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Zappos Daily Shoe Digest
"Discussions for Shoe Lovers!"

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Your voice counts! E-mail us anything that you'd like to discuss related to shoes, clothing or whatever!

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===== NEW =====

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=== SHORTER LACES PLEASE ===
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I usually purchase New Balance athletic shoes because they offer a narrow shoe for men...I buy shorter laces because I do not like the long laces. I realize that shoe laces are not a high cost item, but why should I have to buy new shoe laces for a new pair of shoes?

Thanks,
Mike T.

Comment: <mailto:digest-submit@zappos.com?Subject=Shorter-Laces>

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=== LONG LEGGED BOOTS ===
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Hello,

I know this question has been asked before but it's that time of year so here goes... I have

very long legs and ,thanks to years of dancing, large, muscular calves. Where can I find fashionable, trendy boots that will go up to the knee and go over the calves?

Thanks for any & all info!
Jane

Comment: <mailto:digest-submit@zappos.com?Subject=Long-Legs>

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=== GETTING RID OF SEED CORNS ===
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Does anyone have any information on how to get rid of seed corns?

I had been self treating what I thought was a plantar wart on the ball of my foot and tried all the over the counter remedies with no success. Every time I thought it was gone the pesky little thing would reappear.

I finally went to see a podiatrist who said what I had was not a plantar wart but a seed corn. He froze it but warned that I would probably need to repeat the process several times to get rid of it. The freezing didn't seem to do anything other than make the skin around the seed corn a little bit sore for a couple of days.

My insurance co-pay to see a podiatrist is \$50 which could really add up if I need to go for several visits. I really don't have the money to go several times so I'm hoping there might be some alternative treatments.

And to be honest, if I did have the money, I'd rather spend it on shoes!

I read the post about using banana skins to remove plantar warts and wondered if anyone has experience with seed corns and how to treat them.

Thanks,
LCM

Comment: <mailto:digest-submit@zappos.com?Subject=Seed-Corns>

===== CONTINUING =====
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=== WHEN TENNIS SHOES ARE TOO HOT ===
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"Has anyone tried Fitflops? Or can you recommend a sandal that I can wear for long walks where it's really hot (not tennis shoes)?"
-MJ

Fitflops? MMM, let me tell my story about them! Went out on a limb and bought a pair. When they arrived, I tried them on, and stood up. I felt all the tension drain from my back and legs. The rest of the summer I wore them on my daily commute. I even wore them to my part-time job, which amounts to 4 hours of walking around on a concrete floor in a building the size of a warehouse.

Can't tell if they toned anything because that part of me was toned from all the walking I do, and can't guarantee everyone else will have such a wonderful experience, but they are worth a try, just check the return policy wherever you buy them.

Let me explain my tender tootsies, as a reference: I have a heel spur on the right, metatarsus (elongated second metatarsal) on the left, mild bunion activity (not noticeable as such except to a podiatrist for now), a touch of arthritis, and skin as sensitive as that on my face (normally a long trek in thongs would guarantee a big blister between my toes!)

With all these issues, I can STILL say they are one of my greatest finds!

Kat

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

I'm loving my FitFlops. Just bought a pair and can walk all day long in them. I've had problems with arch pain and pain at the ball of the foot. No more! These sandals are built with arch support and a raised groove by your toes so your toes don't have to grip so much. Give them a try! I rave about them so much that my husband wants a pair for men. Anyone know if they make men's sandals yet?

Jo

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

Purchased a pair in mid-August. They are very comfortable and I have worn them shopping and running errands on Saturdays (usually 3-5 hours on my feet). Can't say that I can tell if they are toning my calves as I do not have leg fatigue.

Donna in Louisiana

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

Fit flops are great. I have trouble with my feet and they are the only flip flops that I can wear for long walks. They are also very cute.

W

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

I bought Fit Flops this year and I love them! They are sooooo comfortable!

I wanted casual, slip-on shoes but do not think that traditional flip flops are good for the feet for long periods of wear. I also like a little height in my shoes since I am short. I did not buy Fit Flops because I believe the claims that they exercise the legs and butt. The Fit Flops are the first thong shoe I have ever tried that was comfortable. I can wear them all day long, take the dog for a walk or sightsee in the city. I also wear them around the house like a slipper.

I would recommend them to anyone.

Kristine

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

Hello MJ

You can try out Teva sandals, They are good for a lot of walking and they have the tennis shoe fit. They are very comfy, and fit snug on your feet.

Paul

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

I tried the FitFlops. They gave me blisters when I wore them on a long walk. (3 miles or more.) I put moleskin on the shoe where it gave me the blisters (on the ball of my foot) - and now they work again for me.

Although the moleskin is starting to come off & it's getting sticky for me.

A friend of mine also has them. We both think they do absolutely nothing as far as making our legs look more shapely.

Best wishes,
Jodi

PS: Thank you to everyone for the flip flop advice for me last week!

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

Fitflops are not for long distance walking. The part in between the toe rubbed my toes and they bled - that is how bad it was.

Sue

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

I really enjoy the FitFlops. I've been wearing them all summer and have found them very comfortable except for some initial rubbing on the top of my foot where the big obnoxious logo is. J

I have completely flat feet and have had bunion surgery on both. I need arch support in my shoes at all times or my feet really hurt. I also change shoes once or twice a day to stay more comfortable.

