

# EASY FIXES for SMELLY FEET



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## I. Sweaty and Smelly Feet



Every foot has its specific odor which gets to its peak when we cover it with socks and shoes. Having certain kind of food also gives out smelly odor.

There are two simple and straight forward reasons for having smelly feet; one is the kind of shoe you wear and the other is the sweating of your feet.

Sweating is an important process which helps to maintain our body temperature. It helps to remove waste products from our body, but sometimes, these smells become unbearable.

Some individuals perspire more than the required amount to cool the body. This is known as Hyperhidrosis. Every foot has more than 250,000 sweat glands, so you can imagine why your foot smells so bad.

The main reason for this kind of smell is because of the bacteria. As the bacteria feeds on the sweat, it excretes waste in the form of malodorous odor.



You can come across different feet smell due to the presence of various bacterial species. Some of the common smells are cheesy and trainer smell.

## II. How Can We Prevent Smelly Feet



Smelly feet cannot only be an embarrassment, but can seriously damage the self-esteem. There are many people, especially guys, who have to deal with this problem every day, and also are the victims of numerous medicines that didn't help.

**What is causing this problem and how to prevent it? So here it is.**

Smelly feet, also known as “bromohydrosis”, are the result of the interaction between perspiration and the bacteria that lurk in your shoes and socks.

The foot and hands contain the most sweat glands than any other part of the body (about 3000 glands per square inch).

Inside the shoe, the temperature reaches sometimes 102 F. So these temperatures, combined with the moisture generated by the sweat glands,

constitute the perfect environment and a fertile breeding ground for the bacteria responsible for your smelly feet.

The bacteria that are often found in foot odor are usually corynebacterium and micrococcus species. They produce the isovaleric acid which is main substance responsible for the smelly feet. So, successful treatment of smelly feet depends on eliminating these organisms.

Smelly feet can also be caused by an inherited condition called hyperhidrosis, or excessive sweating, which primarily affects males. Stress, fluid intake and hormonal changes also can increase the amount of perspiration your body produces.

### **Preventing smelly feet:**



Smelly feet generally can be controlled with a few preventive measures. The American Orthopaedic Foot and Ankle Society recommend that you:

- ✚ Maintain good feet hygiene; this way you keep the bacteria population to a minimum level.

- ✚ Change your socks and shoes at least once per day.
- ✚ Bathe your feet daily in warm water the dry them well.
- ✚ Dust your feet frequently with a non-medicated baby powder or foot powder.
- ✚ Look for fungal infections between your toes and on the bottom of your feet and if you spot redness and dry skin, get treatment.
- ✚ Wear thick, soft socks made from cotton to absorb the moisture away from the feet. Don't wear under any circumstances nylon socks.
- ✚ Let your feet breath by wearing leather shoes and don't wear the same pair of shoes two days in a row. (let your shoes wear out at least 24 hours)

You must remember that these measures are mostly preventive and not curative, and if you still have smelly feet it is time for you to visit a doctor and get a professional opinion.



### III. 10 Simple Cures for Smelly Feet

Extra perspiration may be turning your feet into a stink bomb.

The bacteria that live on your skin and in your shoes eat your sweat, producing an acid by-product that reeks, according to a Japanese study. It's a natural process, but luckily, you can reduce the bacteria by creating a drier habitat for your feet, says Rondrick Williamson, DPM, a podiatrist in Atlanta, Georgia.

**10 easy things you can do at home to eliminate bacteria so you can walk odor-free**

#### 1. Baking Soda/ Sodium bicarbonate



Baking soda, known as, Sodium bicarbonate is an effective remedy to eliminate the bad smell of your feet. It reduces bacteria and neutralizes the pH of sweat.

- ✚ Add one tbs. of baking soda for every 1/4 glass with water (should be warm water).
- ✚ Soak your feet in that mix for 15 to 20 minutes every night.
- ✚ Repeat the process daily for about one week.
- ✚ Also, you could sprinkle baking soda in your shoes and socks before wearing them.

## 2. Lavender Oil



Lavender oil helps kill bacteria and beside that it smells good. It has antifungal properties that are effective in treating foot odor.

- ✚ In a bowl with warm water put 30-40 drops of lavender essential oil.
- ✚ Soak your feet in it for 20 minutes.

✚ Repeat twice daily for 7 days.

### 3. Alum



Alum is a colorless astringent compound that is a hydrated double sulfate of aluminum and potassium, used in solution medicinally and in dyeing and tanning.

This powder has astringent and antiseptic properties. It stops the growth of bacteria.

- ✚ Mix one tsp. of alum powder in one cup of warm water.
- ✚ Wash your feet with this solution.
- ✚ After 20 minutes, dry your feet thoroughly.
- ✚ Sprinkle some alum powder on them.
- ✚ Do this once daily for a week.

