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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How To Relive Foot Pain

By Dave Wilson

What causes foot pain?

There are many factors that contribute to foot pain

· Wearing shoes that do not fit properly — causing calluses and bunions · Obesity or being overweight increases chances of foot problems or injuries.

A great tip when buying shoes — buy them in the afternoon when feet are at their largest due to swelling. If you wear heels, no more than one inch is best.

Calluses are thickened layers of skin caused by repeated pressure or friction. These are usually seen on the top or side of a toe when shoes do not fit properly. A bunion is a condition where the big toe points toward the second toe. This causes a bump on the edge of the foot that may also appear on the joint of the big toe.

High-heeled, narrow shoes that push the big toe towards the second toe can cause bunions. The condition is seen mostly in women, and sometimes runs in families. Bunions can become painful when extra bone and accompanying fluid-filled sac start to develop at the base of the big toe.

Relieving foot pain

Water massage

There feet relieving pain procedures can be used for all kinds of foot pain. Baths of hot and cold water can be very helpful for reducing swelling and pain.

Here's what you do:

1. Soak your foot for 5 minutes in cold water
2. Move the foot to a container of hot water of a tolerable temperature. The temperature of the water should not be cool or even lukewarm.
3. Soak the foot in the hot water for 5 minutes
4. Return to the cold water

This simple process invigorates the feet and

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opens and closes blood vessels. When you're finished, use a moisturizing lotion to help massage the feet.

Ointments

There are some ointments, especially those made from capsaicin (interestingly, an active ingredient in hot peppers) that are excellent in relieving foot pain. The capsaicin helps in relieving the blaze caused by burning feet especially for diabetic individuals. Applying the ointment may cause burning sensations in some people but should not be a cause of alarm as this effect lessens over time.

Especially for diabetics, the effects of capsaicin ointment are remarkable. Many diabetics report greater improvement and were waling more easily compared to those using other brands of creams. Another advantage comes from the fact that since these ointments are applied onto the skin, there is less risk

of side effects.

Break in new shoes carefully

New shoes often create some foot problems, especially if you use them for running or strenuous walking or hiking. Individuals with new shoes shouldn't over exert or they may end up experiencing excruciating break-in pains. Of course modern footwear has come a long way in terms of shoe development technology.

Stretching

Stretching out the calf can help reduce or relieve foot pain. Try this:

1. Standing three feet away from a wall, place your hand on the wall.
2. Lean toward the wall, bringing one leg forward and bending at the elbows.
3. Keep your back leg straight with the heel on the floor and then gently stretch the calf muscle.
4. Repeat for the other foot

Stretches like this can help in relieving some of the tension in the feet.

Choose the appropriate shoe size and shapes

Choosing the right shoe size and shape is important when it comes to foot problems. You need to buy shoes that match the arch of your foot so you don't put too much tension on your foot. Another tip? Shop for shoes in the afternoon, as feet tend to be larger at this time of day.

Before you try any of the remedies discussed here, consult your own doctor for the treatments that will be best for your unique situation.

By Dave Wilson. For more information and to sign up for a Free Foot Pain Relief Newsletter please visit

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Pain In Heel Of Foot And Self Treatment

By David Buster

Pain in heel of foot self treatment can be done at home if you are suffering from plantar fasciitis. Common causes of pain in heel of foot conditions are inflammation and/or tightness in the plantar fascia, which is the tissue on the bottom of the foot.

Plantar fasciitis pain is often felt at the front part of the heel on the bottom of the foot. This heel pain spreads along the bottom of the foot towards the toes. If the ligaments of the foot bottom have tightened up overnight due to inflammation, putting your weight on your foot to walk when getting out of bed in the morning becomes painful. The tight foot area is stretched as you put your weight on your foot, which causes a 'hot' kind of pain that runs along the heel toward the toes.

Besides having pain when getting out of bed in the mornings, you may find that the pain in heel of foot condition is only a problem after being stationary for a while, or late in the day or while doing certain kinds of activities.

Here are pain in heel of foot treatments that help reduce inflammation of the plantar fascia:

- Use Ice Massage – fill a sports water bottle with water, freeze it and place it on the floor. Roll your foot over it for 20 minutes two times a day. Doing this will both help decrease the inflammation causing the pain in heel of foot condition while stretching out the arch.
- Use a Contrast Bath – to help decrease chronic inflammation, try contrasting treatment between ice and heat. Pay attention to how the pain in heel of foot condition feels when alternating between ice and heat since some people find they do better with ice while others have better results with heat.
- Take Anti-inflammatory Medications – medications such as ibuprofen will help decrease inflammation that occurs in the fascia. However, don't simply mask the pain with a medication. If you reduce the pain with the anti-inflammatory medication but keep on participating in activities which cause tearing and inflammation of the plantar fascia, you are not healing and will likely not improve. Continue resting, icing and stretching while you take the medications.
- Reduce or Avoid Activities that Aggravate the Condition – climbing stairs, walking or running on hills, squatting, lifting heavy items and walking on uneven terrain all can make the pain in heel of foot condition worse. Limit the number of times you go up and down stairs and try to avoid hills and uneven terrain. If you have to squat down, keep the inflamed foot flat on the ground and in front of the other. Do not lift heavy items. Besides reducing pain in heel of foot inflammation, stretching exercises can be effective in helping treat heel pain. Learn as much as you can about self treatments for pain in heel of foot conditions. Plantar fasciitis pain can

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be just annoying or it can become so serious that you cannot walk. Understanding heel pain causes can help you know how to find relief. Foot surgery should always be considered the very last resort.

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Read more about natural treatment and reducing heel pain at

<http://www.safemenopausesolutions.com/plantar-faciitis.html>

– David Buster is VP of InfoSearch

Publishing and webmaster of

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