Can't say my legs and buns are any more toned than when I bought the FitFlops, but they are the only comfortable flip-flops I've ever worn. (I did really like the Merrell Luna, but they made my feet itch.) I can wear them all day, walk the dog in them all the time, run errands, etc. I really have found them to be worth the price. They are getting a bit "flat" now but still look and feel good. I am surprised I get a lot of compliments on the look-I think they're pretty ugly, but they have grown on me!

Rebecca Larson

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

I have worn FitFlops for a year now and I love them. I am not sure if they have changed the way my legs look, but I have found them super comfortable and easy to wear all day long. I took them to Las Vegas in June and wore them walking everyday and never had a problem.

I would also suggest Keen sandals. I have a pair of Keen sandals (not a flip flop type) and I love those for the days when I want a shoe like a tennis shoe but also a sandal. They are comfortable and will go just about anywhere. I wear them most when I am out riding my bike.

jill

Comment: <mailto:digest-submit@zappos.com?Subject=Hot>

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=== NON-LEATHER SNEAKERS ===
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"need non- leather/ vegetarian comfy & durable sneakers..."
-jonathan c

Check out Macbeth shoes. They have several vegan, non-leather styles. The Eliot style comes in several black colorways. you can find them at Zappos and other online locations.

Y

Comment: <mailto:digest-submit@zappos.com?Subject=Sneakers>

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=== FIBROUS MASS ===
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"My husband had a fibrous mass at the bottom of his foot near the ball, and was painful enough that he had it surgically removed."

-Michelle T.

I can only tell you that I've been having acupuncture for pain relief prior to another back surgery and it is great! The results have allowed me to be more active and take fewer pain meds. I highly recommend it, but make sure they are licensed.

Nancy

Comment: <mailto:digest-submit@zappos.com?Subject=Mass>

I am not sure of the mass type, but it is obvious there is a lot of scaring. I can tell you what I did. I had an accident where I shot myself in the top of the foot with a 44 mag pistol. I had surgery, but long story is some bone is missing, one toe bone still broken, lot of scaring though the middle out the bottom of the foot.

It happened a year ago. Its been driving me crazy, but I did find a Chir. who pushed pulled, put it on ice, gave me those same instructions (kinda breaking the scar tissue). It not the same, but it is a lot better than it was. I do recommend a chiropractor. I also had to get a special insole. Best of luck.

Keith K

Comment: <mailto:digest-submit@zappos.com?Subject=Mass>

To Michelle-I had fibrous masses removed from both feet 8 years ago; after that I had scar tissue wrapped around a nerve. The doctor surgically took care of that; but now I have a damaged nerve. Also, I am now in the early stages of peripheral neuropathy. My suggestion would be to get other medical opinions. Never again, would I have surgery for that.

Jan B

Comment: <mailto:digest-submit@zappos.com?Subject=Mass>

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=== HEEL LIFTS ===
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"I have to wear a heel lift in my shoes because of leg length difference problems...Does anyone else have this problem and what shoes do you recommend? I would like to wear something beside sneaker type shoes."

-B

After hip replacement surgery, my father had one shorter leg. He took the shoes to a shoemaker/shoe repairer and had a lift put on the sole of both the heel and the front of the shoe so the foot was still balanced. He was thrilled with the results.

Martha Roberts

Comment: <mailto:digest-submit@zappos.com?Subject=Heel-Lifts>

I've had a leg length discrepancy since I broke my leg in high school (I'm now in my 50s). I wear a hard rubber heel lift (about 9 mm) in all my closed toe dress and athletic shoes (right shoe only), and it seems to work fine for walking, running or any other activity.

At least for me, I haven't noticed a significant difference in the lacing of the left and right shoes, and have never developed any soreness from wearing the lift. For flip flops, sandals and other shoes for which that doesn't work, I take the right shoe to my local shoe repair shop, and have them add 8-10 mm to the bottom. If you continue to have problems wearing lifts, this might be an option for all your shoes.

I'm assuming you have had your legs measured by a medical professional, and know exactly how much of a difference there is. Your body can accommodate some difference naturally, so I wear a lift that is a bit less than the actual difference. Good luck!

Mike

Comment: <mailto:digest-submit@zappos.com?Subject=Heel-Lifts>

==== SHOE DETECTIVE =====

The Shoe Detective is a classifieds to help you locate those hard to find shoes. Feel free to post with your "case" anytime!

Shoe Detective:
mailto:digest-submit@zappos.com?Subject=Shoe_detective

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==== GUCCI LOGO =====

Gucci Logo about 2' Maybe 2 seasons ago.

Barbara

Comment: <mailto:digest-submit@zappos.com?Subject=Gucci>

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===== DEXTER "WALKOVER" =====
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"Here is the best this detective can find:
cgi.ebay.com/DEXTER-Walkovers-Brown-Suede-Loafer-Sz-10-M-Reduced_W0QQ
itemZ140241842033QQcmdZViewItem?_trksid=p3286.m20.l1116"
- Alan R. Speelman

Alan, thanks so much for researching these Dexters for me..if I didn't already have a pair of shoes this color, I would have tried this seller on e bay-I never thought to look there...thanks again!

Barb

Comment: <mailto:digest-submit@zappos.com?Subject=Walkover>

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