

## How Can We Prevent Smelly Feet?

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Smelly feet can not 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. To help them I wrote this article hoping to at least make them understand 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 this temperature 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.

Scientists estimate that an average foot produces a quarter cup of sweat per day. When the temperature rises or the person is active, as much as a cup of liquid can be created. All this sweat and the protein that accompanies it from dead skin cells can feed six trillion bacteria. Just as such bugs are responsible for the distinctive aroma of Limburger cheese, so too the flora and fauna that live on the feet can create some pretty strong smells. Control the sweat or kill the bacteria and you can banish the odor.

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 the 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 recommends that you:

- maintain a 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 you 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 and under 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 to 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 after using these prevention methods , it is time for you to visit a doctor and get proper examination and a professional opinion.

### **Short note about the author**

Raul Gallu is the author of <http://cure-smelly-feet.blogspot.com>- a website full of resources for those with this embarrassing problem.

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