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Those Aching Feet is a frank, easy to read look at common foot problems; their diagnosis, and treatment. Most of the chapters are aimed at: the average person, the elderly, and diabetics; however, Dobrowolski has also included a special section just for athletes of all types-- even weekend warriors.

Those Aching Feet: Your Guide to Diagnosis and Treatment—

Try soaking your feet in a mixture of tea tree oil and warm water. You can do this in a basin, or a foot spa if you have one. Peppermint oil is also good for the feet and can have a soothing effect. Finish with a good foot cream to help relax your feet and retain their moisture. Indulge in a regular foot massage.

Causes And Treatment For Aching Feet—Foot Active Orthotic—

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