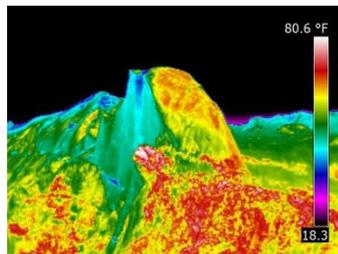


My Happy Feet!

By Peter Hopkins



Most of you have met me at one point or another, likely at a trade show. And as you can imagine, I was probably on my feet all day. Since developing United Infrared in late 2008, I have spent a large amount of time on the road along with Greg Stockton building the United Infrared Network. Of course, being on your feet all day takes its toll. Each evening at the conclusion of a day, I couldn't wait to go back to my hotel room to put my feet up. The pain I felt was extreme, but knowing the next day I had to do it all again, I needed to find a solution. In 2010, I was attending an equine event and came upon a Happy Feet Booth. The salesman offered to allow me to try these "amazing" inserts at which point I did not hesitate. I have to be honest, at first it felt a little weird feeling these gel inserts swish around under my feet but I spent the money anyway as I needed a solution. Four years later, I never looked back as my pain has literally been reduced by 80% and the foot massage is not too bad either!



THE CASE FOR A MASSAGE: May 2014 I decided to take Happy Feet to the test with an infrared camera and see what I already knew to be the case. My family and I take an annual trip to Yosemite National Park and knowing I would be doing a lot of hiking, I knew the Happy Feet were going to be right there with me. Having done a few product reviews, I developed a simple testing procedure to actually see how well they do on paper.

BASELINE SCAN:

<p>Sp1.Temperature 65.1 °F Sp2.Temperature 64.7 °F</p>	<p>Visual Photo of shoes before 30 minute walk. Happy Feet insert placed in LEFT shoe, regular insole in right shoe (see plaid Happy Feet)</p>

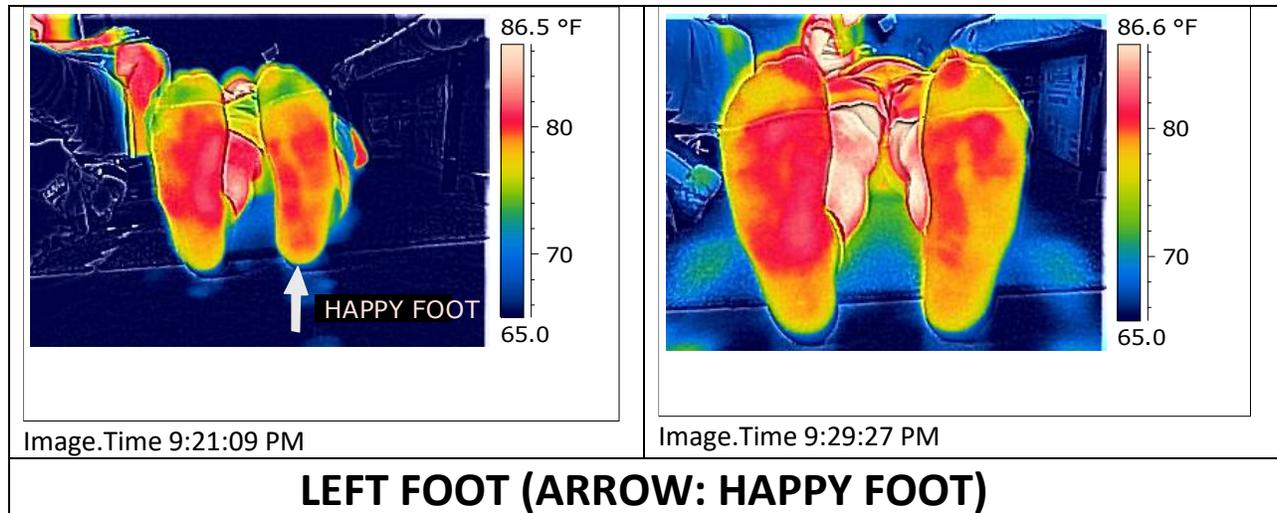
POST IMAGING: After 30 minute walk

<p>Sp1.Temperature 80.9 °F Sp2.Temperature 86.9 °F</p>	<p>Visual Photo</p>

HAPPY FEET CONTINUED...

Now as you might be questioning the heat when you look at the thermal image of the “Happy Feet” shoe, you can clearly see it is much warmer, in fact 6 degrees. Is it “happier”? Think about it, if you have ever received a massage, does your body heat up from the massage or cool down? CORRECT, it heats up and so do your feet but the real story comes out when you review the below images.

After removing my shoes, I laid down and had my assistant (my son) take some images over a period of time. I wanted to see the effects upon my feet and what they thought! Was one of them happier than the other? You be the judge...



Summary: Yes, the shoe was hotter on previous page, but as you can see on the feet, the pain usually is connected to the retention of heat. You need to be the judge for yourself but if you have achy feet and are looking for a solution, I suggest you give Happy Feet a try.

As part of United Infrared’s IR Support program, thermographers are on their feet all the time and Infrared Support is all about solutions for thermographers. Our members can enjoy preferred rates on Happy Feet by visiting www.happyfeet.net/ui or by visiting our webstore: www.unitedinfrared.com/store.

About the author: Peter Hopkins is the managing partner of United Infrared and is a Level III Certified Infrared Thermographer. You can contact Peter by email at peter@unitedinfrared.com or his direct line at 760-593-2339.

Order Information

EMAIL: happyfeet@unitedinfrared.com

PHONE: 888-722-6447