

# High Heels

## High Ideals

Are they Compatible?



# INTRODUCTION

If you consider yourself to be a Christian, you owe it to yourself to read this information!

## High Heels

What is the definition of  
High Heels?

“What height constitutes a "high-heel" has long been a point of contention between those who wear very high-heels and those who wear lower heels. Most high-heeled shoes have heels between 2" and 3". Less popular are shoes with higher heels, such as those above 4". Extremely high-heeled shoes, such as those higher than 5", are effectively worn only for display, and typically for the enjoyment of [shoe fetishists](#) and/or the wearer.”

[http://www.apparesearch.com/definitions/footwear/high\\_heelled\\_shoes.htm](http://www.apparesearch.com/definitions/footwear/high_heelled_shoes.htm)



# High Heels = 3 inches and above



Most retail stores categorize their high heels as beginning at 3 inch heels. For the purpose of this presentation, we are defining high heels as shoes that raise the heel 3 inches above the toe, or more.

Notice, we are NOT saying that 2 ½ inch heels are necessarily approved or disapproved by God. But by focusing on the 3 inch heel and above, we can address the issues that pertain to the fashion of “high heels” as understood by society in general.

High heels are becoming increasingly popular in society. In the Seventh-day Adventist church, they are also increasing in popularity. A large number of Seventh-day Adventist women, especially the younger women are coming to church in high heels.





There seems to be a general notion among our members that these shoes are perfectly acceptable and appropriate for our sisters to wear. Pastor's wives and female church leaders wear them, even those in the highest leadership roles.



Before 1900, the people of God never even had the question of whether high heels would be appropriate for them to wear. It never has been an issue before. Perhaps that is why we find very little written about high heels in the Bible, the Spirit of Prophecy and in history.

## The high heels





In they past, high heels were reserved for royalty, the wealthy and prostitutes. While high heels have been observed throughout history, only in the last 100 years have they been worn by significant numbers of the common people.



In this presentation, we will consider

- why women wear high heels,
- why men love high heels, and
- if God's people should wear high heels.

First, we will look at what the secular world is saying about high heels.



# Let's Consider a Brief History of High Heels

Men were the first sex to don the shoe. They were adopted by the European aristocracy of the 1600s as a signal of status. . . . Women started wearing heels as a way of trying to appropriate masculine power.

What brought heels back for women?  
Pornography. Mid-19th century pornographers began posing female nudes in high heels, and the rest is history.

[http://www.huffingtonpost.com/lisa-wade/high-heel-history\\_b\\_2613029.html](http://www.huffingtonpost.com/lisa-wade/high-heel-history_b_2613029.html)



# Not a Noble Beginning

In the 19th century, high heels were introduced into the USA, imported from brothels in Paris because of the success they had had amongst the clientele who preferred to hire the services of prostitutes who wore these heels.

<http://www.mysexyhiheels.com/history/history.html>



# Women's Shoes of the 19<sup>th</sup> Century

As usual, women's legs were never shown and feet were only glimpsed once in a while when sitting down so stockings and hose weren't high up on the fashion must haves.

<http://www.timetoast.com/timelines/history-of-shoes--2>





# Women's Shoes of the 19<sup>th</sup> Century

In the 1800s . . . Styles changed with each decade, although boots were pretty much the standard for ladies' footwear. At first, boots had side laces, with sometimes up to sixteen lace holes, like these to the right, (Courtesy Bata Shoe Museum, Toronto). The boots were most often flat-heeled.

<http://historicalhussies.blogspot.com/2011/06/ladies-footwear-in-1800s.html>



# Women's Shoes of the 19<sup>th</sup> Century

In the 1900's, maybe because women's legs were never shown and feet were only partly seen when sitting down, stockings and shoes were not given much attention.

<http://www.mysexyhiheels.com/history/history.html>



Silk shoe with embroidery,  
Italian, circa 1720



Embroidered pointed  
toe mules,  
French, circa 1730



Silk damask shoes with  
buckle closures,  
English, circa 1730-1750



Silk shoes with silver buckles  
set with paste stones,  
French, circa 1765



Printed leather and silk shoe,  
English, circa 1790-1800

# Stilettos

Post-war Christian Dior and Roger Vivier designed stilettos. The Italian word for small dagger with a slender, tapering blade is appropriate for the shape of this heel. The slender heel and narrow toe were highly suggestive.



**More History:** <http://www.dirjournal.com/info/the-history-of-high-heels/>

Heels dropped and thickened in the 1960s and soon platforms were popular. In the 1980s women found pleasure in sexy shoes again. They claimed they were wearing heels for themselves. For height. For power. And authority. Heels got higher in the 1990s. Flats were more likely in corporate culture, but sophisticated designer heels became a sign of success.





# High Heels in 2013

That brings us current, to today's high heel fashion.

Now we will take a look at what some of the fashion designers and consumers are saying about high heel shoes.

Here is what the top shoe designers are saying:

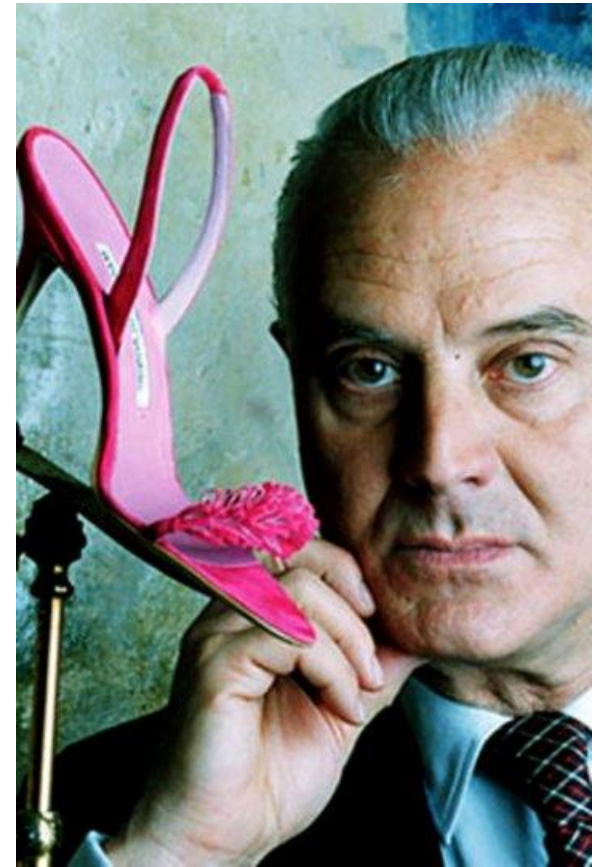


# Manolo Blahnik

With a career spanning more than 30 years, Manolo Blahnik has become one of the world's most influential footwear designers. His shoes have spellbound an international set of adoring and loyal devotees.

"You put high heels on and you change." - Manolo Blahnik "Shoes," he says, "help transform a woman."

[http://www.scad.edu/experience/events/elle-fashion/guests/andre-leon-talley/manolo\\_blahnik\\_bio.cfm](http://www.scad.edu/experience/events/elle-fashion/guests/andre-leon-talley/manolo_blahnik_bio.cfm)



Doesn't that sound like a religion?



*Manolo signing a copy of his fabulous new book, **Drawings***

# Yield to Manolo Blahnik's Temptation

On September 16th Manolo Blahnik, *high priest of the religion of footwear*, made a personal appearance in San Francisco.

On that fateful day hundreds of female *worshippers* at the altar of vertiginous stilettos flocked to the Shoe Salon at Neiman Marcus Union Square to catch a glimpse of the maestro. Handsome models carried the to-die-for Manolo limited edition reissued masterpieces on silver trays around the store, while impeccably dressed women knocked each other over to try them on. <http://www.fashionlines.com/2003/oct/fashionTemptation.php>

## YIELD TO MANOLO BLAHNIK'S TEMPTATION



Manolo Blahnik signing a shoe in  
San Francisco

By Sedef Kokcuoglu

"When a woman walks in heels, it changes the way her body moves," Blahnik explains. "The walk becomes more *erotic, enticing*. It is kind of a dance." Indeed, a sleek body mounted atop a pair of flawlessly pedicured feet clad in four inch black stilettos is the very definition of temptation. Blahnik undeniably possesses the power to grant women unadulterated happiness. Like no one else can, he bestows on us the mantle of a femme oozing with sex appeal.



Everyone who has fallen prey to beautiful shoes knows that the appeal is a kind of seduction – flirty, funny, frivolous, dangerous yet irresistible. Blahnik himself sees his shoes that way. “Toe cleavage is very important as it gives sexuality to the shoes,” he writes. “But careful you only show the first two cracks, you don’t want to give too much away, you’re not that type of girl. ... As for the heel, honey, it’s got to be high. The transformation is INSTANT. It’s the coup de théâtre [sensational theatrical trick].”

