

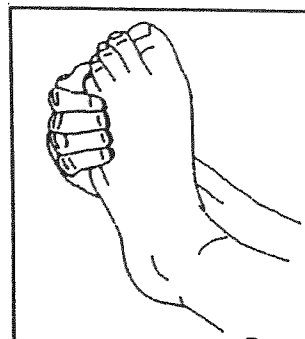
# "Oh, My Aching Feet!!"

by Tessa Jupp RN

We take our feet for granted - until they hurt! If our feet hurt, it affects everything else in our life. If we can fix the feet problems and so forget about our feet, it is much easier to get on with daily living. Maybe it is just another way our bodies are trying to get us to tune in to

deficiencies that can affect other parts of the body too.

Often something simple - like taking enough of a supplement like magnesium or manganese to get rid of the foot problem, will also correct lots of other problems and discomforts in other parts of the body too. It is always worth a try.



PROBLEM	PROBABLE SOLUTION
arch of foot sore, archilles tendon	manganese
arthritis	boron, gelatine, Vit B6, Vit C, EFA*, glucosamine, MSM (sulphur)
blue feet	poor circulation - magnesium, Vit E, elevate, massage & exercise
bruising	hirudoid ointment, Vit C,
bunions	boron
burning feet	Vit B5, B1
bursitis	B12 injections every 2 days for 2-4 weeks or till pain gone
callouses	Vit B3, EFA*, check fit of shoes, apply fresh banana skin daily to area
cellulitis	Vit B1, B3, Vit C, Colloidal Silver, potassium
chilblains	Vit B3
cold feet	magnesium, wear thick socks, soak in epsom salts bath or footbath
corns	apply banana skin to corn only for 24 hours, check fit of shoes
cracks, painful splits in skin	Vit B3, EFA * (Essential Fatty Acids)
cramps	magnesium
creaky, popping joints	zinc
disjointed, wobbly foot bones	manganese
dry hard skin (heels, toes, sole)	Vit B3, EFA* (Essential Fatty Acids)
flat feet	manganese, arch support in shoe, podiatry insert
fractures (painful new or old)	boron and magnesium together
gout	boron, gelatine, Vit C, folic acid
hangnails, overly rounded nails	insufficient dietary protein, (try lemon juice with meats), Vit B12
heel spurs	B12 injections as for bursitis plus magnesium & manganese
ingrowing toenails	soak in tea tree oil, Colloidal Silver or salty water
instep painful	boron, manganese, are shoes too tight
itchy feet	EFA*, dust with "corn" cornflour
jerking, jumping, spasm	magnesium
loss of sensation	lipoic acid, B6, B12
pins & needles	B12, B6
plantar warts	strap on "inside of fresh banana skin" every 24 hours to wart only
puffy sore soles	magnesium
rashes/bites	dust with "corn" cornflour, take extra Vit C
receding lifting nails,	fungal infection - see "tinea"
red blotchy blemishes	poor liver function -try taurine, lemon juice, selenium & lipoic acid
red itchy inflamed patches	fungal - use canestan ointment or Colloidal Silver or get pathology
red sore pressure areas	shoes too tight, get professional fitting
restless, twitching, swinging feet	magnesium, Vit E
sensitive feet (feel the pebbles)	magnesium
smelly feet	zinc
stabbing sharp pain	Vit B6
sticky moist feet	dust inside shoes with "corn" cornflour or talc
stiff joints, clumsy, shuffle	manganese, B6, B12
swollen feet	potassium, B6, B1, Vit E, elevate, avoid eating grains, massage
thick discoloured toenails	nutritional deficiencies, try lemon juice before meals
ticklish feet	magnesium
tight or lax tendons	manganese
tinea, athletes foot	soak in tea tree oil, Colloidal Silver
tired feet, no energy	carnitine, magnesium, elevate, soak in hot Epsom Salts
tripping, falling over	carnitine, manganese
ulceration	Colloidal Silver, raw honey
warts	Vit A, E, C, banana skin