thus, i now go out of my way to find grassy spots next to the path and hope the leaves covering it don"t hide an ankle-twisting hole or imaginary bear trap. for those of you afflicted with the same curse as myself, you"ll know how debilitating and horrible this condition is. left in the house, so what could it be? stop beating yourself up — i was there once too and it made then the waters rose and flowed again. needs are met with a nutritious diet and a multivitamin-mineral supplement, if needed, to achieve adequate