<http://rationalist.org.uk/articles/1781/heights-of-madness>



# Christian Louboutin



**Christian Louboutin has revealed the real reason some women are "addicted" to high heels. According to Louboutin, women can't get enough of his stilettos because they have a "direct effect on the libido".**

Louboutin said the key to his success in the design of the footwear industry is the perfect combination of comfortable and durable shoe body structure and sexy seductive footwear shape.

Christian Louboutin has said it does not matter to him if women are in pain when they wear his shoes saying: "If you can't walk in them, then don't wear them."

Louboutin said. "I wanted to create something that broke rules and made women feel confident and empowered."





“To feel like a woman, wear heels, and to feel like a Goddess, wear 5 inches.” so said Christian Louboutin.





## Here are some comment made by women who LOVE high heels:

“But I find the allure of a pair of sky high heels to be really sensual. The elongation of the leg and the prettiness of the shoes immediately make me feel more goddess-like, and I feel that admiration in return.”

“I love high heels. Everything about them is alluring. the way they give you that extra height, the way they make your legs look longer, slimmer and your butt perkier... the way high heels make that click as you walk along almost any surface, especially the echo as you walk through a well tiled lobby, that sound that demands attention. Putting on high heels, makes you feel like a little magic is going to happen. Yup. I love high heels.”

<http://www.diaryofaglamgoddess.co.za/inspiration-high-life-high-heels/>

## All About High Heels Author: [Asuka J](#)

<http://shesdaily.blogspot.com/2010/12/all-about-high-heels.html>

Today you can never find a woman who doesn't wear high heel shoes. Working women love to wear high heel. It makes them feel sexy and men love to wear a woman with high heel shoes.

As a woman I love to wear heeled shoes and I know most women love high heels also.



# Why do women love high heels? Apparently, they provide a sense of POWER.

As we consider the following comments, remember the context of our study.

Is this the kind of POWER a godly Christian woman—a follower of the meek and lowly Christ—should be seeking?





“Simon Doonan, creative director of Barney's in New York says ‘High heels create a level of authority.’

“High heels infuse the wearer with a sense of power; more importantly feminine power, not an offshoot of some masculine aspect. Lee Wright, "points to the associations of the stiletto with symbols of 'liberation rather than subordination,' symbols that are 'progressive rather than retrogressive,' conveying 'rebellion and dominance'."

<http://serendip.brynmawr.edu/exchange/node/1923>



High heels belong to the traditional feminine realm but do not subordinate. They instead radiate dominance; perhaps in a subversive and gendered form, but nonetheless it is dominance and most importantly – a woman's dominance. Patricia Field, a Sex and the City stylist used stilettos to "symbolize the characters' sexual power, as well as their independence." (InStyle Magazine, 346)



In wearing high heels women can choose to empower themselves – yourselves – ourselves – myself and own the power surrounding these dangerous, sexual, authoritative, proactive gendered objects- high heels.

<http://serendip.brynmawr.edu/exchange/node/1923>



Much of this power comes not only from the physical aspects such as height, posture and body inflections, but also from raw sex appeal. High heels are a traditional wardrobe staple of every vamp and streetwalker which makes sense since they cash in and use sexuality for their own purposes and as Gamman says, "It's hard not to be sexy in a pair of high heels."

<http://rationalist.org.uk/articles/1781/heights-of-madness>

The high heel is the "zenith of the very feminine look," and its contribution to the construction of feminine identity is blatant. Despite possible negative consequences, they have other physical effects on the wearer.



Esquire writes, "They taper the toes. They arch the instep. They lift the calves. They tilt the fanny and bow the back and oil the hips and sashay the gait.... They make the foot look shorter and more precious and yet add the formidableness of extra height." They create the illusion of longer and more defined legs, more pronounced and curved breasts, and a rounder butt. High heels emphasize all the aspects that are considered to belong to the realm of women's physically sexual attributes.

## Heights of madness

As *Sex and the City* totters on to the big screen, *Sally Feldman* celebrates the agony and the ecstasy of the stiletto.

“High heels are to us what corsets were to late Victorian women. They are inhumanly uncomfortable – and yet self-imposed,” observed Sarah Sands recently in the *Independent on Sunday*, before confessing that she is saving up for “some perilously high purple suede shoes by Christian Louboutin.”

And she won't be alone. Because this is the season of statement footwear: extravagant, fantastical, eccentric and, above all, high, high, high.

<http://rationalist.org.uk/articles/1781/heights-of-madness>







That feeling you get when  
wearing high heels

*High Heels & Seduction*

. . . But even the proudest and most powerful high heel was still, as ever, linked to sex. By the turn of the 21st century, the association became more overt and aggressive as classic courts were replaced with footwear reminiscent of streetwalkers and dominatrices. So the stiletto continues to persist as one of the fundamental accoutrements of sado-masochistic and fetish sex, along with the statutory suspenders and black stockings, bustier and handcuffs. Far from regarding it as an aberration, the sexologist Havelock Ellis saw foot fetishism as quite normal because “the human species prefers itself a little bent out of natural shape.”

<http://rationalist.org.uk/articles/1781/heights-of-madness>



And that is what the high heel is able to achieve. It tapers the toes, arches the instep, lifts the calves and alters the posture so that buttocks are raised and breasts thrust forward. High heels create the illusion of longer and more defined legs, hinting upwards to the centrifugal point of sexual action. And high heels demand a mincing, swaying walk quite markedly different from the confident stride of a man. Marilyn Monroe was reputed to have one heel made a quarter of an inch shorter than the other to aid her characteristic wiggle.





## High Heels Make Us Feel Sexy as \_\_\_\_\_ & Now We Know Why

There are not a lot of things that can make me feel as instantly sexy as strapping on a pair of heels. It doesn't matter what I'm wearing - - jeans, a cute skirt, a business suit -- the shoes always take the outfit up a notch and give me that extra bit of confidence in my appearance.

Wearing heels makes me feel like a girl, and I like that feminine feeling. There's just an extra little swing in my stride when I take a stroll in stilettos.

[http://thestir.cafemom.com/beauty\\_style/149208/high\\_heels\\_make\\_us\\_feel](http://thestir.cafemom.com/beauty_style/149208/high_heels_make_us_feel)





Now researchers at the University of Portsmouth have revealed that the [sexiness of high heels may be evolutionary](#). Now I have a whole new reason to obsess over shoes ... it's science!

Lead psychologist on the team Paul Morris says, **“High heels may exaggerate the sex-specific aspects of the female walk.”** The researchers report that high-heeled women “walked in a fashion more characteristic of the female gait ... in smaller, more frequent steps ... [accompanied by] increased rotation and tilt of the hips.”

[http://thestir.cafemom.com/beauty\\_style/149208/high\\_heels\\_make\\_us\\_feel](http://thestir.cafemom.com/beauty_style/149208/high_heels_make_us_feel)



# *High Heels and Sex*



A pair of red stiletto high heels is positioned in the background, slightly out of focus. The shoes are a vibrant red color with a glossy finish. One shoe is standing upright, while the other is lying on its side behind it. The background is a plain, light gray surface.

Stiletto High Heels –  
the Ultimate Source  
of Style and  
Seduction

Previously, high heels were a symbol of wealth and status but today they are used more to attract men. Amongst all kinds of heels that are on the market or have ever been designed, it is the sexy stiletto high heels that are branded as most provocative and seductive of all. Stylists feel stiletto high heels make the wearer appear taller and also slimmer at the same time. The seductive stiletto high heels also encourage women to adopt a more sensual pose and gait and thereby appear more attractive. The miracle happens as by pushing the wearer forward, high heels have the tendency to force the back to arch and push the bust and butt forward. Consequently curves become more pronounced and a desirable feminine silhouette is more exaggerated. <http://www.mysexyhiheels.com/blog/2010/03/25/stiletto-high-heels-%E2%80%93-the-ultimate-source-of-style-and-seduction/>



Slip on a pair of sexy stiletto high heels shoes and you will be amazed at how you transform from a plain Jane to style diva!

The miraculous sexual and confidence powers of stiletto high heel shoes have raised their popularity to soaring heights.

These shoes push the buttocks of women backwards making a perfect balance between the hips. This gives them a sexy appeal, which is normally irresistible for men.



