



SWEET LEMON

September 10, 2013

FABULOUS AND FUNCTIONAL FALL SHOES

Whether you are traveling and need comfortable and stylish shoes for sightseeing or just strolling down the street to get brunch in your own neighborhood, fall is a great time to get out and enjoy the wonderful leaves and humidity free atmosphere. To get the most out your time on the go, especially if you have knee or foot related issues, these shoes picks provide both comfort and high style. I've included a fun lace up, flat and boot, so I've totally got you covered!



[Tahoe Casual Lace Up](#)

I suffer from a knee issue that required surgery a few years ago, so I love the super comfy (removable) foot bed and arch support provided by these awesome Tahoe lace ups. They come in several fun colors, you get two pairs of colored laces, and they are unique and super cool. The first day I wore them I got stopped several times by strangers who complimented them and asked where I got them. I'll be sporting these all year long.



[Aetrex Ankle Boot in Victoria](#)

Don't assume any shoe with a heel has to be uncomfortable. These stylish leather boots offer memory foam to help make wearing them a breeze! Not only do they offer great support, they boast waterproof leather and Aegis anti-microbial treated linings to prevent against bacteria, fungi and algae. I'm thrilled to know I can wear these gorgeous boots when it's raining or during the occasional Atlanta snow event, with no fear of ruining my footwear.



[Pluggz Resort Ballet Flats](#)

As a huge fan of flats, but one who always adds arch inserts, I'm happy to share that these Pluggz Resort flats have padded arches and what's more, they feature the Pluggz black carbon and rubber plugs in the sole. Why, you might ask? They allow for a flow of electrons from the earth to your body, much like you get when walking barefoot on the ground. Connecting with the earth, or Earthing, as it's sometimes called, was cited in the [Top 10 Spa and Wellness Trends for 2013](#) by SpaFinder president Susie Ellis. Get your earthing on in these cute Pluggz flats, ladies!

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