

foot healing

♥ Do foot problems describe your reality? Do you suffer from aching feet, plantar fasciitis, bone spurs and stress fractures in your feet, foot injuries or heel pain, Is your body speaking to you through your feet?



Thought patterns

Athletes foot

Old thought pattern Frustration at not being accepted.
Inability to move forward with ease.

New thought pattern I love and approve of myself. I
give myself permission to go ahead. Its safe to move.

Blisters

Old thought pattern Resistance. Lack of emotional
protection.

New thought pattern I gently flow with life and
each new experience. All is well

Callouses

Old thought pattern Hardened concepts and ideas.
Fear solidified.

New thought pattern It is safe to see and
experience new ideas and new ways. I am open
and receptive to good.

Corns

Old thought pattern Hardened areas of thought -
stubbornly holding onto the pain of the past.

New thought pattern I move forward free from
the past. I am safe. I am free.

Ingrown Toenail

Old thought pattern Worry and guilt about your
right to move forward.

New thought pattern It is my divine right to take
my own direction in life. I am safe. I am free.

What is pain ?

Only you can discover your truth.
Your foot pain is not good or bad,
it is just information about where your
true self, your true heart lies,
from deep in your soul.

All you need to do is offer love,
then listen, really listen.

It takes a little practice, keep
trying.

You are amazing you go girl !

LOVE ♥ LOVE ♥ LOVE



Bunions

A bunion (hallux valgus) is the enlargement of the joint at the side of the big toe. The big toe bends inward and a bony lump forms. The lump is actually bone protruding and can be very painful and if it is left untreated arthritis can set in.

Bunions are quite common and experienced mostly by women. They can develop from a unusual foot function but are most commonly caused by wearing improper shoes - too tight - maybe those stilletos that look so fab but hurt like billio by the end of the night.

My Gran had dreadful bunions and hammertoes, I remember being fascinated by them as a young girl. I just wanted to uncurl them and straighten them. She loved dressing up and partying the night away my Gran, she wore the most gorgeous crimson coloured nail polish on her long fingernails and her ear lobes were long and stretched from all her fantabulous earrings.

The price of beauty

Remedies

Wearing the correct shoes with lots of room is the first step.

Icing them each night for 10 mins helps relieve the pain.

Metaphysical

Lack of joy in meeting the experiences of life.



Heel or Arch pain

Heel and Arch pain (plantar fasciitis) is one of the most common foot disorders. You often notice it as soon as you get out of bed and is very common in middle aged people.

The pain is caused by the tearing or stretching of the large muscle that connects your heel bone to your toes. It supports the arch of the foot. This tearing comes about from either excessive weight, age, poor foot function ie: the foot rolling either inwards or outwards or incorrect fitting shoes.

While you are resting this muscle shortens again. When your body weight is rapidly applied to the foot as in getting up in the morning, the muscle lengthens quickly and small tears occur causing sharp pain. The longer you have had the pain, the longer it takes to heal.

I have suffered from this after 2 years in jandals and just a little excess weight (haha) and its damn painful.

Remedies

The best remedy I found is getting the correct shoes, the pain doesn't go away immediately infact in can get a little worse at first but then it dissapates.

Hot linseed oil packs relieve the pain as well.

Heat the oil gently, saturate a cloth in the oil. Then apply the cloth to the heel or the arch. Place a wheatpack over it to keep it warm.

Arnica cream works well also, massage it in morning and evening.

A Glucosamine sulfate and or fish oil supplement really helps reduce inflammation.

Metaphysical

Fear of the future.....

Burning feet

A burning sensation in the ball of the foot, often combined with a ball of the foot callous. If this is the case then the pain is probably caused by wearing high heels or rubber soled shoes for too long. 85% of women who wear high heels suffer from this problem.

In some cases it can be a Vitamin B3 deficiency, try a B complex supplement and see if that helps.

Check your soles aren't too thin either, this is sometimes a contributing factor.

Excess weight again doesn't help.... of course!

If the pain is constant you should see your Doc as it maybe neuropathy or diabetes.

I have some gorgeous shoes that give me burning feet everytime I wear them, they have thin rubber soles but I do love them.

