

FOOT HEALTH

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Calluses, Corns & Bunions

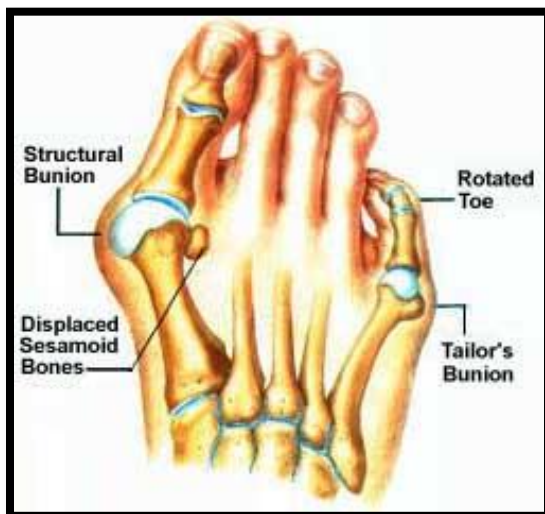
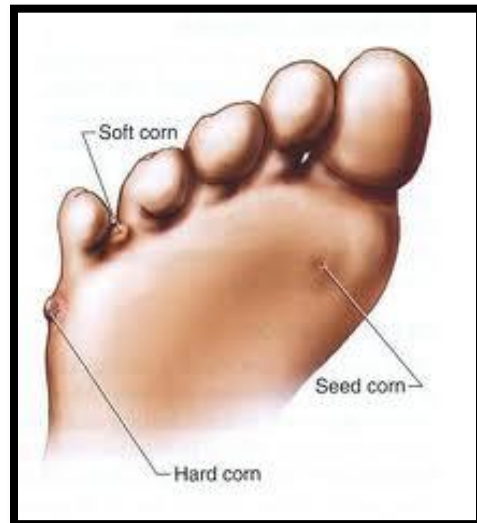
Corns consist of hard, dead skin.

The Seed Corn: The seed corn, also known as a "porokeratotic lesion," is not seen as often as other types of corns. It normally forms on the ball of the foot or on the heel of the foot. It is stiff and shaped like a circle. The seed corn often forms in the middle of a callus. It has a spot in the middle similar to a seed, which is where the name developed.

The Hard Corn: The hard corn, "heloma durum," is usually located on the outside of the baby toe, on the ball of the foot, or at the top the toe. These corns are thick, compact, and hard.

The Soft Corn: The soft corn, "heloma molles," forms between the toes and consists of damp, white skin. The soft corn usually forms between the fourth toe and fifth toes and is sometimes referred to as the kissing corn. It is caused by the rubbing of malformed bones between the toes.

The Listers Corn: This corn is often mistaken for a second toenail. It forms on the small toe, next to the nail. It is hard and looks like a piece of toenail.



BUNIONS

A person with a bunion actually has an enlarged or misaligned joint. The joint that is most often affected is the one that connects the big toe to the bones of the foot; the metatarsophalangeal joint.

In some cases, a similar problem can occur on the pinky or smallest toe. If that is the case, it is usually referred to as a bunionette or a "Tailors Bunion". The affected bone is called the fifth metatarsal.

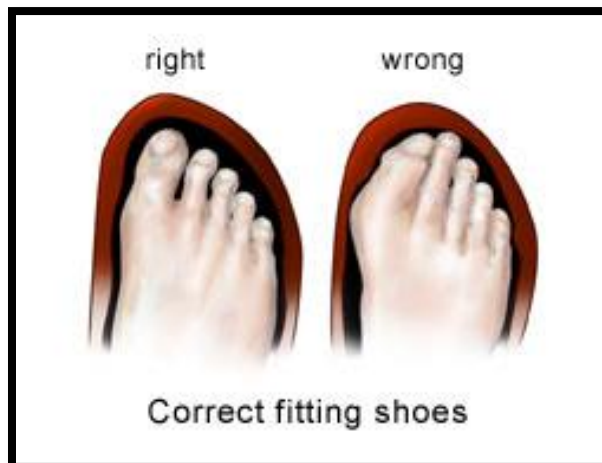
Herbal Aids



BF&C Salve and Tincture: Enthusiasts who began using the formula found that it was excellent for a variety of minor problems. It relieves and heals minor burns, prevents infection and heals cuts and abrasions, heals bruises and rebuilds hemorrhaging areas, relieves sore gums, and takes the pain out of Bunions and Corns.



Using BF&C Salve

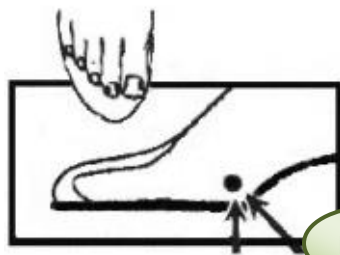




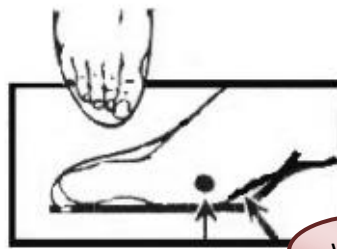
Prevention



The best prevention for bunions is to wear shoes that fit properly. This means that they give the foot ample space and don't crowd the toes. In fact, women are more prone to bunions than men because women commonly wear tighter shoes.

