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(72) Inventor; and
(71) Applicant : **CRARY, Nathan W.** [US/US]; 3843 N.W. 119th Terrace, Portland, Oregon 97229 (US).

(74) Agent: **DOLCE, Marcus P.**; Price, Heneveld, Cooper, DeWitt & Litton, LLP, 695 Kenmoor, S.E., P.O. Box 2567, Grand Rapids, Michigan 49501-2567 (US).

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(54) Title: WELLNESS SHOE AND METHOD

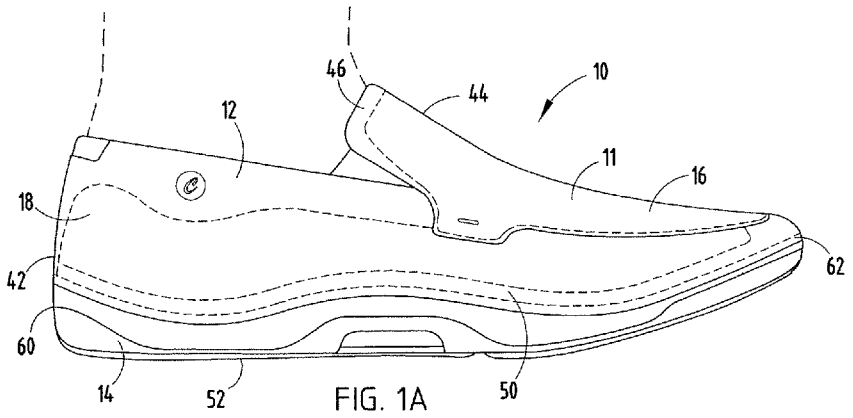


FIG. 1A

(57) Abstract: A shoe body including an upper operably connected with an outsole. The shoe body has a front portion and a back portion. An insole is disposed inside the shoe upper and has a substantially inelastic heel portion and a substantially elastic toe portion. A substantially rigid pressure plate is adjacent to the substantially elastic toe portion.