



Unique Summer Style With Pluggz!

Summer sandals and flip flops may look great — but they can cause foot pain. *Pluggz* incorporates a hot new trend called “earthing” — which has been proven to improve overall well being. They are available for both men and women.

Pluggz exclusive technology connects people with the natural energy source of the earth — increasing electrons flowing through the body, helping to reduce inflammation. Similar to the feeling of being barefoot! Each pair of shoes contains black plugs made from a custom formulated carbon and rubber compound that sit under the weight bearing part of the foot. This proprietary plug feature allows people to get grounded when walking on grass, sand, soil — even concrete city sidewalks. www.pluggz.com

The great people at Pluggz sent me a pair to try. I decided to break them in at an Oakland A's baseball game, which just happened to occur on the hottest day of record here in the Bay area. We are talking temps of over 104°! We are sooooo not used to the mercury rising above, oh, about 85° here, so I was positively melting. I also decided to drive to the game instead of taking the BART (BIG mistake), which meant I ended up parking about 87 miles from the stadium and had to walk forever through the hot and sticky streets of Oakland. Good thing I had on my Pluggz! Seriously, consider how hard it is to walk in flip flops across miles of hot asphalt parking lot — not so when wearing Pluggz. My feet and legs felt completely energized even when the rest of me was melting into oblivion. It took a little getting used to - the black "plug" in the center of the sole felt a bit strange at first, but after walking in the flip flops for several blocks my feet and legs felt great!



Check out the great styles at Pluggz! From classic [ballet flats](#) to [colorful styles](#) and fun [flip flops](#), you're sure to find the perfect pair for you own personal style!

http://www.shesheme.com/stylescoop/stylescoop_136.htm