

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.