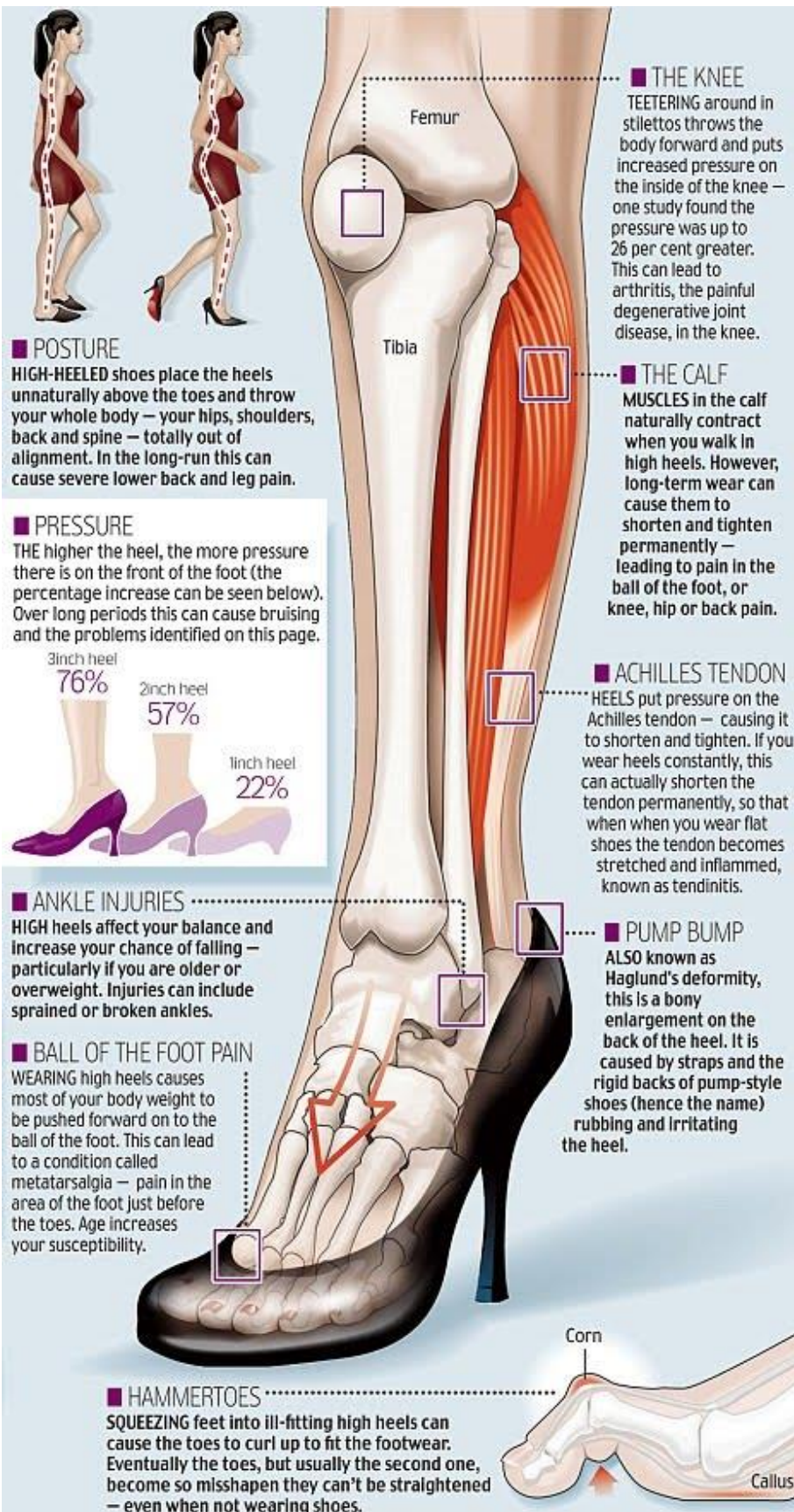


Right



Wrong





POSTURE

HIGH-HEELED shoes place the heels unnaturally above the toes and throw your whole body — your hips, shoulders, back and spine — totally out of alignment. In the long-run this can cause severe lower back and leg pain.

PRESSURE

THE higher the heel, the more pressure there is on the front of the foot (the percentage increase can be seen below). Over long periods this can cause bruising and the problems identified on this page.



ANKLE INJURIES

HIGH heels affect your balance and increase your chance of falling — particularly if you are older or overweight. Injuries can include sprained or broken ankles.

