

This causes sore toes and feet. It is a poor circulation problem, causing uric acid to build up in the feet. I was diagnosed with it by two doctors. The symptoms were sore toes, especially severe pain in the big toe. I Googled and asked people for help and used it. John Spence of Morgan Clinic said to open and squeeze toes as is done with fingers when donating blood to increase circulation there. I do this I while washing my teeth, shaving and at the desk while Leg Lifting. Exercising feet increases circulation and removes the uric acid to your kidneys where it can be flushed out. Shoes and tight slippers restrict feet movement, so go bare foot, or in socks when you can, and walk on your toes sometimes. Also avoid **too much** citrus, vinegar based items such as tinned beetroot, cheeses, and eat at least a level desert spoon of cone or liquid honey daily. My findings are that the best is Manuka Mountain Valley Honey, Nicky Elwood <muzzbuzz@ts.co.nz>

Order to Mountain Valley Honey <muzzbuzz@ts.co.nz> Please send us a box of 8 x 1.35 kg Manuka non heated Manuka honey.