

ANGELA'S FOOT FACTS

Angela Wilson

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Foot

Facts

Angela Wilson here, and this short report is to help you understand a bit more about your feet and why looking after them is so vitally important.

We'll start with a few facts.

1. Our feet help us balance and the average person takes between 8,000 and 10,000 steps every day. That's equivalent to several miles.
2. Our feet consist of 26 bones, supported by an intricate network of ligaments, muscles, blood vessels and nerves.
3. Our feet can show signs of failing health, signs of diabetes, arthritis, circulatory and neurological diseases.
4. Your choice of shoe can be a source of many foot problems. The higher the heel, the worse the problem!
5. There are more sweat glands per inch in our feet than any where else in the body so it is not surprising many people suffer from sweaty feet, especially in warm weather.
6. Calluses and hard skin appear on the under soles of our feet. These prevent the sweat glands from functioning properly, and if they're not removed toxins are trapped inside the body.
7. A study of footwear in America called ***If The Shoe Fits*** revealed nine out of ten women wear shoes that are too small, resulting in approximately 70% developing osteoarthritis problems after the age of sixty.
8. As we grow older our feet tend to spread but few people realise. When buying new footwear, feet should always be measured for the correct size and width.
9. Foot problems most commonly appear between the ages of forty and sixty after decades of wearing ill fitting footwear.
10. You should always listen to your Grandparents. If they tell you "After visiting my chiropodist/podiatrist, I feel like I'm walking on air" – believe them!

Common Foot Problems

Plantar Fasciitis

Some of the most common foot problems include suffering from Plantar Fasciitis and this can turn into a very painful condition. Plantar Fasciitis normally occurs after undue pressure as been applied to the arch of the foot. Most sufferers will experience pain in the heel area which has become inflamed. Overnight your foot becomes stiff and getting out of bed in the morning can be very difficult indeed.

Bunions

Bunions develop on the side of the big toe and turns into a fluid filled sac. The word bunion is also commonly used to describe a bony joint or deformity on the foot. Bunions normally occur due to wearing tight fitting shoes.

Neuroma

Neuroma is a condition where a nerve becomes irritated and becomes swollen. The longer the nerve stays inflamed and irritated the thicker the nerve becomes. The most common place to feel a Neuroma is on the ball of your feet.

Corns and Calluses

Corns and Calluses often get confused, a corn develops due to being irritated and is always found on your toes. When you suffer from thick skin anywhere else on your foot it is known as a callous.

Fungus

Your toenails are an ideal environment for fungus to grow, fungi love the dark, moist enclosure of your shoe. The fungus normally develops on your toenails and discolours them, the toenail can also become thick and loose.

Ingrown toenails

Ingrown toenails occur when pressure on the nail forces it to grow inwards. If left untreated for any length of time the toenail can start to grow inside the skin. The area will become inflamed, red and very sore.

Hammer Toes

Another condition is called Hammer Toes and these form due to your foot tendons not working correctly. The tendon does not pull your toe correctly and eventually the toe curls up permanently.

Plantar Warts

Plantar Warts are caused by a virus infection and they can be very painful. Depending where on your foot they are located, you could experience discomfort when walking or even putting on your shoe.

Athlete's Foot

Another fungus infection is Athlete's Foot and this is usually found on the bottom of your feet or in between your toes. The area can be red, itchy and have tiny blisters or peeling skin.

Achilles Tendonitis

Achilles Tendonitis is a problem which if left untreated can develop into a permanent issue. If the Achilles tendon is allowed to stay inflamed for a long period of time, the tendon becomes very thick. In some people this tendon has been known to become ruptured.

If you are suffering from any of these common foot problems be sure to seek medical advice first.

Many of these conditions can be treated with natural remedies and supplements found in many stores both on and off line.

Also, wearing a good quality shoe can ease your foot problems considerably.

Foot Treatment Regimen

Without the correct foot treatment regimen your feet will begin to undergo changes. You will start to suffer from sore feet and your skin will start to dry up.

