

## Products to help get your feet back in shape

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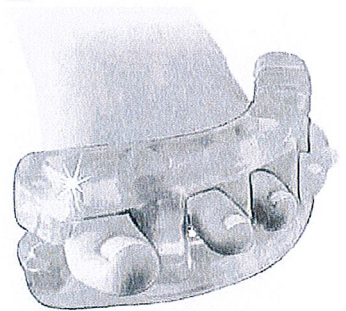
I hate my feet.

I once overheard my college boyfriend describe my toes as funky. (We parted company soon thereafter.) My podiatrist practically hyperventilates over the "irregular architecture" of my feet. (Don't ask.) Persistent ankle problems, meanwhile, quashed my dreams of Olympic glory.

And don't get me started about swelling during pregnancy. I practically had to replace my entire shoe wardrobe when my feet grew half a size while I was expecting my second child. (Sorry to tell you, Chip, half your college fund was spent at Neiman Marcus and Zappos.com.)

I'm not the only one in my family with foot woes. In our clan, you'll find bunions, calluses, high arches, flat feet, odor issues, hammertoes and ingrown toenails. One among us had several toenails removed because of fungus. (Needless to say, this made for decidedly unsavory dinner conversation.)

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Such a regrettable history has given rise to my minor obsession with foot-related products and practices. According to Dr. Christian Robertozzi, president of the American Podiatric Medical Association, "Properly caring for the feet, including keeping them clean and moisturized, is essential to maintaining foot health."

Here are products that may offer relief from foot and toe woes.

**Lynco Biomedical L420 Sports Orthotics:** Slip this into athletic or walking shoes to baby your feet while you're on the move. Several layers of material do everything from absorbing shocks to the ankle to pulling moisture away from the foot. And they add little weight to the shoe. \$60 at [www.foot.com](http://www.foot.com) or 1-800-526-2739.

**Soft Moves Heel Pads:** If your heels complain when confined in shoes, consider these transparent pads, which are subtle enough to work with flip-flops, sandals and slides. A set of two reusable pads is \$16. A pair of Ball-of-Foot pads is \$18. At [www.gaiam.com](http://www.gaiam.com) or 1-877-989-6321.

**The Skin on Skin Kit :** Whether it's the result of new shoes or an ambitious amount of activity, a blister is no fun. This kit offers a solution with six hydro-gel pads that protect your feet. Cover the pad with a flexible adhesive mesh strip and you're ready to roll. \$20 at [www.gaiam.com](http://www.gaiam.com) or 1-877-989-6321.

**Yoga Toes:** These are like pedicure toe-separators on steroids. Slip your toes inside them for up to an hour at a time, and you'll feel as if your tootsies have done serious stretching. The company touts the benefit for pregnant women and people with hammertoes. Plus, they come in nifty colors such as hubba bubba orange and lime green.

\$50 at [www.yogapro.com](http://www.yogapro.com) or 1-877-964-2776.

## DOCTOR-APPROVED PRODUCTS

The APMA gives its seal of approval to products that a committee has evaluated and deemed helpful in terms of foot health. For a list of APMA Seal products, [see www.apma.org](http://www.apma.org). Here are four new items:

**Certain Dri Antiperspirant:** Apply to clean, dry feet before bedtime and wait for it to dry. Use daily until perspiration is under control. \$5-\$6 at [www.drugstore.com](http://www.drugstore.com) or [www.amazon.com](http://www.amazon.com).

**Kersal One Step Exfoliating Moisture Therapy:** Apply this ointment once a day, particularly around the heels and points of friction, to treat dry skin. The APMA says people with diabetes should use moisturizer with caution because excess moisture between the toes can lead to infection. About \$10 at CVS, Walgreens and Target.

**Pedinol's Fungoid Tincture Antifungal Kit:** Use to cleanse, bleach and smooth rough, thickened nails and to reduce nail discoloration from fungal infections. \$50 at [www.footamerica.com](http://www.footamerica.com).

**Ocean Aid Spray:** Use this all-natural antibacterial solution on cuts, cracks or scrapes on feet to keep infections at bay. \$45 at [www.skin-healing.com](http://www.skin-healing.com).