

VerVita® Cork Heel Lifts

PRODUCT SUMMARY

VerVita's innovative cork heel lifts are designed to fit children's shoes, athletic shoes, men's and women's dress shoes and work boots. Because of their lightweight and comfortable design, they work in almost every type of shoe. They are made from high quality cork covered with a soft vinyl; beveled edges prevent the lift from curling in closed heeled shoes. The front of the lift is tapered for a smooth transition from arch to foot.

THINK ABOUT IT

Have you heard the phrase, "dig your heels in?" The saying means to "stubbornly resist or refuse to change." When we "dig in," we create an unhealthy foundation. The entire body pays the price for heels that resist upward and forward motion. One imbalanced heel that "digs in" can cause a domino affect of symptoms and syndromes that seem totally unrelated to the imbalance.

Now imagine an athlete in ready position, poised with heels up, ready to launch. This picture is like the human body; healthy, balanced heels in "ready position" support the body's structures from the knees up to the hips, pelvis, spine and shoulders. All the other systems of the body function on the foundation of these structures.

KEY MATERIALS

Cork - the cork oak tree can be found in Spain, Italy, France and North America. Its outer layer of bark can be stripped off several times during a 200 year lifespan without causing any harm to the tree. This makes cork a great renewable resource, good for the environment, durable and cost effective. A cork heel lift is soft to stand on and helps those who have back, knee and hip problems by bringing their posture back into alignment.



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PRIMARY BENEFITS OF CORK HEEL LIFTS

- Raises one or both heels to bring the structures into alignment.
- Supports knee, hip and shoulder joints.
- Supports the heart and organs that need strong, balanced structures.
- Supports the nervous system which supplies energy to all organs, glands and structures.

HOW TO USE CORK HEEL LIFTS

Insert cork heel lift into the back of the shoe. If placed under the sole insert, the heel lift will remain secure and last up to 6 months. Double sided tape can also be used to secure the lift on top of the sole insert; insert will last up to 3 months.

AVAILABLE SIZES

Heel Lift B1 (5mm)

- Toddler shoes

Heel Lift C1 (7mm)

- Women's Shoe Size 5-6.5
- Youth Shoe Size 1-3.5

Heel Lift C2 (7mm)

- Women's Shoe Size 7-8.5
- Men's Shoe Size 6-7
- Youth Shoe Size 4-5

Heel Lift C3 (7mm)

- Women's Shoe Size 9-11
- Men's Shoe Size 7.5-9.5

Heel Lift C4 (7mm)

- Women's Shoe Size 11.5 and larger
- Men's Shoe Size 10-12

Heel Lift C5 (9mm)

- Men's Shoe Size 13 and larger

Note: The recommendations above are only a guide to cork heel lift sizes. Since most of the heel lifts are the same thickness, begin by choosing the size that fits most securely into the heel portion of the shoe(s). If possible, actually insert the cork heel lift into shoe to test fit. Shoes may require different size cork heel lifts. (e.g. woman's high heel dress shoe vs. woman's hiking boot)

*VerVita heel lifts work well with CRA-flex® orthotics by Foot Levelers



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