A little pampering will go a long way in keeping your feet healthy. The worst case scenario is that you develop smelly feet and who wants to be known for having foot odour?

After a long day at work what is nicer than coming home and soaking your feet in some warm soapy water or maybe even in a foot spa?

It is recommended that you soak your feet for no longer than 10 minutes. This is to prevent your skin from drying out excessively. Then pat your feet dry and massage some foot lotion into them. This will make your entire body feel relaxed and is a great way to re-energize after a hard day.

Sometimes we tend to forget about our feet and then wonder why we develop foot problems. Using a foot treatment regimen is an effortless way to ensure our feet stay healthy for years to come.

A Basic Foot Treatment Regimen

- **Examine your feet weekly for any dry spots, blisters, calluses or anything that looks unusual.**
- **Wash or soak your feet daily in warm water.**
- **Pat your feet dry with a soft towel, don't rub as this can cause blisters.**
- **Apply a good quality foot lotion.**
- **Use powder if you suffer from sweaty feet.**
- **Wear fresh socks each day.**
- **Always wear dry shoes and check for stones or debris before putting them on.**
- **Always cut your toe nails straight across.**

When examining your feet, if you do notice anything unusual then check with your doctor. This is especially true if you suffer from foot pain which is relieved by taking the weight off of your feet.

Other conditions to watch out for are tingling sensations in your feet that don't go away. Any injury that just doesn't want to heal, and if your foot or leg starts to turn black or blue for no apparent reason are all signs that medical attention is required.

Untreated foot pain can lead to many foot problems including plantar fasciitis, athlete's foot and other ailments.

Our feet take a lot of stress each and every day. Take the time to apply this basic foot treatment regimen and your whole body will thank you for it.

Natural Arthritis Treatment for your Achy Feet

Living with arthritis can be extremely difficult. Suffering from this disease makes your joints achy and swollen almost every day.

If you want to experience any degree of relief from arthritis then it is a good idea to look at an effective method of arthritis treatment for your feet.

There can be various reasons why you are suffering from arthritis, you possibly injured your feet many years ago and are now experiencing the consequences.

Consuming too much alcohol and being overweight are also reasons which result in arthritis. Any condition which suddenly breaks down large amounts of body tissue can be another cause.

You will know if you have arthritis in your feet as they will be sore and stiff after you have rested for any length of time. Standing or walking can cause pains in your feet or ankles, and your feet might hurt more with changes in the weather and the seasons.

Another side effect is that your feet will become swollen and you may have a hard time moving your toes and flexing your ankle. All of this can make walking very difficult and extremely painful.

Your doctor will be able to determine if you have arthritis in your feet and unfortunately there is no cure for this. Arthritis treatment is done on an individual basis and you have to experiment to find what works for you the best.

Keeping your weight under control is one easy way to alleviate the symptoms and pain of arthritis. Another way is to cut back or eliminate alcohol from your diet.

Adding in some form of exercise each day will help to strengthen your muscles and will help to increase your flexibility.

If your feet are your main cause of you looking for arthritis treatment then purchasing orthopedic shoes can help. These shoes will add support and comfort to your feet making walking more enjoyable.

Other forms of natural arthritis treatment include using supplements. The most common and the most effective of these is the use of Glucosamine and Chondroitin.

These two compounds can help in repair your joint tissue and keeping your joints healthy. Turmeric and Ginger are known to be anti-inflammatory herbs and have been proven to be extremely beneficial to arthritis sufferers.

As well there are many other combinations of natural supplements which can be used in your arthritis treatment. Using these as well as soaking and massaging your feet daily will help to provide you with a good level of relief, and your arthritis will be more manageable and less painful.

Using Glucosamine to deal with Foot Pain

There is nothing worse than having to suffer from excruciating foot pain whether it is your entire foot which is the cause of your pain, or you have heel pain.