Bathing your feet in ice cold water with ginger tea really helps reduce the pain.

If the cause is an acid build up then magnetic insoles are really effective at boosting the circulation and reducing pain.

Check them out at www.magneticexperience.com.au.



Cracked heels

When the skin on the bottom of the feet and heels becomes too dry, it can split and thicken. For most people it is just a cosmetic problem but for others it can be very painful. The cracks can get so bad that infection can get in making it hard work just to walk.

Cracked heels can be caused by standing on hard floors, open back sandals, jandals, flipflops, thongs whatever you like to call them. These shoes allow the heel to expand sideways. Carrying excess weight (uh-oh) can also cause the problem, think of squashing a tomato.

Remedies.

Wear shoes that have a good shock absorbing soles. Loose a little weight (yep I'll get right on to that). There are lots of Urea based creams available from the pharmacy at varying prices, check the urea %. My favourite is Eulactol, put it on at night and after 2 weeks your heels will look fabulous. It is also good to use before a long walk as it prevents friction and blisters. I only recommend the Eulactol treatment until the heels are back to normal, then use a natural cream for daily maintenance. Tootsie cream is my tippie.

You will also notice a difference with an increase in water and a fishoil supplement. Also increasing skin smoothing foods in your diet like oat meal and yams helps.



Corns and Callouses

Callouses and corns are a sign of constant friction and rubbing on the foot. A callous is a thickened, hardened area of skin that forms to protect the skin from excessive pressure. A corn is a type of callous with a long core, they usually develop between the toes, again caused by pressure or friction.

Tight or ill-fitting shoes are the main cause of corns and callouses. Sometimes bunching or sock seams rubbing can cause a problem.

Get yourself some shoes that fit properly or some cushioning of some sort for your shoe.

If your corns are caused by a foot abnormality, go see a podiatrist and they can create a splint to help.

The little round pads that provide cushioning for the corn are great, but be careful of the ones with the chemical in them, they can burn the skin around the corn and make it hurt.

Natural Remedy.

Soak the affected area in an Epsom salt bath.

Liberally apply a foot moisturising balm. Wrap your foot in a plastic bag leave for 2 hours (watch TV, have a wine)

Remove the bag and gently rub on the callous or corn with a pumice stone, then place a

protective pad over the area.

Avoid shoes that put pressure on the area.



Hammer toes

A hammertoe is a toe that is curled due to a bend in the middle joint of a toe. Mallet toe is similar, but affects the upper joint of a toe.

Both hammer toe and mallet toe are commonly caused by shoes that are too tight in the toe box or shoes that have high heels. Under these conditions, your toe maybe forced against the front of your shoe, resulting in a unnatural bending of your toe which overtime creates a claw-like toe.

Or they maybe hereditary or a result of arthritis.

Natural Remedies

- There is not alot you can do for hammertoes although getting shoes that fit correctly would be a good start.
- If you catch them early toe stretching and flexing in combination with the correct footwear can help considerably.
- If you already have hammertoe which is very painful or you just hate the way it looks, go and see your podiatrist. There is a procedure they can do in-house where you won't need stitches or painkillers, you can get back to normal activity directly.
- If its not too bad they may even be able to correct it with a splint.
- Sometimes surgery is the only option, but if they are making you miserable just do it. You will feel so much better and you are most definitely worth it



Planter Warts

Planter warts or verrucas are found on the soles of the feet and are caused by a virus. They are self-limiting in that at some point they often just disappear, usually about 3-5 years. Verrucas/warts are slightly raised and circular in shape. The surface of the verruca may have black dots. They look like a small callous and are sometimes confused with a corn. The black dots which are blood vessels are a giveaway that it's a wart not a corn.

Natural Remedies

- Cut a plain uncooked potato in half, rub the wart with the juicy side & put the potato in a sunny spot outside,
- Place a cotton ball soaked in vinegar on the wart & leave it overnight.
- Place a banana peel on the wart overnight.
- Place a cotton ball with tea tree on it on the wart overnight.
- Take a garlic supplement daily & rub on topically 2x daily.
- Place duct tape over the wart, replace daily.

here's my favourite...

