

Natural Help 4...

Foot Odor



What is Foot Odor?

Foot odor is best described as type of body odor that affects the feet and gives off an unpleasant smell. Foot odor affects millions of people.

Some people may develop extreme foot odor which is a condition known as bromhidrosis and may be influenced by various factors which include **excessive sweating** (hyperhidrosis), hormonal changes, stress, certain foods or drugs.

What causes Foot Odor?

Foot odor often occurs because feet sweat from wearing socks and being enclosed in shoes. Feet have more sweat glands than any other part of the body and as a result they can sweat excessively because of the lack of air ventilation. This **excessive sweating** creates a **breeding ground for bacteria and fungus** which causes the foul odor.

Help for Foot Odor

The most effective way to control foot odor is by practicing good hygiene habits every day – wash feet with antibacterial soap, dry them thoroughly, **change socks and shoes, and apply foot powder** or spray to feet.

If these preventative measures fail to work, consult your health practitioner for a stronger medication such as aluminum chloride hexahydrate 20% solution.

Another treatment option such as electric-current devices may be considered and involves electric current being passed through the skin to **eliminate perspiration for several weeks**. In more severe cases, the nerve that controls sweating in the affected area can be cut off safely by a surgeon.

Natural remedies have also proven to be an effective alternative for eliminating foot odor. Treatments such as herbal and homeopathic remedies have cleansing and purifying properties which helps to **maintain freshness throughout the body**.

Herbs such as Foeniculum vulgare (Sweet Fennel) and Carduus marianus (Milk Thistle) have both been used for centuries and are excellent for the digestive system and help to get rid of toxins within the body. Homeopathic ingredients such as Kalium phosphate (Kali. phos.) and Silica cleanse the cells of toxins and rid the body of bad odors and also serve as a wonderful nerve tonic.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Tips to prevent Foot Odor

- Wash your feet daily in warm water with an antibacterial soap and dry them thoroughly, especially between the toes
- Change your socks and shoes at least once a day
- Apply an antiperspirant, foot powder, foot spray or foot creams to your feet every morning to keep them dry
- Wear thick, cotton or wool socks to help absorb moisture - avoid synthetic fabrics such as nylon and polyester
- Insert insoles in your shoes as they not only absorb the unpleasant odor but also give off a lovely fragrance
- Avoid wearing shoes made of plastic, instead opt for shoes made of canvas, mesh or leather that will allow feet to breathe
- If you have worn the same shoes all day and they become moist or wet inside, allow them to dry completely before wearing them again – coat them with talcum powder or stuff them with newspaper
- Soak your feet in a tub of apple cider vinegar or strong tea as the tannins in the tea will eliminate the odor

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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