

Mubal, Shoe Inserts, Guarantees Healthy Walking

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KCM, Moon Hong-hoe CEO

“I f you are not able to walk well, you may not live long, as the saying goes. If you can't walk well, you would exercise less and this would damage your health. According to a recent study done in South Korea, old people, who are not able to walk well, are 1.67 times more likely to die early than those who are not.

Degenerative arthritis is an infamous disease making people unable to walk because of serious pain. The disease occurs in 40 percent of people over sixty, and 85 percent of people in their 55s to 65s are likely to have the disease in the future.

When you are diagnosed with degenerative arthritis, you get

medication or physical therapy first. If the symptom gets excessive, you need to have surgery, which inserts an artificial joint to replace the worn cartilage of the joint.

In order to prevent the surgery, the best precautionary measure is to realign the deformation of a leg, by making a habit of properly walking.

People in South Korea are increasingly seeking shoe inserts, a part of methods to treat and prevent foot problems for healthy walk.

“Mubal” developed by Moon Hong-hoe, chairman of KCM and a former patient of degenerative arthritis, is the world's first shoe inserts which hold the balance from knees and hip joints to spines and cervical spines based on ergonomic design.

The company applied for a patent for Mubal in China and the United States apart from in South Korea.

“When I look back on my past, I realized that nothing is more important than health,” Moon said in an interview with Korea IT Times.

“One day, I was climbing up a mountain and I felt a slight pain in my knees. But I just overlooked it and thought that I was just aging. Later, I regret that I did not treat it early,” he said.

That experience led him to develop “Mubal” to help people who suffer from similar pains like him.

The following are excerpts of the interview with chairman Moon. Korea IT Times: You must have lost the will to live because of the serious pain of your knees. How did you overcome it?

Moon Hong-hoe: I regret a lot at first. When pain grew, I could not able to exercise or walk, and this made me lose the will to live. When I saw a doctor, he said the disease is not curable. I had to have a few cartilage shots and surgery.

KIT: Did that experience lead you to develop Mubal?

Moon: That time, a professor from Arizona University told me three ways to make show inserts to treat the knees. Because I was so desperate, I started to make it by gluing inserts to each other and by adjusting angles as he told me. At first, I didn't expect it at all. But when I put it inside my shoes to go out, I was amazed that it actually relieved my pain.

KIT: What kind of effectiveness can we expect from Mubal in detail?

Moon: For starter, it has a sliding function to help landing line, starting from the outside of the heel to end at finish toe, to move to the center of the heel and center of index and middle toe, to help people to walk straight.

Based on ergonomic design, the center-line of slide serves as a lever to move the balance of the body to left and right. This stretches the squashed nerves from hallux valgus to lumbar to cervical vertebral to mitigate shoulder pain, numb arms, varicose veins and cold feet.

Its pumping function actively circulates blood of pelvic limb to mitigate diseases such as leg edema caused by circulatory disturbances such as plantar fasciitis and varicose veins, and thus it significantly reduces fatigue of the entire body.

Also, the materials of Mubal are comprised of tourmaline which helps aeremia circulation, antibacterial effects and deodorization. It also includes germanium, which the World Health Organization recognizes as anticancer drug, and amethyst which has life-friendly wavelength.

The company has applied orthotics, which helps children over seven grow faster and have a balanced figure.

KIT: It seems good for correcting figure and foot health. Do you have any last word for readers?

Moon: It has been long for people to have an interest in foot health historically. If one can control their disease without using outside help, it would be the best. Human's organs have reflective balls to respond to foot so when it is stimulated, it controls functions of each organs and prevents diseases. This will thus strengthen organs, improve immunity and averts diseases.

We hope many people can be healthier by correcting their position and kicking the habit of poor walking through Mubal.

More of Mubal's products are available at www.mubal.kr