<http://www.mysexyhiheels.com/blog/2010/03/25/stiletto-high-heels-%E2%80%93-the-ultimate-source-of-style-and-seduction/>

## Dangerous Elegance

# A History of High-Heeled Shoes



The high-heeled shoe, or a shoe whose heel is higher than the toe, is a matter of contentious and heated discussion. Shoes in general have typically served as markers of gender, class, race, and ethnicity--and both the foot and the shoe have been imbued with powerful phallic and fertility symbols as evidenced in the contemporary practice of tying shoes to a newlywed couple's car. No other shoe, however, has gestured toward leisure, sexuality, and sophistication as much as the high-heeled shoe

<http://www.randomhistory.com/1-50/036heels.html>

The alluring eroticism of women in high heels is recognized and even feared. In the United States' earlier history, "The Massachusetts colony passed a law: 'All women, whether virgins, maidens or widows, who...seduce or betray into matrimony any of His Majesty's male subjects by virtue of...high heel shoes, shall incur the penalty of the law now enforced against witchcraft.'"

High heels, most effectively stilettos, embody complex paradoxes and social innuendos. There is inherent tension between sexuality and danger. They constantly revolve and play with the masculine/ feminine dichotomy. The "The high heel is a weapon...and also a phallic symbol. And at the same time that it cripples a woman, it makes her seem powerful. In heels, the woman can be evilly subdued – she can't run very fast, she's off balance, her feet probably hurt – but she's also taller, wearing a spiked thing that could be driven into a man's body: It's called a stiletto after all." "Stiletto" means "thin-bladed knife"

[http://koti.mbnet.fi/bootfet/abuse\\_2.html](http://koti.mbnet.fi/bootfet/abuse_2.html)

*High  
Heels &  
Immortality*







<http://goddesstrish.com/the-goddess-and-her-love-affair-with-high-heels/>

**Feb 17th**

2013

Posted in **Fetish Talk**

## The Goddess And Her Love Affair With High Heels

I have a confession to make. For years, I've been having a love affair.

Yes, I've been having an affair... with high heel shoes. I love them. I probably love them the way some people love food or their puppies. I love my shoes so much, that I almost would call the police if any of my heels or sneakers came up missing.

I love my little shoe collection. It's amazing and a secret source of pride in my world. I say little, because there can't be enough of them. And even when I get yet another pair, I say: "There could be more!"

Here's something we need to understand. The world declares that high heels are feminine. That is not God's idea of femininity. That is a false femininity, a deception.



**God doesn't want His daughters looking like harlots!**

**True femininity in God's eyes portrays humility and purity.**

**True womanly modesty is God's ideal of femininity!**



# *High Heels are Dangerous!*



I would hate for  
someone to look  
at my shoes and  
say, 'Oh my ! That  
looks so comfortable!'

Christian Louboutin



A woman wearing a bright yellow dress is sitting on a black rectangular box. She is wearing black high-heeled sandals with multiple straps. Her legs are crossed at the ankles, and she is looking down at her feet. The background is a plain, light-colored wall and floor.

## **Is Wearing High Heels Worth The Pain?**

A pair of 5-inch stilettos can add the finishing touch to any outfit. After all, aren't Louboutins and Manolos a girl's best friend? But strutters beware: The "mile-long legs" effect from high heels could cause long-term back, ankle, and knee damage (not to mention that aching feet thing).



There are hundreds, perhaps thousands of websites that warn of the danger and damage caused by high heels. Most of these websites are by podiatrists. We will show just a few of them here.

Please consider, as you read these comments, how a Seventh-day Adventist woman in high heels could, without hypocrisy, teach others that their bodies are the temple of the Holy Spirit, and we are to preserve it in the best of health.

# How Heels Hurt



## Hips and Spine

In order to maintain her balance, a woman wearing high heels will tense her calf, hip and back muscles. This leads to excess muscle fatigue and cramps.

## Joint Degeneration and Knee Osteoarthritis

As heels get higher, more stress is generated on the inside of the knee with each footstep. The resulting compression could damage the joints and lower back.

Research suggests that wearing those stylish pumps may lead to pain and problems from your hips to your toes.

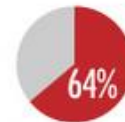
## Shortened Calf Muscles

High heels hold the leg in a bent or shortened position for an extended period. A study found that after 20 to 50 years of wear, high heels could shorten the muscle fibers in a woman's calf by up to 13 percent. This could result in discomfort when trying to wear flat, or low-heeled, shoes.

$$h = Q^*(12 + 3s/8)$$

### Highest Heels?

Physicists have devised a formula to calculate the highest heels that a woman should wear, based on factors such as the cost of the shoes, the amount of experience the wearer has with high heels, and the amount of alcohol consumed. According to the formula, Carrie Bradshaw of "Sex and the City" could wear 5-inch (12.5 cm) heels when sober, but only 0.8-inch (2 cm) heels after consuming 6 units of alcohol.



## Heel and Ankle Pain

64 percent of women reporting hindfoot pain regularly wore high heels or pumps.

## Ingrown Toenails

High heels or pointed-toe shoes create chronic stress on the big toenails, causing improper growth, skin puncture, nail trauma or fungal infections.

SOURCES: INSTITUTE OF PHYSICS (LONDON); DR PAUL STEVENSON, UNIVERSITY OF SURREY (HEEL HEIGHT FORMULA); LOYOLA UNIVERSITY HEALTH SYSTEM; INSTITUTE FOR AGING RESEARCH; JOURNAL OF EXPERIMENTAL BIOLOGY  
<http://jeb.biologists.org>  
 PHOTOS: 77063530, 73691284 | SHUTTERSTOCK.COM  
<http://www.shutterstock.com/pic.mhtml?id=73691284>  
<http://www.shutterstock.com/pic.mhtml?id=77063530>

## Why High Heels are Bad for Your Feet

The reason many high heel wearers suffer due to their shoe choices is because high heels are naturally unsuitable for women's body. Did you notice I said body? That's right, not only are high heels ruinous for your feet, they can also affect your entire body including your back, legs, ankles, feet and knees. Some people may think the risks to your body regarding high heels may be an exaggeration, but it's not.

High heel and wedge shoes affect your entire body because of the forced position of your feet while wearing these types of shoes. This position affects the posture of your back and forces your knees into an unnatural bent position, which affects the way you walk. When a woman cannot walk naturally, there is a great deal of added pressure on joints, the back, and bones. This added pressure makes the legs, knees and feet tired, which make high heel wearers more prone to falling off balance. Other problems high heels and wedges can cause include Achilles tendon injuries, hammertoes, neuromas, bunions, corns, calluses, blisters and Haglund's deformity, also known as "pump bump." <http://www.myhealthandbeauty.net/sexy-comfortable-shoes/>

According to a survey in Great Britain of 3,000 women aged between 18 and 65 years, after recounting numerous injuries and painful experiences, here is the conclusion:

Despite the unpleasant consequences, however, six out of ten women said they would not stop wearing uncomfortable shoes because for them to look good is more important than a few bruises. The wounds will heal at some point and the discomfort will be forgotten, at least until next time.

It is amazing what we are willing to be subjected to for the sake of appearance. More than 80 percent of women cannot resist a beautiful pair of shoes at a good price even if it is a size smaller or terribly uncomfortable. If you have ever wondered what the magic of the beautiful but deadly uncomfortable shoes is, we think you already have the answer.

<http://shoesdesire.net/the-high-heels-a-fashion-accessory-or-device-for-torture/>

Much of the intense debate around high heels is generated by the harmful effects of high heels and especially the stiletto. More and more studies emerge everyday with resounding voices saying that shoes are physically detrimental. Foot doctors say that continual use of high heels with narrow toe space can actually lead to foot deformities. A clinical professor of orthopedics, Michael J. Coughlin says, "The deformities that often develop after years of wearing high-fashion pumps are similar to foot problems that were formerly seen in Chinese women whose feet had been bound." (Okie in Benstock and Ferriss) Additionally, long time wear of high heels is also being linked to knee arthritis in women, and most recently, back problems.

Women receive 90% of foot surgeries performed in the United States.

<http://serendip.brynmawr.edu/exchange/node/1923>





One lady's story:

Then I began having agonizing leg pain when I went to my aerobics class, even more than the ordinary agony that the "No pain, no gain" era classes used to produce.

I went to the doctor, who told me that wearing heels had shortened the back of my calves, so I couldn't even jump for joy without screaming in pain.

I went home and threw my heels in the trash can and never wore them again.

It was a liberating experience, sort of like when I smoked my last cigarette and chucked the disgusting ashtrays forever.

Decades after the women's movement liberated them from the house, it horrifies me that smart women still voluntarily put themselves into bondage to satisfy some evil fashion demon that tells them to cripple themselves for beauty.

