

## My happy feet!

My first encounter with the idea of different kinds of shoes than those mostly considered as "normal shoes", started on a city bus, more than 30+ years ago.

An unusual man occasionally appeared in Belgrade's city buses. He looked almost like a vagabond. He was extremely large, and tall, with a long white beard and hair. In his hands he carried hand-made shoes of an unusual shape. They looked like Donald Duck's feet, extremely wide at the front. He walked through the bus, and narrated, or rather shouted, so everyone on the bus could hear him, about the health of the feet and body, and about the need to change the standards for the shoes. Because of his appearance, people avoided him, considering him to be strange, maybe even crazy... But in fact, he spoke very meaningfully about the harmfulness of standard shoes and models from which our feet suffer. These are models that squeeze and crowd our fingers, not allowing them enough space, good circulation, mobility and overall health. And if one organ suffers, the whole body suffers, and because of the feet, the entire balance of the knees and hips and spine is broken.

Although I didn't have a proof, I felt that the man was telling the truth. My urge and need were to ask him to make me a pair of such shoes. But I was just a kid, scared a bit of him, so I didn't.

I waited for so many years but now, we finally have them! Barefoot shoes. Finally, "someone" heard the shouting of the man from the bus 😊 and made proper and natural models of shoes for our precious feet.

My feet were very happy about that!

Because of wide feet and bunions, it seems to me that I have been fighting all my life for my shoes to be both comfortable and beautiful. I just couldn't stand my feet to be squeezed in the shoes.

Finally, people have realized that the model of the shoe should follow the shape of the foot, and not that the foot adapts to the model of the shoe! I am still surprised by that "logic".

Luckily, now it is available all over the world to buy suitable barefoot shoes, comfortable, spacious, so you almost don't feel them on your feet, but they protect and care for you and give you maximum support.

My first shoes of this kind are "Freet" brand, Mudee model, vegan, waterproof and light. The sole is extremely thin, flexible, so it's worth wearing insoles for warmth. It is best to immediately order spare matching insoles that are thermal insulation.

The description on the website corresponds solidly to the quality of the shoes. According to the advice, I took one size larger than I usually wear. They are

excellent in width, and I have enough space, both for bunions and for fingers. As for the length, they could be a little bit longer (3mm). It doesn't bother walking on the flat and uphill, but I can feel it when walking downhill.

They justified their name Mudee, because mud really can't do anything to them. I waded in them even through shallow water and my feet stayed dry. However, I feel that my feet get a little sweaty in them. Not always, not a lot, but the vegan material that they are made of, "doesn't breathe", but there are no unpleasant smells.

The soles have smaller crampons, they adhere very firmly to the surface and do not slip. Of course, always be careful on wet stones!

Everything I wrote comes from my hiking experience and walking on various terrains in these shoes. I successfully climbed the highest peak of Olympus, Mitikas, in these shoes. Downhill was more demanding. On the rocky part of the road, I wore my freet mudee shoes and was very grateful for them. Through the forest, I continued in my Skinners footwear.

Skinners are like slightly stronger socks, with soles well protected on the outside with very resistant fabric, and inside they have a thin insole. My hiking buddy called them "room-slippers" 😊... When he saw them for the first time, he was surprised that I was going to climb rocks in it, but I did, and I enjoyed it a lot.

As I waited a long time for freet mudee, and paid them well due to postage and customs, I decided to try my luck and order through platforms where all goods are sold cheaply. The quality can of course be questionable, but I wanted to give it a chance. I choose adorable, beige barefoot shoes, semi-deep, with fur inside, for dry weather. The material is synthetic, they are warm, dry, flexible, comfortable, and wide enough and the length matches the description on the website. The only question that remains open is the quality of the material and what effect it can have on my body. I hope that "leather" from plants such as hemp, cactus, coconut, banana leaves, etc. will finally enter mass production so we can have natural, cruelty-free materials for our shoes, clothes, and other stuff.

I've been wearing them for about two months, and so far, I'm satisfied, they're nice and comfortable.

And what else is possible for more freedom for our precious and important bodies and feet? Let's hear them well so that we can live life at ease with our whole body!

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