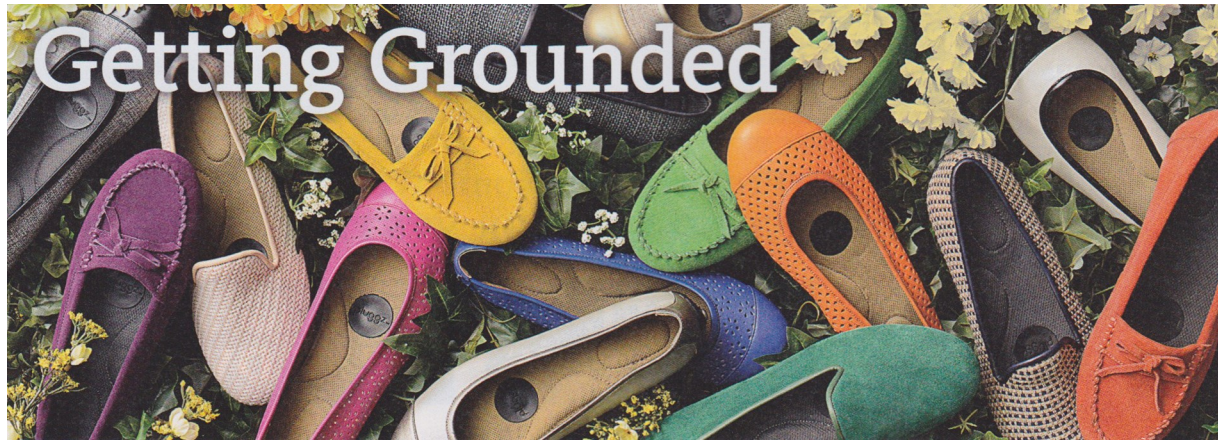


TIMES UNION



With even the slackers among us taking at least 5,000 steps daily and many of us – OK, ladies, you know who you are – stuffing our feet into uncomfortable shoes, our tootsies work quite hard for their money. If only we could walk barefoot more often...

Pluggz offers a solution to that issue. According to the company, when we walk barefoot, we absorb some of the earth's energy through electrons.

This energy, in turn, makes us feel better. Shoes, in contrast, act as a barrier to this energy source. To counterbalance that, each pair of Pluggz shoes has a black plug in the sole that enables the wearer to still get the free flow of electrons from the earth. The result, the company says, can be more balance, more energy, a sense of well being, fewer ached and pains, etc. We got a pair and we can say this at the very least:

They're damn comfortable.

They come in a variety of styles, from flip flops for men and women to ballet flats for women. The brand is sold in retail store, with new ones being added all the time. Currently you can get them locally at Winter Sun Summer Moon in Rhinebeck or online at pluggz.com.

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