

WHY DO FEET SMELL?

Compiled by
Campbell M Gold

(2011)

CMG Archives
<http://campbellmgold.com>

--()--

IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

--()--

Introduction

Foot odour, or bromhidrosis, is the result of bacteria that find moist and warm feet, socks, and shoes the perfect place to breed and multiply. On the soles of the feet are thousands of glands that produce sweat composed of water, sodium chloride, fat, minerals, and various acids that are the end products of the body's normal metabolism. In the presence of certain bacteria (particularly those found in dark, damp shoes and socks), these sweaty secretions are broken down and produce an unpleasant odour.

--()--

Tips and Techniques

Smelly feet are a normal part of life, and can be easily remedied with the following simple tips and techniques:

- Wash the feet, on a daily basis, using antibacterial soap, and then completely dry them.
- Drink plenty of water (not tap water - drink spring or filtered water), which is a good way to deal with body odour.
- Wear clean socks made from an absorbent material, such as cotton. Never wear socks made from synthetic materials.
- Regularly spray the feet with an antiperspirant, and put an anti-bacterial foot powder in the shoes.
- For extra-sweaty feet, try adding half a cup of sea salt to 1.5 litres of water and soaking the feet in the solution. After soaking, do not rinse the feet - just dry them thoroughly. The salt has a drying and an anti-bacterial effect on the skin.

- Try sprinkling the inside of your shoes with corn-starch to help absorb moisture and keep the feet drier. Antibacterial talc can also be considered.
- Try not to wear the same pair of shoes for two days consecutively.
- For trainers, inter change two of three pairs for maximum effect. This will give them time to "dry out".
- When indoors, wash the feet and go barefoot, or in socks, or sandals.
- Washing the feet with green tea is a good way to deal with odour.
- A bath with baking soda and a few teaspoons of vinegar is a good way to soothe the feet and to lessen odour.
- Lightly dust the feet, once or twice a day, using corn-starch or commercial foot-powder.
- Rub the feet with some turnip or radish juice. These are natural deodorants, and are excellent for combatting body odour.
- Taking a relaxing bath with some ginger, this helps to rid the body of toxins. Mash up some ginger root and use the juice on the feet.
- Try abstaining from all alcohol and sugar intake for seven to ten days. See if the odour abates - this experiment will confirm if alcohol or sugar are a causal factor.
- Try using commercial acne-soap on the feet. Acne-soap is specially formulated to act as an anti-bacterial agent and will help to remove body toxins.
- Try eating some parsley and cilantro. Cilantro is great detoxifier that can be used in sauces or dressings. Both parsley and cilantro are believed to be effective in absorbing body odours.
- Try using Zinc supplements - this has been known to help with foot odour.
- Soak your feet every day for a week in strong black tea for 30 minutes. Add two tea bags in a pint of water, and boil for 10 minutes. Then add four pints of cool water and soak the feet in the solution. The tannic acid in the black tea will kill the bacteria and close the pores; thus helping to keep the feet dry by reducing sweating.
- Avoid strong-flavoured foods such as garlic, onions, and peppers. The substances that give them their powerful flavour and aroma can pass through the bloodstream and eventually concentrate in the sweat.
- Stress and anxiety increase the production of sweat, which will give bacteria even more to feed on. Consider making changes in your life or, consider using a hypnosis or a subliminal relaxation program. (See titles at <http://campbellmgold.com>)

End

--()--

<http://campbellmgold.com>

24052011