

## 2/11/24 YOUR HEALTH MATTERS

### The Foundation of Health Starts at Your Feet: Insights from Dr. Emily Splichal

Welcome to the latest show. Karl Sterling, host of "Your Health Matters" on News Radio 570, delve into the world of health and wellness. In my recent podcast episode, I had the pleasure of discussing a frequently overlooked aspect of our health: our feet. Joining me was the esteemed Dr. Emily Splichal, a functional podiatrist and movement specialist, and together we explored the critical role foot health plays in our overall well-being.

#### Understanding the Importance of Foot Health

Our feet are the foundation of our body. They support us through every step we take, yet we often neglect their care. Dr. Splichal emphasized that maintaining foot health is essential not just for athletes or those with foot-related issues, but for everyone. She explained how the feet are a complex network of bones, muscles, and nerves that, when properly cared for, can enhance our mobility and quality of life.

#### Sensory Stimulation: The Key to Better Movement

One of the main topics we covered was the concept of sensory stimulation in the feet. Dr. Splichal shared her extensive knowledge on how our feet contain a high density of sensory receptors that communicate with our brain. This connection is vital for balance, coordination, and proprioception. She stressed the importance of stimulating these receptors to improve our movement patterns and reduce the risk of injury.

#### NABOSO: Revolutionizing Foot Care

During our conversation, Dr. Splichal introduced us to NABOSO, a company she co-founded that's at the forefront of innovative foot care. NABOSO specializes in products designed to enhance foot stimulation. She detailed how their unique technology is integrated into mats, insoles, and flooring that can be used in various settings, from homes to fitness centers, to stimulate the feet and improve overall health. [Naboso.com](http://Naboso.com)

#### Main Lessons and Insights

The key takeaway from our discussion was the undeniable link between foot health and overall wellness. Dr. Splichal's insights highlighted the need for a shift in how we view and care for our feet. By incorporating sensory stimulation into our daily routine, we can unlock a host of benefits that go beyond just foot health.

#### Conclusion: Step Up Your Health Game

As we wrapped up the episode, it was clear that our feet are more than just appendages at the end of our legs; they are intricate structures that deserve our attention and care. I encourage you to listen to the full podcast episode to dive deeper into the fascinating world of foot health with Dr. Emily Splichal. Remember, taking care of your feet is not just about avoiding discomfort; it's about enhancing your overall health and unlocking your body's full potential.

I hope this captures the essence of our enlightening conversation and inspires you to pay more attention to your foot health. Stay tuned for more health insights and discussions on "Your Health Matters."

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