

FOOT MIRACLE

BONUS



**INCREASE BLOOD FLOW, CIRCULATION AND
REVITALIZE YOUR FEET AT THE CELLULAR LEVEL**

Table of Contents

Table of Contents	1
Medical Disclaimer	2
Introduction	3
Common Foot Problems	5
14 Prevention Tips	9
Foot Miracle: The Natural Solution	13

Medical Disclaimer

This book offers health and wellness nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medial or health related advice from your health-care professional because of something you may have read on getsugarbalance.com or in this book. The use of any information provided on the site or in this book is solely at your own risk.

Nothing stated or posted on the site or in this book or available through any services are intended to be and must not be taken to be, the practice of medical or counseling care. For purposes of this agreement, the practice of medicine and counseling includes, without limitation, psychiatry, psychology, psychotherapy, or providing health care treatment, instructions, diagnosis, prognosis or advice.

Introduction

It's no secret. Sufferers of high blood sugar have a hate-hate relationship with their feet. From neuropathy to skin changes to calluses, the foot problems just never seem to end, but they're not problems you can ignore. If you don't take care of your legs and feet, it can lead to serious complications such as amputation.

In 2010 alone, 73,000 lower limb amputations were performed on adults diagnosed with high blood sugar. It's devastating to see someone go through this, and I never want it to happen to anyone again.

Fortunately, there is a solution. It's time to say goodbye to all your foot problems for good with Foot Miracle!

Foot Miracle is an all-natural way to relieve your foot problems. It works in conjunction with Sugar Balance program to provide natural solutions. The best way to deal with foot problems is at the source, so make sure you start the Sugar Balance program right away. Having normal blood sugar levels will naturally reverse many of the foot problems diabetics complain about. Having said that, there are still some topical treatments that bring relief and speed healing.

Have a problem with calluses and corns? How about bunions or hammertoes? I promise you, once you give Foot Miracle a try, those problems will be a thing of the past.

Diabetic Foot



Remember – just like the Sugar Balance Program, Foot Miracle can only work wonders if you follow the instructions and stick to the process. So what are you waiting for? Give it a try!

Common Foot Problems

Foot problems are common to most people. Anyone can get them – from a simple blister or wart to awful calluses. But for most people, foot problems are something they can easily live with, and most of their problems heal quickly on their own.

However, for someone with high blood sugar, a foot problem can lead to serious complications such as an infection or even amputation. That's why it's important to spot the early warning signs of foot problems that can cause trouble.

Common Diabetic Foot Problems

Fungal Infections (Athlete's Foot & Nail Infections)

Athlete's foot and fungal nail infections are caused by a fungus called Candida Albicans. It can be caught by direct contact with someone who already has the fungus or begin internally from having high blood sugar levels long term. Candida loves eating sugar and living in wet, dark places, like between the toes.

The signs and symptoms of fungal infections are:

- Thick and discolored toenails (usually a green-yellow color)
- Nails becoming soft and flaky and separating from the nail bed
- Itching, burning, and stinging between the toes or on the soles of the feet
- Cracking and/or peeling of the skin between the toes or on the soles of the feet

Calluses, Blisters, & Corns

A foot callus is a build-up of hard skin which is usually found on the bottom of the foot. Blisters are raised, fluid-filled areas of skin that can form from friction. A corn is a build-up of hard, thick skin between the toes or near a bony area of the feet. Corns are also caused by continuous friction against the skin.



People with chronic high blood sugar tend to get these foot problems more often as they can experience swollen feet, causing their shoes to fit improperly.

The signs and symptoms include:

- Thick, rough areas of skin on the bottom or sides of feet (usually around the heel)
- Hardened and raised bumps on the feet
- Flaky, dry, and/or waxy skin on the feet
- Painful, red-fluid-filled bubble under the skin, usually on the heel or between the toes of the feet.

Dry Skin

Dry skin is cracking and flaking of the skin on the feet. It's important for diabetics to keep their feet moisturized in order to reduce cracking as it may lead to infection.

The signs and symptoms of dry skin on the feet are:

- Rough, flaky, or scaly skin on the feet
- Itching and burning on the feet
- If condition worsens, cracking of skin can occur causing redness and possible bleeding

Foot Ulcers

A foot ulcer is a break in the skin or a deep sore on the bottom of the foot. A foot ulcer is a serious problem for all diabetics because it can cause infection which can then lead to amputation if left untreated. Foot ulcers can be caused by minor irritations or scrapes on the feet or from a blister or sore that continues to get worse by constant rubbing of shoes.

