



# BROOKLYN\_BORN

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## We lose fat in one area as we age!

Monday, April 22, 2013

Could it be my butt? Maybe my thighs? No!

According to my ortho guy, it's the bottom of our feet. I asked him about a problem when I got my new orthotics. I noticed that my feet hurt when I got up in the morning. Not my ankles or any joints, just the bottom of my feet. He explained that as we got older the fat pads on the bottom of our feet become thinner.

Now isn't that unfortunate. The one place I would like to keep some fat and it naturally disappears. It hasn't helped that we replaced our nicely padded carpet with hardwood floors some time ago. This was an attempt to help my allergy problems.

I did notice that over the last 20 years I was given orthotics with softer shells. I thought it was just some advancement in technology. I remember my Dad wearing arch supports made of STEEL because of his flat feet. I wore those things too but only for awhile until I outgrew them. They were very expensive.

As for my "thinning feet." it was suggested that I just wear slippers.

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**CD13227574**

Hot pink crocs, ugly as all get out, but squishy enough to make the feet feel good. Barefoot hurts too much on the hardwood floors.

2974 days ago



**MERRYMARY42**

and I always just thought my feet were wearing out, figures huh, never around the tummy,

2974 days ago



**MJLUVSANIMALS**

Now isn't that special! lol Another thing to add to the list.

2974 days ago



**DOVESEYES**

Weird fact--- poor feet...  
2974 days ago



**COCK-ROBIN**  
That's great!  
2974 days ago



**AUSFAM**  
Good to know! :)  
2974 days ago



**GINIEMIE**  
That stinks! And it explains a lot too. I was blaming the hardwood floor, the new shoes that weren't as comfy...



2975 days ago



**WILSONWR**  
Maybe that's why it bothers me more to go barefoot outdoors than it used to...  
2975 days ago



**RUNNING\_SNAIL**  
I'm with you on this one, I would like to keep my under foot fat too, since I'm a runner!  
At home, I always am barefoot and I'm not looking forward to having to wear slippers all the time.  
Guess I'll enjoy that feeling for as long as I can.  
2975 days ago



**CD11934124**  
Interesting!



I seem to be having these problems and I figured since I am walking, it was the root cause. We have concrete floors, oh the torture...but I always have socks on. I'll try the slipper idea!

Thanks for sharing and have a great week!  
2975 days ago



**BOOKAPHILE**  
Hmmm. I'm not looking forward to having to curtail my barefoot ways!  
2975 days ago



**DR1939**  
That explains a lot. Slippers for me too.  
2975 days ago



**CELIAMINER**  
Unfortunately, I know that feeling. We also replaced a lot of carpet with hardwood floors, and I never go barefoot. I also buy my running and walking shoes more for cushioning than for motion control or for any other reason (besides fit, of course).  
2975 days ago



**CD13136117**  
Something is just so wrong with that!  
2975 days ago



**DESERTJULZ**  
Sheesh, no fair! I suppose because they get so much use...  
2975 days ago



**MIMIDOT**  
That' news to me! Never heard it before. Thanks for sharing.  
2975 days ago





**MISCHAKEO**

You also lose fat under your skin as you age..so you bruise easier according to my dr. Unfortunately one does not seem to lose belly fat as you age.LOL



2975 days ago



**CAREN\_BLUEJEANS**

oh, I thought you were going to say our hands. I'm getting old lady hands, with visible bones and veins.

2975 days ago



**AZMOMXTWO**

I did not know that but it does explain a lot of the foot issues that many people experience

2975 days ago



**EVIE4NOW**

I'm with Cblens.. need a different area to thin lol.

2975 days ago



**CD13545024**

I love my slippers. wish some other areas would thin as we age...

2975 days ago



**CD13469326**



2975 days ago



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