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What stops smelly feet

Ever found yourself opening up a laundry basket to be hit with the whiff of pongy tights? Or embarrassed to take of your shoes at a yoga class in your smelly feet knock out the person next to you? Maybe it's not you bringing the foot stench into your house - perhaps it's your partner or teenage kids causing a stench. Whoever it is that needs a smelly foot cure, you'll be pleased to know is there is something you can do about it. We asked podiatrist Dina Gohil for her advice on banishing the stink... - It's Winter time, so tights and boots are a firm wardrobe staple at the moment. While they might be great for keeping us cosy, tights can heighten the smell factor, so pick your pair carefully, says Dina. "Some tights are more breathable than others" she says. "Go for blends that will allow for warmth but also a flow of air." John Lewis own-brand tights, for example, contain fibres with a deodorising effect - this 50 denier pair is perfect for winter. MORE: THE VITAL STEP YOU'RE MISSING OUT WHEN YOU BRUSH YOUR TEETH - Your shoes also have an influence on how pungent those feet smell. "Good, leather shoes or anything made from a breathable fabric are best" says Dina. - Wearing socks? Try to stick to cotton or wool materials, and avoid nylon. - Feet that haven't been washed properly are obviously going to be more smelly, but it's surprising how few of us actually understand what 'proper' washing is. Using soap and a flannel or sponge, wash the top and bottom of your feet, and between the toes. Do this at the end of your shower, as the water pulls dirt from the body down to where your feet are standing. - 'Dry your feet carefully, especially between the toes' says Dina. 'Any dampness can cause fungal infections.' - Got seriously smelly feet? Try the over-the-counter antibacterial soap Hibiscrub, which will quickly banish the stench. You can also buy medicated insoles that have a deodorizing effect. MORE: WHAT MAKES BRITS MOST ANGRY IN BED - Never wear the same pair of shoes two days in a row - smelly feet are caused when sweat soaks into shoes and they don't have time to dry before you wear them again. - Try a natural foot soak at home, advises Dana. 'Put apple cider vinegar into warm water and soak your feet for 10 to 15 minutes. Then soak them for a further 10 minutes in a bowl of warm water mixed with a handful of salt' she recommends. (All images: Getty) This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Summer's the perfect time to hit the trails, soak up some sun at the beach (with SPF, of course), and hang out at the park, but with all the perks of hot weather comes one particularly annoying problem: sweaty feet. Whether your feet are burning up in your hiking boots or slip-sliding out of your flip-flops, overly-moist feet can be frustrating and embarrassing, especially if they start to stink. So, why must your feet sweat so much? "Interestingly, our feet have more sweat glands per inch than anywhere else in our body and each foot contains a whopping 125,000 sweat glands," says Danielle DesPrés, D.P.M., a board-certified podiatrist and instructor in the department of medicine at the New York College of Podiatric Medicine in New York City. During the warmer months, the temperature's turned up, which makes your feet more prone to sweating in order to release moisture to cool down your body. But this can also happen any time of year, and your choice of footwear or socks could be to blame, as materials that trap in heat lead to more sweating. While it may feel like an issue you're condemned to put up with, there are many ways to dial down your sweat production to keep your feet cool and dry, starting with the expert tips below.1. Choose the right shoes. Unfortunately, some of the trendiest picks for summer shoes—like strappy leather sandals, colorful rubber sneakers, and plastic slip-ons—trap in heat, resulting in extra-sweaty feet. In order to keep your feet dry, you don't have to avoid these materials altogether, but you do want to make sure they're breathable. What to do: Opt for sneakers with air mesh toppers and sandals with minimal upper material for plenty of airflow like Havaianas or Crocs, suggests Nelya Lobkova, D.P.M., a board-certified surgical podiatrist and founder of Step Up Footcare in Tribeca, New York City. Naturally porous soles made from cork or jute can also help keep your feet cool, she says. 2. And leave some wiggle room. Too-tight shoes aren't just uncomfortable—they also increase the chances that you'll end up with sloppy, sweaty feet inside. "If your toes are squished inside your shoes, that will reduce the air flow to them and keep the temperature higher, especially between your toes," explains Dr. DesPrés. To avoid turning your shoes into a steamer, make sure your feet have enough breathing room. 3. Stock up on moisture-wicking socks. Although cotton is one of the most common materials for socks, it's actually one of the worst for keeping your feet dry because it doesn't absorb moisture without becoming (and staying) soaked, says Dr. DesPrés. While it might sound counterintuitive, wool socks are your best bet for cool and dry feet in the summertime, as wool wicks away moisture to prevent your feet from becoming soggy and wet, she says. For sweat-free feet, opt for socks made from merino wool or synthetic blends. Smartwool, Darn Tough, PEDS Coolmax, and R-Gear Drymax all fit the bill. 4. Carry around some back-up socks.If you find yourself with sweaty, smelly feet halfway through a busy workday, there's a simple solution: Keep a second pair of socks on hand so you can change them out, says Gary A. Pichney, D.P.M., a board-certified surgical podiatrist at the Institute for Foot and Ankle Reconstruction at Mercy Medical Center in Baltimore. 5. Switch up your shoes. Everyone has their favorite pair of go-to shoes in the summertime, but constantly-worn sneakers allow the fungus that causes sweaty, stinky, and itchy feet to thrive. For dry and funk-free feet, treat yourself to an additional pair of tennis shoes and sandals, and change them up every day. It's simple: Cycling through different shoes allows for each pair to thoroughly air and dry out, says Dr. DesPrés. 