

Protocol for Foot Issues, Men, Women

This article was originally written for dancers.

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<http://OptimalHealthSecrets.com/Library/Miscellaneous%20Articles/Protocol-for-Foot-Issues-Me-n-Women.pdf>

January 28, 2018 Updated August 10, 2018

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Proper Diagnosis

Get a proper diagnosis from a licenced health care provider as your number one step. Deal with the physical issues with the foot and the chemistry (nutrition) issues with the foot. This article would apply to Overuse types of syndromes.

Physical Issues

Foot pain is often a combination of degenerative processes in the foot, overuse of the foot (breaking the 10% rule), poor Nutrition, poor Exercise, poor body mechanics, poor Rest & Relaxation habits, and poor Attitude & Perspective. Oh, hey, these are the Five Pillars of Optimal Health Secrets aren't they? See

<http://wellnesswithpain.com/Dr.-Ouellette's-Five-Pillars-of-Optimal-Health-Secrets.html>

Orthotics

A properly designed shoe orthotic will help keep the ankle in neutral position during weight bearing phase of gait. Orthotics tend not to do much for heel strike or toe off phases of gait. Orthotic companies also make a more cushioned orthotic for diabetics which can be used by non diabetics to increase cushioning support.

In the alternative to orthotics, purchase a diabetic inner sole for shoes because they are designed with more cushioning. Cut the new innersoles to size and insert them into a set of running shoes. Wear these running shoes to a dance and see how it goes.

Dancers

Lindy Hop dances are mostly all done in running shoes so that is a good choice for a dance venue for someone to switch to temporarily until foot healing is complete. The type of shoes used by experienced female Lindy Hop dancers is more of a lower cut shoe, easy to get on and off similar to Top-Sider type shoes. I use just a standard court type of shoe myself for Lindy Hop dances.

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Dance Venues

Kitchener/Waterloo

Lindy Hop dances a couple of times a week are at HepCat Swing (<https://hepcatswing.com/>) at 42 Erb St. East, Waterloo. Their upcoming events is at the bottom of the page. The Balboa Drop in may be quite good.

Toronto

Toronto Swing dance at Dovercourt House (<http://swingtoronto.com/>),

BeesKneesDance <http://beeskneesdance.com/>

Toronto Lindy Hop <https://www.facebook.com/torontolindyhop/>

Exercise

An exercise program of interval training will help boost the blood flow. Choose a program that doesn't put a lot of strain on the feet. Dance can be of the interval type but, it does put a strain on the feet.

Bed Ware

At night in bed wear two pair of bed socks. One thinner pair on the inside and then a heavier pair on the outside. The idea is to keep your feet warm on a consistent basis throughout the night.

Self-Help Heat Therapy

Soak the feet in fairly warm water at night before bed for 15 to 20 minutes to build the heat content of the feet. Then put bed socks on and go to bed.

Nutrition

From the nutritional point of view you want to do things that are going to boost your blood flow and you're going to want to stop doing things that reduce blood flow. Remember that every meal you eat including snacks, plugs up the blood flow to some degree or another. Some foods are much worse at plugging than others are. So, strip out the dairy products and the gluten products.

Re-set the oil balance to lesser Omega six oils and higher Omega-3 oils. You can do this by reducing cereal grains and red meats and boosting fish products and Omega three oil supplements.

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The Sugar Nightmare

Most importantly, cut out completely all sugar products and all products that have added sugar to boost their taste. Sugar worsens inflammation so, nix the sugar. That includes most packaged foods cereals, breads, muffins etc. Read grocery labels to identify anything with gluten, or sugar in the ingredients list line, (maltose, sucrose, dextrose, lactose, or any of the words that end in ...ose), and strip all those ...ose's out of your meal plan. Table sugar is a concentrated form of refined carbohydrate and acts like a drug in your body, even in tiny minuscule amounts. So, you have been warned. Its up to you now.

Nutrition Supplements

There are a number of supplements that can help foot pain but, one has to understand that joint degeneration is a combination of bone degeneration and cartilage degeneration. That means several supplements may be of advantage. A glucosamine formula containing several cartilage support products will support the cartilage types of tissues. A bone support formula containing several products that boost the calcium balance in your body and help harden bones is another.

Pain relief products such as the Omega-3 oils, calcium, and products designed with the formulas specifically for pain relief of arthritis, are also helpful but, a caution here, you need to have THERAPEUTIC DOSAGE LEVELS of each part of the formula. Thus, you need a nutrition company you can trust. Adeeva, a company that makes products for health care professionals, has a product called Nature's Relief composed of Tumeric, Boswellia, White Willow, and Ginger in therapeutic dose levels to give relief. Go to my web site first at <http://painreliefstylestore.com/products.html>. Scroll to the Nature's Relief product then click on it to go to the Adeeva web site. Then click on the Our Products link on the Adeeva page. I should say that I supply these products to my patients which saves them some cost and shipping charges. People can contact me for info on that.

Passive Therapies

Laser can be an option because most foot problems can be fairly superficial. I do house calls for Laser therapy with my portable equipment. [See article on Seven biological effects of LASER.](#)

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Summary

So, one can see that arthritis can creep up on one and interfere with work and pastime enjoyment. Just because an X-Ray shows degenerative processes it does not mean you have to suffer in pain. Natural therapies are available. You just have to modify your lifestyle that's all and put a bit of money into some of the things listed here in this article.

No, medical doctors will not be of help to you with natural therapies. They are into the drug culture so be aware of all those drug side effects.

- Heel Spur pads have a hole in the centre of the heel pad to accommodate the spur.
- Forefoot pads have a raised cushioning pad to push up the second metatarsal head when the transverse arch has fallen.
- Orthotics hold up the longitudinal arch when that arch has fallen.