- Split a bean in two, draw blood from the wart, put it on one of the halves & bury that half at a crossroad at midnight.

Bits and Bobs.

- Warts are often a sign of a lowered immune system, commonly found in children as their immune systems aren't fully developed.
- If possible it is good to let a wart run its course as it helps build immunity against infection at a later date.
- Warts are sometimes linked to a potassium deficiency hence the banana & potato remedies
- A Vitamic C supplement may help as it boosts immunity.

Metaphysical... Angry at the very basis of your understanding. Spreading frustration about your future.

Athletes Foot

Athletes foot or Tinea pedis, is a common skin infection that is caused by a fungus. This fungus eats old skin cells and plenty of them can be found on the feet. Cases of athletes foot can be mild to severe. A person who has it may have a rash that itches and burns. Other signs and symptoms:

- bumps on the feet
- cracked, blistered or peeling areas, often between the toes
- redness and scaling on the soles of the feet
- skin between the toes may look 'cheesy' and have an unpleasant odour
- a rash that spreads to the instep
- raw skin from scratching.

Prevention

- Wash your feet everyday
- dry your feet thoroughly
- go barefoot when you can
- wear cotton or bamboo socks and change them daily
- Try not to wear the same shoes everyday
- Keep bathroom surfaces clean
- don't share towels or foot wear
- this fungus loves warm moist places and thrives in these conditions.

Naturopathic perspective.

Tinea is a stubborn organism, if it keeps recurring, see a naturopath to find out whether it might be candida.

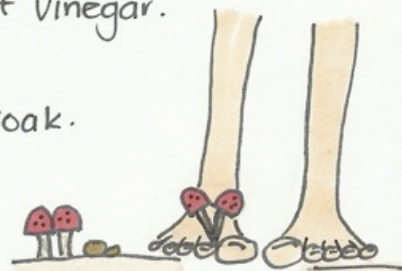
Some people are more susceptible to this fungus.... why is that? A naturopath can tell you what made you susceptible in the first place and prevent it from occurring again. Please check out this fantastic article by Eric Bakker my favorite naturopath.

www.naturopath.co.nz/Articles/candida

Home remedies.

- Bath your feet in a 50/50 dilution of vinegar.
- Trim toe nails straight after foot soak.
- Apply tea tree solution daily after soak.
- Do this daily for 30 days.

Metaphysical: Stagnating beliefs.



Natural Remedies

Planterwarts/Verrucas.....

Apply 2-4 drops of teatreeoil to the area & then fasten a slice of garlic to the area using tape. Do this each night for 3 weeks.

Athletes foot.....

Apply teatree oil on cotton balls liberally to the area two times daily.

Gout.....

Mix cayenne pepper with oil of wintergreen to form a paste. Apply to the affected area to relieve inflammation and pain. It may sting at first but it should diminish.

Corns and Callouses.....

Soak the affected area in epsom salts. Liberally apply a foot moisturizing balm. Wrap your foot in a plastic bag leave for 2 hours (watch TV, have a wine). Remove the bag & gently rub in a sideways motion with a pumice stone, then place a pad on it. Don't wear shoes that put pressure on the area.

Toenail fungus.....

Drink camomile tea three times daily. Apply a camomile tea infusion directly onto the toe with a cotton ball three times daily. Dust your toes morning & night with garlic powder.

Natural remedies

Foot odour.....

Deodorise shoes with 2 teaspoons of baking soda + sage at the end of each day. Soak feet in baking soda foot bath every night for a month.

Cracked heels.....

Make up a solution with one part glycerin, one part lemon and two parts rosewater. Store in a jar and apply before bed under cotton socks.

Burning Soles.....

Soak feet in cold water, ice and ginger tea for 15 - 20 mins.

Cold feet.....

Exercise your feet then alternate hot + cold foot baths to stimulate blood flow.

Swollen feet.....

Create an aromatherapy blend in 50 mls of coconut oil 5 drops ginger to warm 4 drops of lavender to relax 3 drops of Cypress as a vasoconstrictor and apply daily.

The ginger foot soak in the foot care section is amazing as well.