6. Invest in a shoe dryer. If frequent trail runs or pick-up soccer games often leave your kicks drenched (and you need them, like, tomorrow), consider purchasing a shoe dryer. Dr. Pichney swears by the Peet Electric Shoe and Boot Dryer. "It's a fabulous way to treat shoes that often hold moisture," he says. 7. Sprinkle on foot powder. Deodorants and talc-free foot powders can help absorb sweat from your feet, and there are numerous over-the-counter solutions you can try out, says Dr. Lobkova. She recommends the Arm & Hammer Foot Powder, which contains a powerful combination of baking soda and cornstarch. 8. Roll on relief. For chronically sweaty feet, grab an antiperspirant from your local drugstore (we recommend Certain-Dri) label it "feet," and rub it on the soles of your feet, in between your toes, and on your shoes, too, suggests Dr. Pichney. Sure, it might feel awkward at first, but over-the-counter antiperspirants can stop your feet from becoming sweaty in the first place by blocking your sweat ducts with metallic salts. If that doesn't cut it, you can also ask your doctor about a prescription-strength antiperspirant such as Drysol. 9. Stay hydrated. When you're busy running around all summer, it's easy to drink too little water and find yourself sweating even more to keep your body temperature in check, says Dr. Lobkova. While eight glasses of water a day is a good rule of thumb, just how much water you need can vary vastly depending on what you're doing and how hot it is outside, so keep a big water bottle on hand and drink up whenever you feel thirsty.10. Ask for professional help. If you leave footprints everywhere you go (and you didn't just step out of the pool) or your socks are drenched (even though you've had the A/C running all day), you may have hyperhidrosis, a medical condition that causes excessive sweating. Nearly 5% of the world's population has hyperhidrosis, and numerous treatments like topical medications, prescription-strength antiperspirants, and Botox injections can help cut down on sweaty feet (and hands!) all year long, per the International Hyperhidrosis Society.Support from readers like you helps us do our best work. Go here to subscribe to Prevention and get 12 FREE gifts. And sign up for our FREE newsletter here for daily health, nutrition, and fitness advice. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io They're your tootsies, your dogs, your piggies. Whatever you call them, feet are an important part of you. Without them, you couldn't stand up, walk around, or run a race. In fact, your feet work so hard for you that sometimes they get sweaty. And stinky. Think of a hot, summer day when you've been walking around an amusement park all afternoon. Oooh, boy — your feet have been in those sneakers a long time! On the car ride home, you decide to kick off your shoes. It feels good, but it smells bad. In fact, you might get an earful from the other passengers in the car: P.U. — what stinks? Bacteria are to blame. These tiny critters normally inhabit your feet and love dark, damp places like the insides of sweaty shoes. They multiply in sweat, so if you don't wear socks, that really gets them going. In the right conditions, bacteria will feast on your feet. These bacteria eat dead skin cells and oils from your skin. Their colonies will grow and start getting rid of waste in the form of organic acids. It's those organic acids that smell bad. And for 10% to 15% of people, the smell is really bad. Why? Because their feet are extra sweaty and become home to bacteria called *Kyetooccus sedentarius* (say: kite-oh-KAH-kus SEH-den-tair-re-us). These bacteria produce more than just stinky organic acids — they also produce stuff called volatile sulfur compounds. Sulfur compounds usually are powerful and awful smelling. If you've ever smelled a rotten egg, you know what volatile sulfur compounds smell like. Page 1 What Can You Do? There's usually no need to worry about stinky feet. But if the stink bothers you or someone notices it, you may want help to step in. So how can you stop your feet from stinking? Well, you might not be able to stop stink completely. But if you cut down on sweat, you'll cut down on the odor. Try these steps: Be clean. Wash your feet every day. Dipping your feet into a tub of water and scrubbing may be better than just letting the shower water splash on them. Be sure to dry your feet when you're done. Wear the right socks. Cotton, some wools, and special knits made for athletes will absorb sweat and allow your feet to breathe. Put on a fresh pair every day, and also if the socks get damp. Make sure your shoes aren't too tight. If they are, your feet might sweat more than normal. Switch shoes. Wearing the same shoes every day can make them smellier. Let them dry out for a couple of days before wearing them again. Kill those germs. Ask your mom or dad about using a disinfectant spray to kill bacteria in your shoes. You also might wash your feet with antibacterial soap. Setting shoes out in the sun also may help. Wash shoes or insoles. Some insoles or shoes, especially sneakers, may be washable — a great way to kill odors and get clean-smelling shoes again. Be sure to dry them completely before wearing them. Avoid shoes made of plastic. Plastic and some human-made materials don't let your feet breathe. Go barefoot. Let your feet air out by letting them spend some time in the open air, especially at night. But don't go barefoot too much — especially in the outdoors — because that can invite certain bacteria (like that *Kyetooccus*) to live on your feet! Don't share shoes or towels with others. If you do, that may transfer stink-causing bacteria from other people's feet to yours. Gross! If you still have problems with foot odor, talk with your mom or dad to get their opinion. If they agree think the stink is a concern, they can try getting you odor-fighting powder or insoles. If nothing seems to work, you might want to talk with your doctor about what to do. The doctor may give you a special medicine to put on your feet. For most people, foot odor can be controlled. The worst part about having stinky feet is that it's embarrassing. If you're worried about this, just keep your shoes on when you're in social situations, like when you're at school or riding in a car. At home, keep your feet clean and go barefoot so they get some air. If your feet are clean and dry, those bacteria will have to find their lunch somewhere else!

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