

# FORWARD

connective tissue under your heel. It's often due to a sudden increase in exercise, especially in shoes without good cushioning, but being overweight makes you more prone. Rest, anti-inflammatory tablets and cushioned shoes may help. So can exercises to stretch the connective tissue of your foot and ankle – your GP can advise.

If these don't help, physiotherapy or a steroid injection may be advised.

Athlete's foot isn't just for athletes – any shoes that make your feet hot and sweaty can make you prone to this fungal infection, which causes itching, scaling and painful splitting of skin between the toes. Antifungal creams and powder (to soak up sweat) should clear it, but you'll need to keep using the cream for a week or two after the problem has gone (your pharmacist can advise). To prevent it coming back, wash feet daily; dry well between the toes; use cotton socks; change shoes every couple of days to let them dry out; and

find time for bare feet at home.

Follow a few simple shoe-wise steps. Pumps are fine now and again but don't support your arches, so can cause aching. They can also cause clawing of your toes. Tight shoes make you prone to ingrowing toenails, corns and calluses. Heels force your feet forward, squashing toes and making bunions more problematic. Flip flops let feet breathe, reducing the risk of athlete's foot. They don't offer support, however, and are easy to trip on.

Leather shoes let your feet breathe in a way synthetic ones don't. Well fitted trainers with sole padding cut risk of plantar fasciitis and corns, but don't wear them too long, to avoid athlete's foot.

Shop for shoes at the end of the day, when your feet are a bit bigger. Kitten heels with an ankle strap look smart – and happily they're a smart choice for your feet, too.

**Next week:**  
Lipoedema and lymphoedema

Podiatrists can help with corns, verrucas, ingrowing toenails, toenail clipping and a host of other foot problems – often on the NHS



“Do you cut your toenails down at the edges? Just don't – ever!”

## HERE TO HELP

THIS WEEK: Omega 3 Supplements  
By Dr Sarah Schenker, registered dietician and nutritionist



**Q I'm vegetarian and worried that I'm not getting enough omega 3 in my diet. Is there a supplement I could take that would help?**

**A** In the UK there is no recommended daily intake for important fats like omega 3. Instead guidelines are based on an

intake of oily fish which is unhelpful for vegetarians, vegans and people who don't like the taste of fish. An oil supplement, derived from the Ahiflower plant, provides good quantities of long chain omega 3s which easily convert into the types of long chain omega 3 fats that are found in fish oils. Ahiflower oil also contains another type of omega 6 fat that is essential for the body. It is a good plant-based alternative to marine-sourced omega 3 for vegetarians and vegans. Vertese® Ahiflower® Oil is priced at £12.99 for 30 capsules and is available from [VictoriaHealth.com](http://VictoriaHealth.com), [TotallyVeggie.com](http://TotallyVeggie.com), [levital.co.uk](http://levital.co.uk) or by calling 0845 5219 190.



**FOCUS ON... PAIN RELIEF**

Ease That Ache

If you suffer from muscle or joint pain, try ActiPatch® which works by using electro-magnetic pulse

therapy. You can purchase a 7-day trial version for £4.95 at [www.tryactipatch.co.uk](http://www.tryactipatch.co.uk) to be sure it works for you. Full size products are available from Boots, Superdrug and Lloyds Pharmacy for £24.95. ActiPatch is a clinically proven, award-winning technology providing 720 hours pain relief with no side effects.



**Fast And Effective**

Combogesic is a new over-the-counter medication that combines paracetamol and ibuprofen – two tried and tested pain relief ingredients that are reliable and safe to use together – in one convenient tablet. Combining them can maintain and even improve their effectiveness and studies show Combogesic, £3.99 from Boots, delivers more than 30% more pain relief than taking either ingredient alone.