BALL OF THE FOOT PAIN

WEARING high heels causes most of your body weight to be pushed forward on to the ball of the foot. This can lead to a condition called metatarsalgia — pain in the area of the foot just before the toes. Age increases your susceptibility.

HAMMERTOES

SQUEEZING feet into ill-fitting high heels can cause the toes to curl up to fit the footwear. Eventually the toes, but usually the second one, become so misshapen they can't be straightened — even when not wearing shoes.

THE KNEE

TEETERING around in stilettos throws the body forward and puts increased pressure on the inside of the knee — one study found the pressure was up to 26 per cent greater. This can lead to arthritis, the painful degenerative joint disease, in the knee.

THE CALF

MUSCLES in the calf naturally contract when you walk in high heels. However, long-term wear can cause them to shorten and tighten permanently — leading to pain in the ball of the foot, or knee, hip or back pain.

ACHILLES TENDON

HEELS put pressure on the Achilles tendon — causing it to shorten and tighten. If you wear heels constantly, this can actually shorten the tendon permanently, so that when you wear flat shoes the tendon becomes stretched and inflamed, known as tendinitis.

PUMP BUMP

ALSO known as Haglund's deformity, this is a bony enlargement on the back of the heel. It is caused by straps and the rigid backs of pump-style shoes (hence the name) rubbing and irritating the heel.

Corn

Callus

ATHLETE'S FOOT

Athlete's Foot is a long term fungal infection of the foot occurring especially between the toes.



Athlete's Foot

Athlete's foot is marked by red, itchy patches and white flaking skin.



Herbal Aids:

Black Walnut Tincture & Salve:

This is one of the best known remedies for fungus. Use externally and apply frequently.



Wash Feet



Dry Well



Garlic Oil



Massage oil
between toes

Garlic: Wash the parts in hot, soapy water; rinse and dry well; massage in the garlic oil 2-3 times daily. After the affection is cured, apply once a week to prevent reoccurrence.

Onions: For athlete's foot, rub onion juice between the toes two or three times a day until the condition clears.



BF&C Salve:

From questions and answers to Dr. Christopher in his Newsletter:
“What do you do herbally for athlete's foot?”

Follow the Natural Healing
Foundational Programs.

Superfoods



Bowel Cleansing



Echinacea

❖ If the condition is severe, use the bone, flesh and cartilage formula [BF&C] ...

- Saturate a pair of white cotton or wool socks with the BF&C Salve,
- Put on foot before retiring each night (six days a week each week),
- Put a plastic bag over the socks and leave on all night.
- Continue this each night until healed.

To aid this condition

- 1) Always dry between the toes and do not wear **nylon** or **synthetic socks** or **hosiery**.
- 2) A small piece of dry cotton, with a few drops of lemon juice or apple cider vinegar placed between the toes for ventilation.
- 3) Do not wear rubber soled shoes, gym shoes, etc., for daily use. Gym shoes for gym, not for street and regular wear.
- 4) Go barefooted as much as possible (not at social functions, please).
- 5) Bathe the feet one or more times each day with warm distilled water and apple cider vinegar half and half.
- 6) Dry the feet well before putting on hosiery and shoes.



Testimonials

Over the past few years the following paste has been used successfully to clear toenail fungus. The first time this suggestion was given I got a phone call about a year later. The woman shared she had followed the procedure for about three months, until she felt the fungus condition was cleared from her toenails. Her case had been very bad, the nails had all but rotted off. She shared that all her nails were dyed black and that the dye did not clear until the nails grew out. She said that as the nails grew out they were perfect, "like when I was a teenager", she shared. It had taken her a year for the old nails to be replaced with the perfect new ones. Below are the suggestions I shared with her.

Toe Nail Fungus Paste

Here are the combining and usage instructions.

These are general instructions so you can use more for larger amounts or less if not so much paste is needed.

Combine the following in a small bowl

- 2 parts slipper Elm
- 1 part Black walnut powder
- 1 tablespoon Black Walnut extract for each 3 table spoons of powder used
- Add Enough distilled water to make a paste

My suggestions is to do a tablespoon per part, this will make only a small amount at a time that can be easily used up in a few days. Store unused portion in cool place (fridge) for up to 5 days

Application:

For serious fungus issue: Dip cotton ball in Black Walnut extract and fasten over toe nail area. Leave in place for a few hours to allow the extract to saturate the affected area. When cotton ball has been removed apply paste as directed below.

Apply paste over affected toenails; cover with gauge to hold in place. Dress with socks for overnight sleeping. IF also able to apply during the day you may want to wear socks and sandals to keep paste in place while moving around.

Continue this procedure for 3 or 4 months. The fungus will be cleared from the area but the toenail can take up to a year to regrow. Those needing to apply the black walnut extract on a cotton ball will likely find the toe nail has been dyed black. As the toenail grows in healthy the black will be replaced with a healthy pink nail.