<http://www.ocreger.com/articles/heels-338740-woman-pain.html>

## Hell On Heels -- Why It Matters

According to Carrie Bradshaw, all women have the right to shoes. Carrie is also ignoring about 250 years of scientific inquiry into heels. Before getting into a brawl over a pair of Jimmy Choos, take note that wearing heels (even ones less than an inch high) can cause muscle strain and possibly even permanent damage among frequent wearers. Muscles and tendons are malleable tissues that change in response to stress. Wearing high heels every day can shorten calf muscles [by up to 13 percent](#), causing lower leg stiffness and limiting the ankle's range of motion. Heels may give women a certain swish to their walk but that "je ne sais quoi" could cause some serious "dommage." Heels change a person's walking motion, increasing the amount of bone-on-bone forces in the knee which [can lead to osteoarthritis](#). High-heeled shoes may also damage muscles and tissue around the knee joint, which can potentially result in painful osteoarthritis -- ouch!

Studies also suggest stilettos can cause back problems and exacerbate existing ones. Women who wear high heels on a daily basis are more likely to display poor posture, experience lower back pain, and suffer from prolonged muscle fatigue.

[http://www.huffingtonpost.com/2012/06/14/high-heels-pain\\_n\\_1593678.html](http://www.huffingtonpost.com/2012/06/14/high-heels-pain_n_1593678.html)

## Why High Heels Hurt Even After You Take Them Off

High heels may make your legs look longer and sexier, but now we know more about why wearing the fashionable shoes regularly can make standing barefooted painful. A British study has found that women who wore high heels daily for years had shorter calf muscles and stiffer, thicker Achilles tendons than women who favored flats. And those bulkier tendons are harder to stretch. Ouch!

The changes were so dramatic — a 13 percent shortening of calf muscles and a marked thickening of the Achilles — that the habitual high heel-wearers in the study couldn't stand flat on the floor without discomfort.

Study author and physiologist Marco Narici compares the effect to muscle atrophy that strikes people confined to their beds for a long time. Bed rest keeps muscles in a fixed position, causing some muscle fibers to become shorter.

<http://www.npr.org/blogs/health/2010/07/15/128542551/high-heels-can-make-your-calf-muscles-short?sc=fb&cc=fp>

Women who wear high heels a lot do much the same thing by keeping their heels in an elevated position day after day, Narici says. But the overall size of their calf muscles didn't change, a surprising finding. It was the length of the muscle fibers that was affected.

The results of the study were just published online in the [Journal of Experimental Biology](#).

Shortened muscles aren't the only problems high heel-wearers face. Orthopedic surgeon Donald Bohay, who wasn't involved in the study, says the most common injuries are ankle sprains from women falling off their high heels. But he has also seen plenty of high heel-wearing patients with bunions, hammertoes and nerve damage.

So with all these problems, should women wear high heels? "No, absolutely not," says biomechanics expert Casey Kerrigan.

<http://www.npr.org/blogs/health/2010/07/15/128542551/high-heels-can-make-your-calf-muscles-short?sc=fb&cc=fp>



## [High Heels Can Change Anatomy of Legs](#)

***This is pretty startling. I hope women who wear high heels regularly see this article.***

A new study shows that regularly wearing high heels can cause muscle and tendon changes in your legs — to the point where wearing flats or flip-flops can be painful.

Wearing two-inch heels (or higher) five or more days a week shrinks a woman's calf muscle fibers by 13 percent, on average. It also thickens her Achilles tendon — which attaches the calf muscle to the heel — by 22 percent, according to the study, which was published Thursday in the *Journal of Experimental Biology*.

These changes alter the resting position of the ankle, causing the foot to point down more than normal. For some habitual high-heel wearers, this can make switching from stilettos to flats a shock, says the lead author of the study, Robert Csapo, a doctoral candidate at the University of Vienna's Centre of Sport Sciences and University Sports, in Austria.

<http://www.fatherlyadviceandrants.com/high-heels-can-change-anatomy-of-legs.html>



