

Wearing shoes without wearing socks contains more dangerous consequences than you think

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1. What does the body shape say about your health?
2. Can wearing high heels get cancer?
3. The formula for calculating the height of appropriate high heels to no longer suffer from foot pain

Emma Stevenson - a foot specialist from Podiatry University (USA) said that the number of patients with leg-related diseases is increasing, mainly due to wearing too tight shoes and wearing shoes without wearing socks.



Stevenson said, on average, a shoe foot spills half a liter of sweat a day. When you wear socks, most of the sweat will be absorbed into the socks. But when not wearing socks, sweat will lie on shoes and cannot escape.

If you continue to wear shoes without wearing socks, the shoes will become easy to become bacteria and your feet may be susceptible to athlete's foot - a foot fungus. At the same time, it will give off a scent that is not easy to send at all.



A foot infected with fungi to crack.

In addition, wearing non-wear shoes also increases frictional force between foot and shoe skin, easily causing blistering, creating foot bottles. If you accidentally scratch the skin, you are at risk of infection.

How to wear shoes ensures safety

You can choose half-toe socks to both absorb sweat and not be exposed when sneaker or slip-on shoes, leather shoes .



And if you still want to wear shoes and not wear them, Dr. Stevenson offers some advice as follows:

1. Before wearing shoes, you should spray on your feet an anti-bacterial layer.
2. Do not go with a pair of shoes for all days of the week.
3. After wearing shoes, keep them in a dry place for 48 hours to "kill" the bacteria.

4. Use dry tea bags, or desiccant packs to dry shoes.
5. Wash and dry your feet before putting on shoes and after removing shoes.
6. Choose shoes that fit your feet, do not wear shoes that are too tight, making you hurt your feet.

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