

Cold feet can cause disease? Effective way to keep your feet warm

If you don't know how to stay warm in the winter, keep your feet constantly cold, you may face many health problems.

In the winter, every part of our body needs to be kept warm, especially the feet. If your feet are constantly cold, you may face many health problems. So **what causes cold feet? How to keep warm feet effectively** ? These will be the main content that TipsMake.com shares with you in this article!

Cold feet and health risks

In your opinion, what role do feet have? Surely a lot of people will answer is to move. However, in Eastern Medicine, it is also likened to the 'second heart' of the body. Our feet have 19 muscles, 26 bones, 33 blood vessels, 107 ligaments, more than 7200 nerves, 2000 endocrine glands, many arteries, veins and 66 vital points related to all parts of the body. In other words, every part of your body is connected to your foot. If your feet are 'weak', other organs may not be 'healthy'.

In the winter, many people only care about keeping their hands warm, keeping their hands, heads, ears, etc. forgetting that the feet need to be warm. If you chill your feet often, you may face many health problems such as:

Dry skin, chapping, bleeding

Only the skin and bones in the foot, the less fat layer below it is difficult to protect from external agents. On dry winter days, the skin of the feet is prone to dryness, cracks and possible bleeding. Cracks, if not handled promptly, are prone to infections because they are located deep, close to the muscle layer.

The joint disease

Cold feet can cause you to suffer from joint diseases such as rheumatoid arthritis, rheumatism . Rheumatism is manifested by swollen, hot red legs, the whole round ankle, red berry like coffee sour, aching, stiff, hard to move. Often rheumatoid arthritis only occurs in one leg, one foot is out, the other leg will be. With rheumatoid arthritis, the toe joints are damaged, difficult to move in the morning when waking up.

Foot freight

This is one of the situations that many people encounter in the winter, especially the days of extreme cold weather, sudden cold damage. When foot damage (footing), the skin of the feet can be cracked, ulcerated, inflamed and necrotic. The tips of the toes naturally swell, become red and painful. In the case of severe disease, the patient is not treated promptly, it is likely that the joint will be broken and the toe joint must be removed.

Causes of foot charges are cold feet, blood vessels in the skin and joints are constricted, anemia leading to aseptic necrotic arthritis. The most vulnerable position is the tip of the toe.



Cold feet can cause many diseases

Ways to keep warm when your feet are cold

You see, cold feet can cause many diseases. So, always know how to take care of your feet, do not let your feet get cold, especially in the winter. So what are some ways to keep your feet warm?

Keep your feet warm with warm socks and boots

Socks are one of the most familiar items for each of us on winter days. To avoid cold feet, wear socks regularly, even when outdoors or indoors. There are many types of socks on the market today. But the fashion socks, thin, low neck almost can't keep warm. Therefore, you should choose all kinds of shoes, high neck, when traveling comfortably, not tight.

In addition to socks, there is another item to keep your feet warm and warm. This device has 2 parts: shell and motor. Outer shell usually made of soft cloth, cotton layer. Inside warm boots is the engine. When operating, this engine will use electricity to warm the cotton layer, thereby helping the feet not get cold. In addition, they also integrate extra massage mode extremely convenient.



Warm boots

Soak feet in warm water

Hot foot baths have many health benefits, such as keeping the feet warm, deodorizing foot odor, and supporting the treatment of a number of skin conditions like athlete's foot, toenail fungus, and improving dementia. sleep, help you relax, reduce anxiety .

The way to soak in hot water to keep your feet warm is simple. You just need to find a large enough pot, then mix warm water about 45 - 50 degrees Celsius and then soak your feet in. To increase the effectiveness, you can add salt, foot baths . Use a very simple, convenient but quickly cooled water. Want to keep the water warm for a long time, you can use the type of electric foot bath.

Electric foot bath can automatically heat water, has a button to increase or decrease the temperature for users to customize. Many product lines are also equipped with massage roller systems, infrared lights, heel grinders . There are indoor foot baths, your feet will always be taken care of 'thoughtfully'.



Electric foot bath with many smart features

Hot compresses

Hot compresses are also a simple way to keep your feet from getting cold. If you use this method, you should use hot packs or multi-function packs because they are quite convenient, safe and can hold heat for long. Note: Do not let the temperature is too hot, do not apply too long to avoid scalding the skin (the time of applying should only be 15-20 minutes).

See also : Pocket address to buy hot packs in Hanoi, TP. HCM



Keep your feet warm with a compress

Some other notes

In addition to the above, to keep your feet strong and not cold in the winter, you should note the following:

1. Eat well, drink plenty of warm water.
2. Use moisturizer regularly to avoid chapped feet.
3. Clean your feet, avoid spreading bacteria.
4. Regular exercise, exercise and sports.

Winter is here, don't let your feet - your second heart is cold! Wishing you and your family are always healthy!

You finished reading the article "**Cold feet can cause disease? Effective way to keep your feet warm**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.