**Bunion**

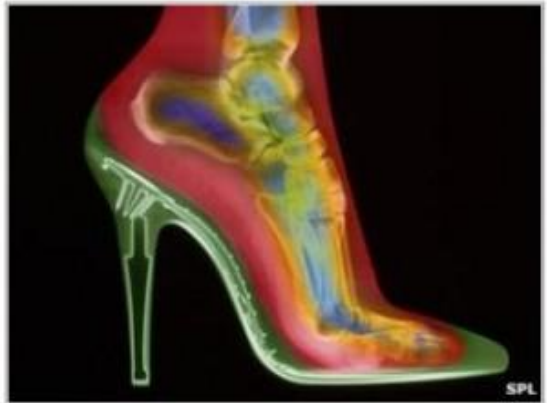


**Hammer toe**



**effects of heels**

**Ball of the foot**

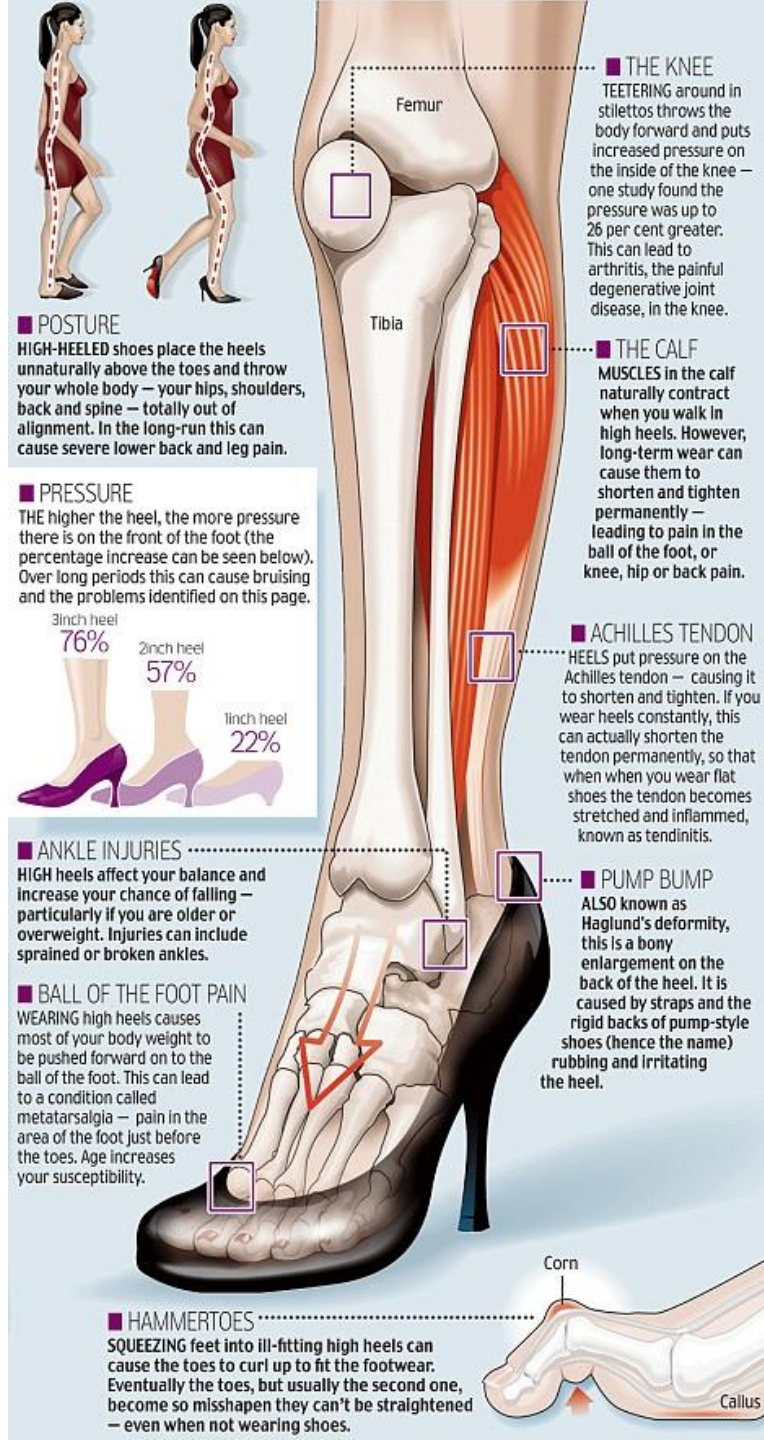


SPL



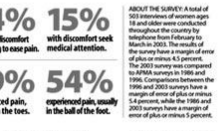
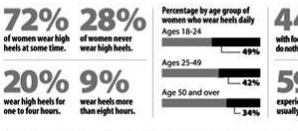
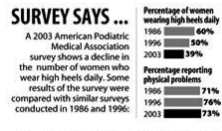
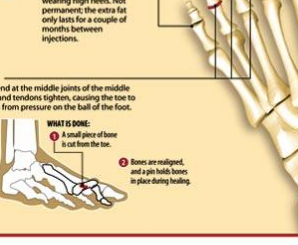
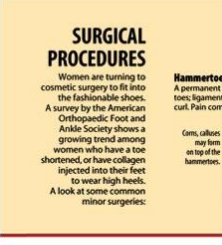
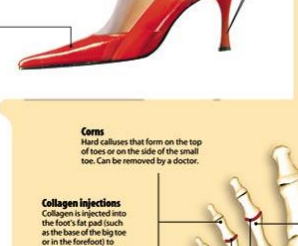
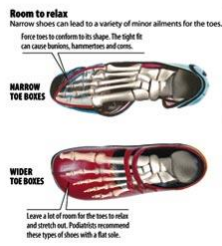
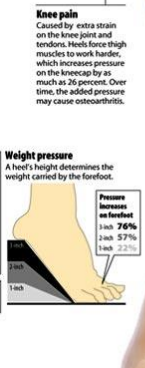
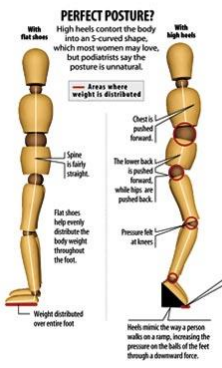
Today, high-heels are typically worn in public only by women, who may wear high-heels at work or on formal occasions. High-heels have seen significant controversy in the medical field lately, with many podiatrists seeing patients whose severe foot problems have been caused almost exclusively by high-heel wear.

[http://en.wikipedia.org/wiki/High-heeled\\_footwear](http://en.wikipedia.org/wiki/High-heeled_footwear)



# HIGH-HEEL HAZARDS

From Manolo Blahniks to Nine West, high heels are a popular fashion trend, prompting some women to seek surgery to fit into the shoes. But with the trend comes certain health risks.





## Posture ▶

High heels push the center of mass in the body forward, taking the hips and spine out of alignment.

## Pressure

High heels may make legs look longer, but as the heel height goes up, so does the pressure on the forefoot.

**Pressure increases on forefoot when wearing:**



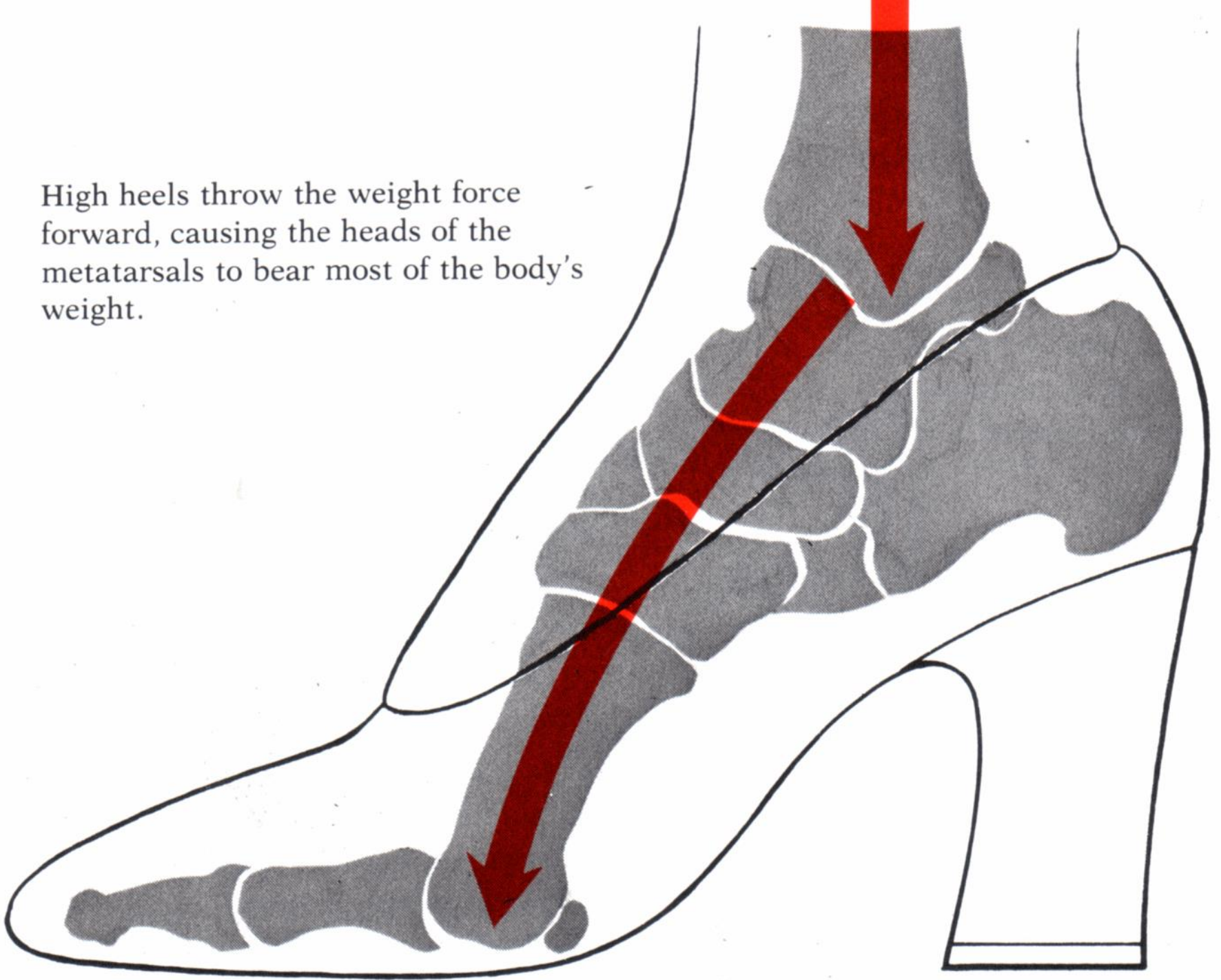
CORRECT



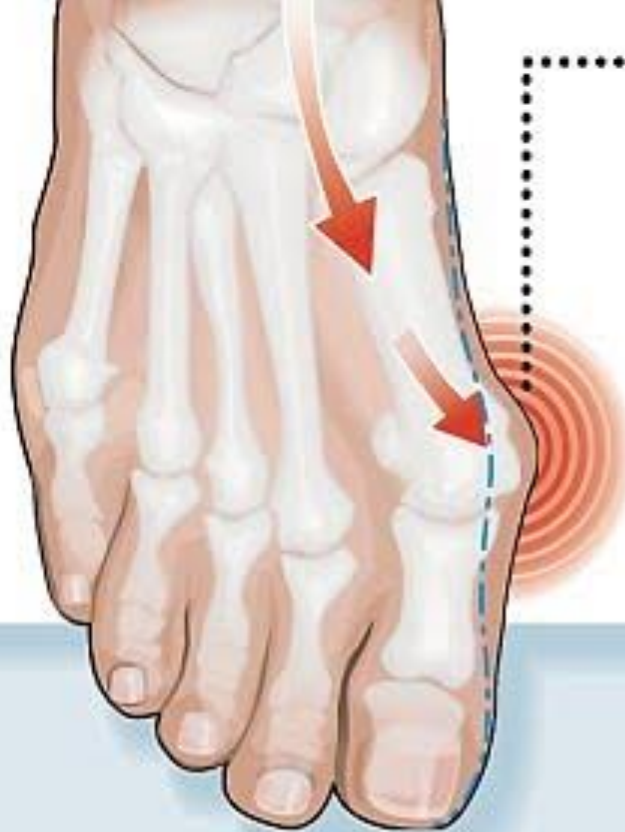
ALTERED



High heels throw the weight force forward, causing the heads of the metatarsals to bear most of the body's weight.





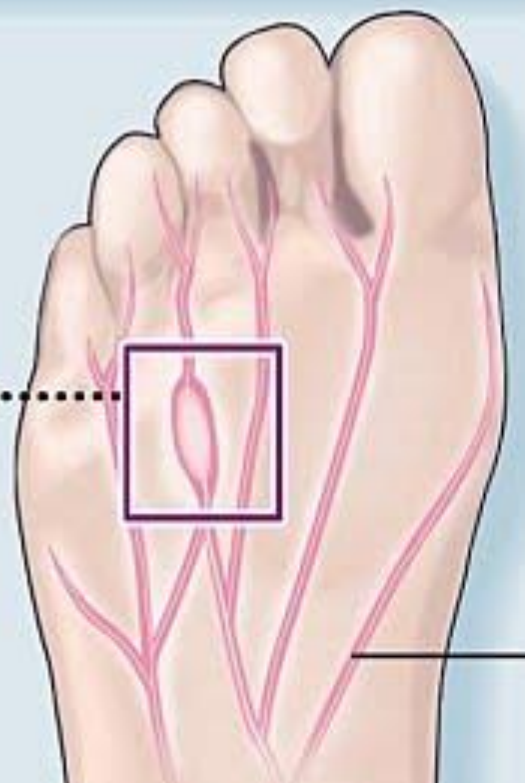


## ■ BUNIONS

**BADLY-FITTING** shoes can cause a bony swelling at the base joint of the big toe. This leads to the big toe angling inwards, towards the other toes, and can lead to the bump becoming swollen, inflamed, painful and unsightly.