Looking for an effective treatment that actually works can be a long process. If your foot pain is severe then a check up with your doctor can determine the cause of the problem.

No-one wants to take medications unnecessarily and many people prefer to look for natural remedies for their foot pain. With so many over the counter remedies how do you know which actually work and which act as nothing more than placebos?

If you do some research to find out what natural remedies work you will discover that there are various natural herbs which can help alleviate foot pain. These include the use of **Glucosamine** and **Chondroitin**, these substances are found naturally in your body and aid your body in protecting and healing your joints.

The thing to remember with these natural supplements is that you must take them on a regular basis. It normally takes about 2 – 3 weeks to start feeling the effects, then the person's foot pain will diminish within a couple of months and they stop taking their daily dose. Before they know it, the foot pain returns and they have to start the whole process over.

The whole key to reducing your foot pain is to reduce the amount of swelling in your feet, relieving your pain level and then slowing down the damage done to your joints. This is where you will benefit from taking Glucosamine.

Glucosamine works by going straight to the area of your foot pain and starts work immediately. Your body's production of protein is stimulated, which assists the building and repair of your connective tissues.

As a person ages their body starts to produce less glucosamine so taking a daily supplement can be very beneficial in slowing down joint degeneration. Your body is able to handle good doses of this natural supplement but as with any herbal extract too much can have possible side effects.

These would include nausea, skin rashes and heartburn.

When purchasing a brand of Glucosamine for your foot pain, look for a good quality supplement which has all the ingredients listed on the bottle. Cheaper brands may not have the high quality of ingredients and ultimately you will not get full benefits from your supplement

Why Orthopaedic Shoes are the Best Choice for your Feet

If you experience any type of foot or leg pain it can be difficult to walk around all day doing your daily routine. If the pain you are experiencing is coming to a point where it is almost unbearable then you might want to consider purchasing a pair of orthopaedic shoes.

If you have a pre-existing medical condition then your health insurance should cover part of the cost of your orthopaedic shoes.

Even so the expense of a new pair of shoes can be outweighed by the benefits. Once you have a shoe that fits your foot it will be so much more comfortable to walk.

After you take your shoe off your foot will not be as sore and achy. Many people have noticed a decrease in their foot and knee pain within days of wearing a good pair of orthopaedic shoes.

An orthopaedic shoe is manufactured to fit your foot correctly and is made of high quality and breathable materials. Many times shoe inserts or insoles can be placed inside the shoe for added comfort.

The toe section of an orthopaedic shoe is wider than a normal shoe allowing more room for your feet to move. This is great for anyone suffering from swollen toes, hammer toes and other foot issues.

Diabetic patients often wear these types of shoes to prevent pressure from building up and causing sores or calluses.

Manufacturers have replaced the once looking big and bulky orthopaedic shoe with more stylish options. Today you would have a hard time distinguishing who was wearing an orthopaedic shoe and who wasn't.

With so many people having access to the internet, shopping for shoes online is a viable option and allows you to shop for bargain prices.

A good quality shoe will allow you to walk with no discomfort or pain. These types of shoes have good support for your arches and heels. The breathable materials allow room for air to circulate around your foot, preventing toenail fungus from developing.

Arthritis sufferers also benefit from orthopaedic shoes, the shoe will help lessen the impact of walking on their knees and hips. These joints are prone to be more susceptible to developing arthritis and osteoporoses as you age.

Taking care of our joints in our younger years will prevent the likelihood of foot and knee problems from developing.

You have many options when shopping for a pair of orthopaedic shoes, always ensure that you get your foot measured correctly and buy accordingly.

A good pair of shoes can easily last you 6 months of more before they need replacing and the additional comfort is well worth the cost.

I hope you've found this report helpful.

Don't neglect your feet. They'll take a lot of wear and tear in your lifetime and for the sake of your health...

...please look after them!

Take care and best wishes

Angela Wilson

<http://AngelaWilsonChiropodist.com>

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