The signs and symptoms of foot ulcers are:

- Red craters on the bottom or sides of the feet
- Thick calluses around the border of the crater
- Painful and red-colored
- Fluid and sometimes odor may be present in the ulcer

Neuropathy

Peripheral neuropathy, a result of damage to your peripheral nerves, often causes weakness, numbness, and pain, usually in your hands and feet. It can also affect other areas of your body.

Although it can hurt, diabetic nerve damage can also lessen your ability to feel pain, heat, and cold. Loss of feeling often means you may not feel a foot injury. You can have a tack or stone in your shoe and walk on it all day without noticing it. You could get a blister and not feel it. You might not notice a foot injury until the skin breaks down and becomes infected.

All About DIABETIC NEUROPATHY



Those with the highest risks are people who have had diabetes for **20–25 years or more.**

Painful symptoms seem to be twice as prevalent in type 2 versus type 1 diabetic patients even after adjusting for differences in age.

68% of people with neuropathy are diabetics



Women have a **50 percent** increased risk of painful neuropathy symptoms compared with men.



A BMI greater than 24 puts you at a higher risk for diabetes complications in general.

More than 60% of all nontraumatic lower-limb amputations in the U.S. occur in people with diabetes.



Every year about 71,000 nontraumatic amputations are performed in people with diabetes in the U.S. alone.

14 Prevention Tips

People with high blood sugar constantly have problems with their feet due to poor circulation and high blood glucose levels. As I said before, the best way to treat your foot problems is to follow the Sugar Balance program so you'll naturally . Still, it's important to take care of your feet while you are healing, so here are some tips that will help:

Tip 1: Check Your Feet and Toenails Daily

Try to make a habit of checking your feet daily for any blisters, redness, sores, calluses, or toenail issues or anything else that may stand out. Having high blood sugar causes poor blood circulation, and it's important to be on top of any foot changes to have a better chance of catching any problems early.

When taking care of your toenails, cut your nails with a clipper, making sure to go straight across and not too deep. Afterwards, smooth them with a nail file to prevent sharp edges. Never round the corners of your toenails as this can cause ingrown toenails when the nails grow out.

Check your feet daily – once in the morning and once before bed. Make note of any changes.

Tip 2: Clean Your Feet Daily

Wash your feet every day in warm water. If you have nerve damage due to high blood sugar, test the temperature of the water with your elbow. Make sure to use a mild soap, preferably one that's organic. My favorite brand is Dr. Bronners Organic Soap. You can find it at your local health food store or at <https://www.drbronner.com/>.

Do not soak your feet – just clean them. After you are done, make sure to dry your feet well, especially in between the toes where it can be hard to keep dry.

Tip 3: Apply Lotion to Dry Feet

If you have excessive dry skin on your feet, it's important to keep them well moisturized. Do not use commercial moisturizers. They're loaded with chemicals and other toxins that will only worsen the problem. Use pure coconut oil. It's one of the best moisturizers and also a very powerful antifungal to prevent infections.



Tip 4: Wear Shoes That Fit Your Feet and Don't Go Barefoot

Always wear shoes that fit your feet well. You should have room to wiggle your toes. If you already have foot problems, you may need a therapeutic shoe.

Finally, always keep your shoes dry and clean the inside regularly. Having clean and dry shoes helps promote healing of any foot wounds and prevents any infections from occurring.

Tip 5: Protect Your Feet from the Elements

Always protect your feet from heat and cold. Remember to wear shoes at the beach or on hot pavement. Never go barefoot. During the winter months, remember to wear comfortable and breathable socks, even to bed at night. This will not only keep your feet warm, but it will also encourage good circulation.

Tip 6: Improve Blood Flow to Your Feet

It's important to keep the blood flowing to your feet. You should do daily foot exercises. Wiggle your toes, move your ankles up and down, and rotate your ankles several times a day. When resting, try to put your feet up, and never cross your legs for long periods of

time. If you can't get enough exercise for your feet, consider an Electrical Muscle Stimulation device. These gently shock the muscles in your feet and stimulate blood flow.

Tip 7: Stop Smoking

Not only is smoking bad for your lungs, it also causes poor blood circulation. If you are a diabetic and a smoker, your blood circulation could be a serious problem. Try quitting or cutting back to a few cigarettes a day. If you won't quit, consider a vaporizer.

Tip 8: Elevate Your Legs

Keep your legs and feet elevated using a pillow or support for 10-15 minutes every day. This will help reduce swelling and improve blood circulation. Try to elevate your legs above your heart level.