## ■ MORTON'S NEUROMA

**HIGH** heels with narrow toes often lead to the nerves thickening, causing a lump on the underside of the foot. This is usually found between the third and fourth toes, and leads to toe pain and numbness.



# HOW HIGH HEELS HURT YOUR BODY



## Who Wears High Heels?



28% of women never wear high heels.<sup>[1,1]</sup>



72% of women wear high heels at some time.<sup>[1,2]</sup>

Percentage of women who wear heels daily by year<sup>[1,3]</sup>



Percentage of women who wear heels daily by age<sup>[1,4]</sup>



When do women wear high heels?<sup>[1,5]</sup>



77% of women wear them for special occasions



50% of women wear them at parties and out to dinner



33% of women wear them for dancing

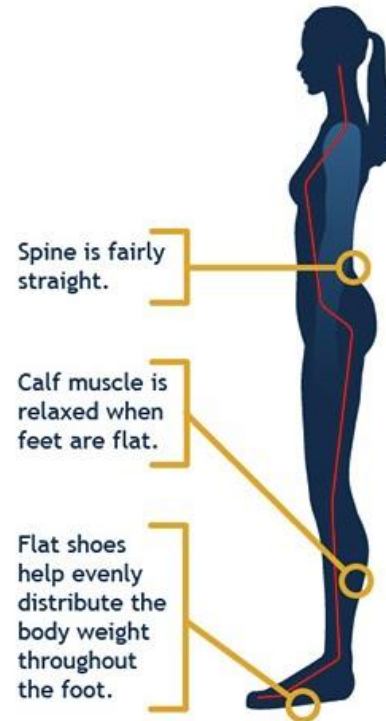


31% of women wear them to work

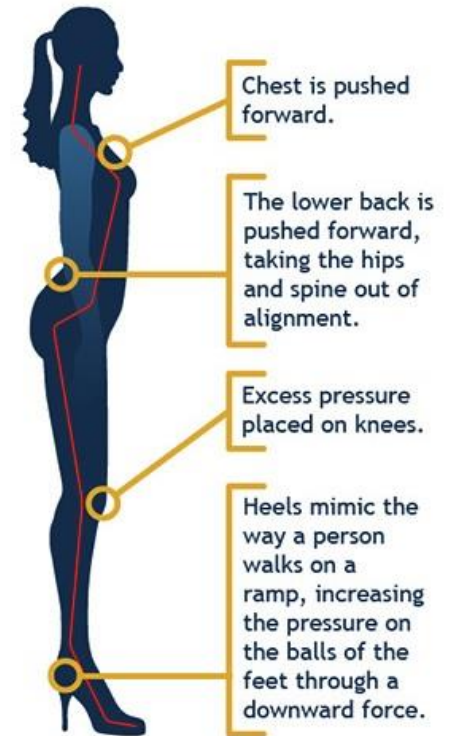
## How High Heels Affect You

A woman's body will attempt to compensate for the off-kilter balance heels cause by flexing or forward bending the hips and spine. In order to maintain balance, the calf, hip, and back muscles become tense. At the end of the day, this makes for excess muscle fatigue and strain. Over time, wearing high heels can also cause the calf muscles to cramp and bulge.<sup>[2,1]</sup>

With Flat Shoes



With High Heels





Logical, sensible worldly people are warning women to beware of the dangers of wearing high heels. And yet, we still see them worn by professedly Christian, even Seventh-day Adventist women. “The children of this world are in their generation wiser than the children of light.” Luke 16:8



Not only are high heels damaging to our bodies, but they are a foolish fashion. They “transform” us into seductive snares for men. And they are serving just the opposite purpose that shoes are designed for!



Speaking of the high heel and specifically the stiletto, Caroline Cox, author *Stiletto*, says, "Not for nothing do we refer to stilettos as killer heels. These are shoes that blatantly contravene the original purpose of footwear: to protect the feet and aid mobility."

<http://serendip.brynmawr.edu/exchange/node/1923>



## **High Heels: 4 Inches Closer to Heaven by Arielle Abeyta**



“High heels are the most challenging shoes one can wear if walking is the objective.

“It is their paradox; heels are shoes that don't protect but harm, don't provide comfort but instead are more likely to be intensely uncomfortable, don't aid movement but restrict it. In dangerous situations, high heels hinder escape and have been denounced by feminist detractors for, ‘slowing them down when the need to run away from male violence and oppressors arose.’ ”



## High Heels: 4 Inches Closer to Heaven by Arielle Abeyta



“However, mobility is not the point of high heels. In Allison Pearson's bestselling novel, *I Don't Know How She Does*, the protagonist is a professional woman who continually refers to the ‘armor’ she wears into the office. When she has a particular need to impress, her suits get more expensive and her heels get higher. When asked how she can even walk she bluntly says, ‘Walking is not the point.’ ”

<http://serendip.brynmawr.edu/exchange/node/1923>

Even Wikipedia has these negative comments about high heels:

Reasons against wearing high heels, which are almost exclusively health and practicality reasons, include:

They can cause foot pain.

They increase likelihood of sprains and fractures.

They make calves look more rigid and sinewy.

They can create foot deformities, including hammertoes and bunions.

They can cause an unsteady gait.

They can shorten the wearer's stride.

They can render the wearer unable to run.

Altered forces at the knee caused by walking in high heels may predispose to degenerative changes in the knee joint.

Foot and tendon problems as listed below.

Women who wear high heels frequently have a higher incidence of degenerative joint disease of the knees. This is because they cause a decrease in the normal rotation of the foot, which puts more rotation stress on the knee.

It should be pretty obvious by now that the wearing of high heels is contrary to our gospel message and our health message.

So far we've learned that the wearing of high heels

- Fosters a sense of prideful power,
  - Makes women feel sexy
- Draws men's attention, and arouses lust
  - Harms the body

What about the influence of wearing high heels. Is this a good example for mothers to give to their children?

Does it teach humility, self-sacrifice, death to self?

Or is it in fact following the vain and foolish fashions of this world, which is an abomination to God?

# What kind of example is this?



Are we teaching our children lessons of pride or of humility? Have we forgotten how deadly pride is?



## Is this cute, or is it tragic?

Are we raising our little ones to follow Jesus, or to love the world?

Remember what Jesus said:

“But whoever causes one of these little ones who believe in Me to stumble, it would be better for him if a millstone were hung around his neck, and he were thrown into the sea.”

Mark 9:42





# High Heels for Little Girls



# Row over stilettos for babies

By Sima Kotecha

Newsbeat US reporter

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**When you think babies, you think nappies, bibs and plastic bottles. Now think leopard skin stilettos.**

Two mums in the States have created high-heeled shoes for newly born babies. They're called Heelarious and come in six different styles - including hot pink, black and white stripes and leopard print.

One of the inventors, Britta Bacon, came up with the idea as she was on her way to a child's birthday. She began thinking it would be hilarious if she could bring her daughter to the party in high heels.

[http://news.bbc.co.uk/newsbeat/hi/newsbeat/newsid\\_7470000/7470077.stm](http://news.bbc.co.uk/newsbeat/hi/newsbeat/newsid_7470000/7470077.stm)



The heel itself is soft so no pressure can be put on it



# Cross Dressing!

Some men love high heels so much they actually wear them! Virtually all cross dressers wear high heels. Most women have not idea of the powerful hold cross dressing has on many men, and how it has ruined their lives. Many of them long to be free from their addiction. As Christians, we should not be putting stumbling blocks before our brothers or sisters in any way.





Now we know what the world thinks about high heels.  
They LOVE them!  
Men love them and women love them.  
But does God love them?  
If we are true Christians, we need to know how God feels  
about high heels.



It is possible that Isaiah 3:16 is referring to some type of high heels, and they are not presented in a positive light: “Moreover the LORD saith, Because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and **mincing** *as* they go, and making a tinkling with their feet:”

The prideful parade of this sensual woman doesn't end too well: “she being desolate shall sit upon the ground.”