#### 4. Epsom Salt

Epsom salt, named for a bitter saline spring at Epsom in Surrey, England, is not actually salt but a naturally occurring pure mineral compound of magnesium and sulfate.

Long known as a natural remedy for a number of ailments, Epsom salt has numerous health benefits as well as many beauty, household and gardening-related uses. It fights against microbial infection and neutralizes foot odor. It minimizes the bad smell coming from your feet.



- ✚ You could take a detoxifying foot bath with Epsom salt.
- ✚ Mix two teaspoons of Epsom salt in half a bucket of warm water.
- ✚ Soak your feet in the solution for 15-20 minutes.
- ✚ For fast results, do this before going to sleep so that you do not have to wear socks or shoes for a few hours.

## 5. Black Tea

Black tea contains tannic acid that helps kill the bacteria that produce foot odor. It also has properties that help close pores on your feet, thereby reducing the amount of sweat on which the bacteria feed.



- ✚ Boil two black tea sachets in three cups of hot water.
- ✚ Add half a bucket of cold water to lower the temperature of the solution.
- ✚ Soak your feet in it for 20 minutes.
- ✚ Do this daily for a week.

## 6. Vinegar

Vinegar is beneficial in getting rid of smelly feet. It creates an acidic environment in which bacteria cannot survive.

You can use any type of vinegar, especially apple cider vinegar for this home remedy.



- ✚ Prepare a mixture of one-half cup of vinegar and six to eight cups of hot water.
- ✚ Soak your feet in it for 20 minutes.
- ✚ Finally, wash your feet thoroughly with soap to remove the vinegar smell.

## 7. Borax



Borax, also known as sodium borate is an important boron (chemical element) compound, a mineral, and a salt of boric acid. Powdered borax is white, consisting of soft colorless crystals that dissolve easily in water. It is a disinfectant that eliminates foot odor.

- ✚ Fill one-half of cup of borax and half-cup of vinegar in two cups of water.
- ✚ Spray the inside of your shoes with it.
- ✚ Alternatively, you can dust the inside of your shoes with borax powder before putting on your shoes.

## 8. Sugar Scrub



Removing dead skin and calluses will also help eliminate foot odor, as they too can contribute to smelly feet. Regular use of a scrubber to clean your feet will prevent the formation of calluses.

You can make a powerful homemade scrub by following these steps:

- ✚ Mix sugar, clean water and isopropyl alcohol (91% or above). Put more sugar than water in order to create a thick mixture. Use one part of isopropyl alcohol and five parts of water.
- ✚ Scrub your feet with the mixture for 5 to 10 minutes to remove dead skin cells and bacteria and then wash your feet.
- ✚ Do this at least three times a week.

## 9. Sage



The herb has antibacterial and antifungal properties.

Sage leaves contain tannic acid that helps reduce sweat that contributes to foot odor.

- ✚ Put dried ground sage inside your shoes and socks. It will absorb odor and leave behind a nice green scent.
- ✚ An alternative way to use sage is to soak your feet for 15-20 minutes in sage tea, or drink a cup of sage tea before going to bed.

## 10. Ginger Root

Ginger inhibits bacterial growth and removes toxins. For sure, is an effective solution to get rid of the bad smell of your feet.

- ✚ Make a puree out of a medium sized ginger root and steep it in a cup of hot water for 15 minutes.
- ✚ Use a coffee filter to strain the solution. Use the smooth liquid to massage your feet gently each night before going to bed.
- ✚ Repeat the process daily for two weeks to get positive and fast results.



## IV. Final thoughts

If you want to get rid of your smelly feet is important to take them clean every time.

Another important aspect is to know how to pick the right socks for your feet. Cotton lets your feet breathe. If you tend to sweat more than the average people, bring an extra pair of socks with you and change halfway through the day.



### **Another Smelly Feet Cure Tips are:**

- ✚ Shave excessive hair of your feet / toes
- ✚ Scrub your feet
- ✚ Dry your feet well after washing them

- ✚ Don't wear shoes without cotton socks
- ✚ Use a pumice stone when showering
- ✚ Wash your socks inside out
- ✚ Wash your shoes
- ✚ Use natural air refresheners in your shoes
- ✚ Use a shoe dryer to fight the bacteria
- ✚ Cut down on alcohol intake

Also, you can apply talcum powder on your feet to remove the smell.

You can easily control or eliminate foot odor with these home remedies mentioned above. Try different ones until you find a remedy that really works for you.

If you apply these methods you will get rid of the smelly feet without a doubt.



If you still do not get relief, consult a doctor.