Tip 9: Use Compression Stockings

I'm sure every diabetic is aware of compression socks and bandages and for a good reason too! They work wonders at improving blood circulation. Compression bandages put pressure on the area that has fluid retention (swelling) and helps to get rid of the fluid buildup, pushing the blood back to the heart.

Tip 10: Reduce Your Salt Intake

Try to reduce the amount of salt you take in each day. It's important to eat foods that are naturally low in sodium and never add salt to any meal. Salt increases blood pressure which is a trigger for swelling in the feet. The less salt in your diet the less swelling in your feet. If you do use a little bit of salt, make sure it's sea salt.

Tip 11: Massage Your Feet Daily

Try to make time to massage your feet daily. This is a great way to improve blood circulation in your feet and legs. It also helps relieve any pain associated with swelling in the legs. Try to make a habit out of massaging your feet daily. A good time is after your daily foot check in the evening, right before bedtime.

Tip 12: Improve Your Posture

Your posture can affect your body in numerous ways. Bad posture can give you foot, hip, back, and neck pain, and it can even trigger headaches. Remember to stand and sit straight, and never slouch. Also, avoid standing and sitting for long periods of time. This will help improve circulation throughout your body, especially in your feet and legs.

Tip 13: Exercise Regularly

A regular exercise routine will not only improve blood circulation throughout your body, it will also improve bone and joint health in your feet and legs. Choose low-impact exercises like walking.



Tip 14: Treat Foot Wounds Right Away

If you do have a foot wound, early intervention is key. Clean the area with soap and water, and cover with a bandage or dry dressing. If you don't notice an improvement after one day, follow the steps in the next chapter.

Foot Miracle: The Natural Solution

I will repeat this over and over because it's a very important point ... non-diabetics don't have any of these problems, so the most important thing to do is to become non-diabetic. And that is exactly why you have to complete the Sugar Balance program above anything else.

If you're already facing some challenges with your feet, you can use the remedies below to speed healing and prevent any further complications. You don't want something minor to become something more serious. Treat foot issues immediately. The longer you wait, the harder it is to treat.

Natural Cures for Common Foot Problems

Athlete's Foot:

- To help relieve the itchy sensation of Athlete's Foot, soak your feet in undiluted Apple Cider Vinegar for 30-60 minutes. Use enough to cover your entire feet. Apple Cider Vinegar helps reduce pain and kills the fungus. If it burns, take your feet out and add a bit of water to dilute it and try again. You may need to repeat the soak 2-3 times over the next couple of days. A good brand of Apple Cider Vinegar is Bragg's.
- You can also use tea tree oil. Tea tree oil is known to work on all fungal infections, and Athlete's Foot is no exception. Place tea tree oil on the affected

area every day. Keep in mind this natural treatment can take several weeks to fully rid your feet of Athlete's foot – be patient though, and you'll love the results.

- Finally, if the two treatments above don't work, there is one more weapon to use for more serious cases. It's a homeopathic treatment from Germany that works wonders. It's called "SANUM PLEO ALB 5X", and you can find it by searching Google. Take five drops beneath your tongue, three times per day. Just let it sit there for a least a minute and then you can swallow. They also make a cream that you can apply topically. Continue taking daily until all your fungal problems are gone.

Blisters

- Soak both feet in warm water with about 1 & 1/2 cups of Epsom salt. Soak your feet for 20 minutes, then remove and dry. Wait 10 minutes and then soak them again in the same water for 20 minutes. Do this for three consecutive days, and your blisters should shrink and heal.

Bunions

- Use Chamomile to provide relief from bunion pain. Drink a cup of chamomile tea each day, take the used teabag, and place it on the bunion. Make sure you let it cool off first. Wrap with a bandage and let it sit for 30 minutes before removing. Do this daily for two weeks. The chamomile acts like an anti-inflammatory that helps shrink the bunion and relieves any pain.
- You can also use turmeric to help reduce bunions. Take one teaspoon of turmeric and one teaspoon of olive oil. Mix and apply to the bunion. Let the bunion absorb the mixture for approximately five minutes, then remove the mixture and dry thoroughly. Apply oil to bunion daily until bunion reduces in size.
- Or you can apply a calendula ointment. Calendula ointment can be found at any health food store or nutrition shop. Apply the ointment to the bunion 2-3 times a

day for up to a week. The ointment should help reduce the size of the bunion while soothing any pain.