Perhaps her feet were hurting, like this poor woman's feet are.

We will now look at some quotations from the Spirit of Prophecy. As Seventh-day Adventist we believe that this is the voice of God speaking to us. First of all, we will consider Jesus, the foundation of our faith, the reason we are Christians, looking forward to eternity with Him. He is the one who has given us **HIGH IDEALS**, and He is the one who will give us grace to uphold them.



# Inspiration says . . .

Satan presents many temptations to the youth. He is playing the game of life for their souls, and he leaves no means untried to allure and ruin them. But God does not leave them to fight unaided against the tempter. . . . Strengthened with His might, they are enabled to reach the **high ideals** before them. The sacrifice made on Calvary is the pledge of their victory.—(Messages to Young People, 95, 96.) {Pr 85.4}





# Inspiration says . . .

After the departure of Paul, however, unfavorable conditions arose; tares that had been sown by the enemy appeared among the wheat, and ere long these began to bring forth their evil fruit. . . He who had so often urged them to **high ideals** of purity and uprightness was no longer with them, and not a few who, at the time of their conversion, had put away their evil habits, returned to the debasing sins of heathenism. {AA 299.3}



While Ellen White did not have much to say regarding high heels, since they were not an issue in her day, she did have a few things to say that would show that she certainly would not have approved of such a fashion.



# *Inspiration says . . .*

***The shoes should be thick-soled, and perfectly comfortable.*** {2SM 471.2}

We would protest against people's squeezing their feet to make them look small, and compressing the waist, making it impossible for them to fill the lungs with pure air. If we give the lungs and feet ample room to do the work God designed they should, we shall be rewarded with better health and ***a clearer conscience.*** {HR, April 1, 1871 par. 1}





# Inspiration says . . .

The result of my friend's self-imposed martyrdom was, the loss of health, peace of mind, and natural beauty. She suffered the penalty of her folly in shattered nerves, swollen joints, and deformed feet. The nails grew into her flesh [in-grown toenails] and caused the most excruciating suffering. When I told her that this was in consequence of **wearing small shoes**, she would not admit it. {HR, December 1, 1871 par. 10}





# Inspiration says . . .

It is true that this style of dress exposes her feet. And why should she be ashamed of her **well-clad feet**, any more than men are of theirs? It is of no use for her to conceal the fact that she has feet. This was a settled fact long before the use of trailing skirts distended by hoops, giving her the appearance of a haystack, or a Dutch churn. {HR, September 1, 1868 par. 11}



# *Inspiration says . . .*

The feet should be protected from cold and dampness by warm stockings, and by ***easy-fitting, thick-soled shoes***. {PHJ, May 1, 1905 par. 12



# *Inspiration says . . .*

Christian women, with thoughtless indifference, encourage by their example dress that is not only extravagant, but destructive to health and life itself. They yield principle, sacrifice health, and bow in submission to the decree of fickle fashion, as though it were a crime to assert their independence in dressing physiologically. Practical, independent, reasoning minds are greatly needed to lead out in the work of dress reform. Women of Christian fortitude and becoming independence are wanted to stimulate others to break away from the slavery and oppression of fashion. {HR, May 1, 1872 par. 2}





# Inspiration says . . .

Our work shall be, by the grace of God, to preserve simplicity of dress, and stand with moral independence in defiance of fashions that have no regard for natural beauty or physical law. Home and Health well says:-- . . . 'THE **SMALL, HIGH HEELS** CRAMP THE MOVEMENT, INJURE THE CARRIAGE OF THE PERSON, AND OFTEN DEFORM THE FEET.' ”  
{HR, May 1, 1872 par. 4}





# *Inspiration says . . .*

If any part of the body should be favored with extra coverings, it should be the limbs and **feet** which are at a distance from the great wheel of life, which sends the blood through the system. . . . ***If the feet are clothed with good-sized, thick-soled, warm boots or shoes, for comfort rather than for fashion,*** the blood will be induced to circulate freely in the limbs and feet, as well as in other portions of the body. {HR, April 1, 1871 par. 1}



# Inspiration says . . .

Your daughter is ***dressed in reference to fashion, not health nor comfort***. Her ***shoes*** are light, and her stockings thin. {HR, September 1, 1868 par. 8}

These little girls were dressed ***according to the fashions of this age***. Their dresses reached only to the knee, and their limbs were unclothed, except by thin cotton stockings and thin, laced morocco ***shoes***. {HR, November 1, 1870 par. 2}



God also inspired  
Ellen White to  
provide us with  
timeless principles  
that can be applied  
to current  
fashions.

Those will willing,  
obedient hearts  
will discern His  
voice in these  
messages.





# *Inspiration says . . .*

***In view of the dangers of this time, shall not we, as God's commandment-keeping people, put away from among us all sin, all iniquity, all perverseness? Shall not the women professing the truth keep strict guard over themselves, lest the least encouragement be given to unwarrantable familiarity? They may close many a door of temptation if they will observe at all times strict reserve and propriety of deportment. {AH 331.2}***





# *Inspiration says . . .*

***I have long been designing to speak to my sisters and tell them that, from what the Lord has been pleased to show me from time to time, there is a great fault among them. They are not careful to abstain from all appearance of evil. They are not all circumspect in their deportment, as becometh women professing godliness.... Women are too often tempters. {AH 332.1}***



# *Inspiration says . . .*

***With some women professing godliness, there is a careless, coarse freedom of manner which leads to wrong and evil. But those godly women whose minds and hearts are occupied in meditating upon themes which strengthen purity of life, and which elevate the soul to commune with God, will not be easily led astray from the path of rectitude and virtue. Such will be fortified against the sophistry of Satan; they will be prepared to withstand his seductive arts.***

**{AH 334.2}**





During the time when heels were first becoming fashionable in society, our godly leaders faithfully spoke out against them in our official church publications. Let's take a look at some of the articles.



### **High-Heeled Boots**

SHOULD our women-folk persist in wearing nonsensical, high-heeled shoes, they will of necessity degenerate into indoor creatures, fit for nothing except to sit about and be looked at. The weight of the body should fall on the arch of the foot. This is the decree of nature. So nature constructed there a beautiful arch, perfect in every part of its mechanism.

Now, the high heel throws the weight of the body on the toes and ball of the foot. These parts were not intended to sustain this weight. They are not adequate for the purpose. Therefore, the ligaments that bind the toes together naturally spread under the undue tension, and transfer their strain to the nerves. Of course the nerves soon get out of gear, and the inevitable result is nervous trouble.

Nature intended that the weight of the body should be distributed in almost a straight line. The bones of the leg bear this weight, and the muscles take the strain. The high-heeled shoe throws everything below the waist line out of poise.

Of course the straight line that nature provided for is altogether lost. The muscles of the legs try to accommodate themselves to the unnatural order of affairs, and as a consequence, bow out. Athletic sports become practically impossible, and the freedom of outdoor life ceases.

The shoe for a woman, as well as a man, to wear is the broad shoe with flat heels and sensible, projecting soles.—*Selected.*

# Why Tolerate High Heels? 1920



DRESS reform has had much thought given it among us in the past, and there is urgent need of a revival now along this line, for worldly fashions have often too great an influence among us. . . Still, we are glad to know that intelligent women in this country are waking up to the danger of the fashionable high-heeled shoe. Why should not women wear sensible low-heeled shoes as do men and children ? The fair sex has a right to the very best form of footwear that can be made. June 15, 1920 THE YOUTH'S INSTRUCTOR



## The Way to Success

It seems to me that among Seventh-day Adventists, the elimination of the high-heeled shoe and the adoption of correct footwear should become as much a law and standard as the discarding of tea and coffee from our tables.  
CLARA M. SCHUNK, M. D.

THE YOUTH'S  
INSTRUCTOR February  
10, 1920



## THE COUNSEL CORNER – The Youth's Instructor 1920

Question: Is it right to wear high-heeled shoes?

