

## TAKING GOOD CARE OF THE FEET

The two most often used parts of the body are your feet. With all the walking and running that we do every day, you have to make sure to give your feet the attention it deserves. Oftentimes, we don't give it too much consideration unless it's time for parties or unless they are asking for attention. Taking good care of your feet prevents you from getting foot conditions and diseases. No matter what season is, it is important to give them the proper attention. Keep your feet and toenails in first-class condition. After all, they make you walk.

During the summer time or hotter season, let them breathe by making them visible. You can wear sandals and slippers. Making them visible also means you have to make them fabulous and presentable.

During the winter season, the cold weather can lead to a variety of health implications for your feet. During this season, the extremities of the body – such as your toes – are more susceptible to losing heat, particularly if you have circulatory problems. Make sure you wear thick socks and shoes to provide an adequate amount layer of insulation from the ground-chill. Wear natural materials such as cotton or wool that would help build up moisture in your shoes. By preventing moisture in your shoes, this also deprives bacteria and fungi which in turn giving you a healthier feet.