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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!**

## Smelly Feet

By Sharon Hopkins

You take care of your feet by washing them regularly.

You change your smelly socks at least once a day. Your shoes are well kept. But in spite of all this, your feet stink. Sometimes the condition is so bad that by simply removing your shoes, people around you know that you have smelly feet. The condition can be embarrassing, especially in public. By following some simple tips, you can take care of your feet and avoid the problem of smelly feet.

The common home remedies for foot odor are:

- Apply tea to the area: Using a soak made from tea bags and applying it to your feet will eliminate the problem of smelly feet. This is because the tannic acid from tea tans the skin. Take a couple of tea bags and boil them in a pint of water for 15 minutes. Then remove the tea bags and pour the pint of this strong, hot tea into a basin or a large pot and fill it with two quarts of cool water. Soak your feet for 30 minutes daily for seven or ten days and you will not experience the problem any longer.
- Use acne remover: If your feet really stink very badly, you suffer from toxic sock syndrome. In this case, you should look at your soles. If they are whitish in colour with tiny pits, you are suffering from the condition called pitted keratolysis. The microorganism that causes this condition is the same one that causes acne, you can use over-the-counter acne medication with 10 percent benzoyl peroxide.
- Go for an antiperspirant: There are special foot deodorants to remedy the problem but they can be quite expensive. But you go in for any underarm antiperspirant, which is a cheaper alternative. Go for a roll-on that has aluminum chloride hexahydrate as the active ingredient. Use it twice a day. But avoid aerosols since all their smell is dissipated in the air.

Sharon Hopkins has been managing a number of natural home remedies websites, such as

<http://www.home-remedies-for-you.com>

, which provides information on Home Remedies and Natural

## Smelly Feet

Cure for various ailments. Foot Odour can be treated by following some simple home based remedies

### **9 Easy Steps To A Pedicure**

**By Kenia Morales**

Before putting on those sexy, comfortable open toe shoes make sure your feet skin is in good condition. With these easy nine steps you too will have silky feet. So go ahead get ready to do your own pedicure. Soak your feet for 10–15 minutes in warm water containing Epsom salt or foot soak

Use a pumice stone, exfoliating scrub to gently scrub the soles of your all over your feet and heel to remove dead skin.

Dry your feet.

Trim your toenails and push back cuticles.

Rinse feet once again and pat dry.

Massage feet with plenty of foot lotion. Body lotion, petroleum jelly or cream can be use to replace foot lotion.

Wrap feet on plastic bags and cover for at least 15 minutes.

Paint toe nails. Make sure to apply at least to coats of nail polish and a top coat of clear nail polish to give it more shine. Give it enough time to dry, before putting on any shoes. If you put on shoes too soon your pedicure will get ruin.

Enjoy your self given & low cost pedicure!

Kenia Morales is the owner and publisher of online magazine " For Every Aspect Of Today's Woman". To find more beauty tips and other women related issues and topics visit her site at

<http://www.kpatra.com>

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