Calluses & Corns

- Take a cotton ball (which will act like a sponge), and soak it in 1/4 cup of apple cider vinegar. Once the vinegar has been fully soaked up, apply the cotton ball to the calluses or corns. Cover with a bandage, and rest your foot for approximately 20-30 minutes. Once the time is up, remove the bandage and cotton ball. Using a pumice stone, gently remove the dead skin.
- You can also do a lemon and baking soda paste. Take approximately 3 teaspoons of lemon juice (fresh-squeezed lemon works best), 2 teaspoons of olive oil, and 2 tablespoons of baking soda, and mix together to form a paste. You want to create a paste that is thick enough to remain formed where you placed it. You may need to add more baking soda to achieve the right consistency. Once a paste has been formed, place it on the calluses or corns and wrap with a bandage. Rest your foot for 10 minutes. Remove the bandage and gently remove the dead skin with a pumice stone. This paste can be stored in an airtight container, away from sunlight. Continue to apply paste whenever needed.

Foot Ulcers

Use these treatments for foot ulcers or other wounds that heal slowly or not at all.

- **Raw Honey Treatment** – Rub area with a disposable alcohol wipe. Using a cotton swab, gently rub a thin layer of raw organic honey over the sore. Cotton swabs should only be used once – no double dipping. Wrap gauze around the foot, covering the sore. Use first aid tape to cover the gauze and hold it in place. Keep everything clean. When taking off the old bandage, let the foot air out for

about an hour before putting on a new one. Repeat this twice a day – once in the morning and once at night.

- **Ozonated Olive Oil** – Rub area with disposable alcohol wipe. Using a cotton swab, gently rub a thin layer of Ozonated Olive Oil over the sore. Cotton swabs should only be used once – no double dipping. Wrap gauze around the foot, covering the sore. Use first aid tape over the gauze to hold it in place. Keep everything clean. When taking off an old bandage, let the foot air out for about an hour before putting on a new one. Repeat this twice a day – once in the morning and once at night.

Foot Nerve Damage

Foot nerve damage can cause all sorts of discomfort such as stabbing or burning pain in the feet and especially the toes.

- **To Reduce Pain** - To treat pain caused by nerve damage, try using cayenne pepper mixed with coconut oil. Use one teaspoon of cayenne pepper and one teaspoon of coconut oil. Mix together and rub onto the parts of the foot that are affected. The capsicum in cayenne pepper will feel hot to the skin initially. However, this heat works into the skin's pain receptors helping relieve the pain associated with foot nerve damage over time. For best results, rub feet with the mixture once a day before bed for two weeks. You can put on your favorite socks afterwards in order to keep them warm if needed.
- **To Repair Nerve Damage** – You can prevent further nerve damage and even reverse nerve damage by mega dosing with key nutrients that help repair nerve endings. Here's what you need to take:
 - Acetyl L Carnitine – 1000 mg/day
 - Vitamin B12 – 5-10 mg/day (taken under the tongue)

- B Complex – 1 capsule (make sure it has at least 150 mg of B6)
- Alpha Lipoic Acid – 1000 mg/day
- Vitamin C – 3 to 5 grams/day

Plantar Warts

- Use oregano oil and duct tape to remove plantar warts from your feet. Soak up a couple teaspoons of oregano oil with a cotton ball. Place the soaked cotton ball on the plantar wart. Wrap your foot or toe (wherever the plantar wart is) with a bandage, and let sit for five minutes or until the wart has loosened up. Then remove, pat dry, and place a piece of duct tape over the wart. Let the duct tape stay on for 30 minutes. After 30 minutes, remove the duct tape and any dead skin on the wart. Gently pick the skin away. Never scrub at the wart because this causes pieces of dead wart cells to bury deeper in the skin. Once finished, thoroughly wash all tools used and your hands to prevent spreading the wart to another part of the body. Repeat this procedure daily for at least 2-3 weeks.
- You can also do a combination of an Epsom salt soak and salicylic acid pads. Add 1/2 cup of Epsom salts to a small basin of warm water. Soak your feet for 30 minutes. After 30 minutes, dry your feet thoroughly and apply a small cotton ball soaked in salicylic acid to the wart. Cover with a bandage overnight. The next morning, remove bandage and scrap off any dead skin on the wart. Repeat every night for 2-3 weeks.

You now have everything you need to keep your feet healthy and happy. If you follow the Sugar Balance program and the remedies in this book, you'll no longer have to worry about foot problems.

I can't wait to hear about the extraordinary results you'll get with this program. Please don't forget to send in your testimonial, so I can share it with others.