, I began to find the answer.

<tx>I'd exhausted the road I was on and knew I had to find a different way. I'd been through \_\_\_\_\_ Noun \_\_\_\_\_ after \_\_\_\_\_ Noun \_\_\_\_\_

, \_\_\_\_\_ Noun after \_\_\_\_\_ Noun. Nothing had worked. All I kept thinking to myself was that I needed a dynamic \_\_\_\_\_ Noun, something that was smarter than I, that could help me feel or sense the \_\_\_\_\_ Noun - \_\_\_\_\_ Plural, accommodate for my challenges (such as having one \_\_\_\_\_ Part of Body an inch shorter than the other \_\_\_\_\_ Plural), overcome my numerous \_\_\_\_\_ Adjective injuries, and heal.

And then for some reason it came to me. Maybe it was the \_\_\_\_\_ Noun I was experiencing by being out in nature.

Whatever it was, I felt the pull to \_\_\_\_\_ Verb - Base Form my shoes. Now, there were intellectual reasons for sure--as I said, nothing I was trying was working, and my \_\_\_\_\_ nationality elite athlete friends mocked me for sporting bulky \_\_\_\_\_ Noun - Plural this was something deeper, more visceral, like a \_\_\_\_\_ Noun in my \_\_\_\_\_ body part saying, "You've tried everything else, why don't you try taking off your \_\_\_\_\_ Noun - Plural?"

And so I did. I told myself, "Let the grand experiment begin."

I was both \_\_\_\_\_ Adjective and \_\_\_\_\_ Adjective, feeling like I was standing at the start of a race waiting for the \_\_\_\_\_ Noun to go off. I reasoned, "What's the worst that can happen? I'm already \_\_\_\_\_ Adjective."

Ultimately, that's what gave me the courage and confidence to dive off the deep end.

So

I prepared myself as best I could, snuck out the door, and ever so gently began my grand adventure.