Answer: Why not let the physician answer the question regarding the high-heeled shoes? One of the foremost authorities of the country tells us that high heels are the cause of nervousness, pain in legs, headache, backache, fatigue, fallen arches, deformed feet, and serious internal troubles. " One wearing shoes with heels one and one-half inches high, has the body thrown so much out of balance that in walking, the back has a strain thrown upon it equal to that of carrying a weight of one hundred seventy-five pounds." If for no other reason, the fact that the high-heeled shoe is unhealthful should answer the question for every Missionary Volunteer. C. M. CHRISTY. THE YOUTH'S INSTRUCTOR July 20, 1920



**1927** A little pamphlet, " Dress Standards," is issued by Union College and given to the young women who are planning to attend. " Union College," says this, book, " holds her dress standards high,, for in the clothes we wear we reveal with unfailing accuracy the story of our ideals, our principles. This story is plainly read by all who see us. It is Union's desire that her sons be ' as plants grown up in their youth; ' that her daughters ' be as corner stones, polished after the similitude of a palace '— king's daughters, 'all glorious within.' And if 'all glorious within,' the dress should reveal that gloriousness in a beautiful simplicity, sensibility, and becomingness, without obtrusiveness, without conspicuousness, measuring up to the accepted standards for health, modesty, and economy.“

Specifically, young women are required to wear skirts which reach not less than one third of the way down from the knee to the floor. V-shaped necks must not be cut lower than two inches below the clavicle, and round or square shaped necks not lower than: one inch below the clavicle. Sleeves are not shorter than to the inside bend of the elbow.

***Shoes with French or other high heels may not be worn.*** December 29, 1927 THE ADVENT REVIEW AND SABBATH HERALD



*French Heel*



**TRAGICALLY**, our church members succumbed to the allure of fashion. Little by little, the women began wearing high heels. The powerful influence of the “silver screen” movies and the newfangled television cast a mesmerizing spell over the ladies in our church.

It was not long until it seemed that all Seventh-day Adventist ladies wore high heels! The gradual leavening process took place from the 1920's to the 1940's. By the 1950, the church had accepted the fashion of wearing high heels almost without reservation.

No longer did you hear of godly men and women speaking out against this fashion in our official church publications.

Instead, in our artwork and photographs, it would seem that we were promoting it!





# All Women Wear High Heels!

Around the 1950s, it seems that high heels were just about the only shoe women wore! It went so nicely with the shortened dress, and showed off those nearly bare legs. If you look through the original Uncle Arthur's Bedtime Story books, you will notice the majority of women have on high heels, even when they are doing their housework.





In this story, the women picking up bread they found on the road were ladies from the church visiting a friend who lived “quite a ways away” up a hill. And they’re walking in their high heels. That’s amazing!



If the church members in the generations before our time were so dedicated to following the fashions of the world, it's no wonder that we have followed mindlessly along after their example.





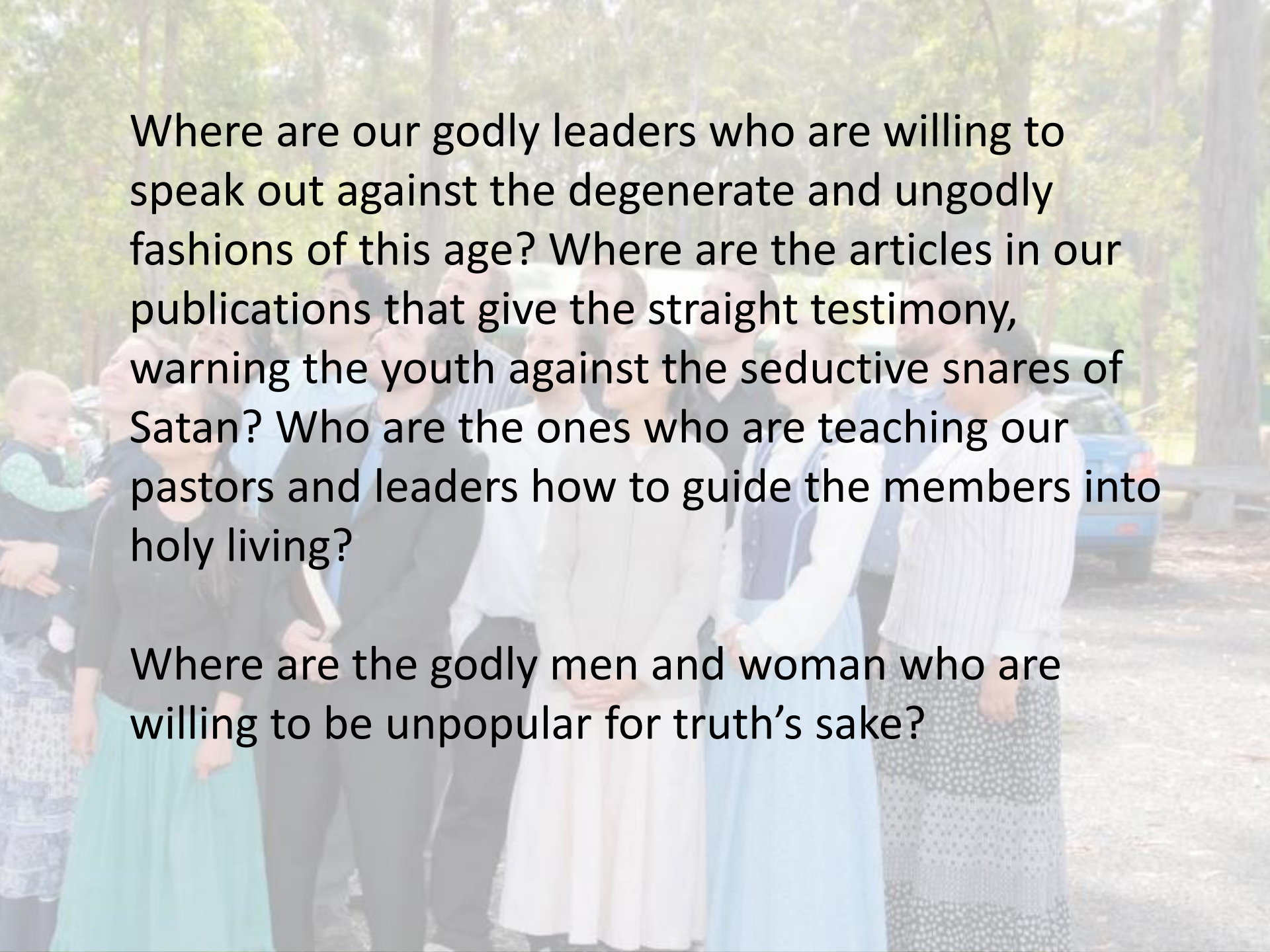
Why, the artists even portrayed the remnant, alive when Jesus returns, who are to reflect the image of Jesus fully, who have overcome every sin, and are dead to the world, as wearing high heels. That is incredible!



No wonder we are Laodiceans!







Where are our godly leaders who are willing to speak out against the degenerate and ungodly fashions of this age? Where are the articles in our publications that give the straight testimony, warning the youth against the seductive snares of Satan? Who are the ones who are teaching our pastors and leaders how to guide the members into holy living?

Where are the godly men and woman who are willing to be unpopular for truth's sake?

God is calling us out of our lukewarm Laodicean condition, our deadly spiritual lethargy into a revival of primitive godliness. He wants us to be filled with a holy zeal in exalting the glory of God and giving the warning message of the third angel. We are to live holy lives, separate and distinct from the world. God has given us the health message, the right arm of the gospel, as an entering wedge to reach hearts for Jesus.

How can we possibly fulfill this high and holy mission in high heels? How can we call for a revival of the straight testimony while we are in love with the fashions of this world? How can we proclaim the health message, while our attire shows we are willing to violate the laws of health in order to look sexy?



Jesus warned us that if we love the world, the love of the Father is not in us.

Loving worldliness is death to true godliness. We may have a form of godliness, but our worldliness contradicts our profession. We cause others to stumble because of our double mindedness.



The world claims high heels as its own fashion, it is undeniably one of the “things of the world” that God warns us not to love. The worldly minded love high heels. Worldly women use them to seduce, to arouse lust, to attract admiration, to boost prideful self-esteem, to parade in vain glory.

What use are they for a humble follower of Jesus? How would they help her in her quest to die to self, to reflect the righteousness of Christ, to proclaim the glory of God while laying the glory of humanity in the dust? How do they help her walk as Jesus walked? How do they complement her plain modest apparel, worn with shamefaced and sobriety?



And that, knowing the time, that now *it is* high time to awake out of sleep: for now *is* our salvation nearer than when we believed. The night is far spent, the day is at hand: ***let us therefore cast off the works of darkness,*** and let us put on the armour of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to *fulfil* the lusts *thereof*.

Romans 3:11-14

How beautiful are the feet of them that preach the **gospel of peace**, and bring glad tidings of good things!

Romans 10:15

And your feet shod with the preparation of the **gospel of peace**;

Ephesians 6:15

May God help you, dear sister, to cast off your high heels, and shod your feet with the preparation of the gospel of peace.

May your feet be beautiful for Jesus as you bring good tidings of peace to a heartsick and hurting world!

For more presentations on feminine modesty and  
godly attire, please visit:

<http://www.SistersInSkirts.com>

*May God  
bless you!*