

# Foot smell – What really helps.

**Foot smell or sweat smell is created by bacteria that decomposes fresh and odorless sweat on the skin. This decomposition of mainly sulphur and nitrogen compounds, causes unpleasant smell.**

## Cheesy Feet

### Many factors contribute towards odor intensity of feet:

There are several sweat glands particularly under the feet that are easily excited amongst some people.

As a result, more sweat is secreted: A particular type of sweat-decomposing bacteria lodges in the soles of feet—Brevi bacterium epidermis. This bacterium can be found only in the feet and is closely related to the bacterium which is mainly responsible for the typical taste and smell of Limburg cheese.

Shoes and socks can have a detrimental effect on foot odor. Higher the proportion of synthetics in socks or shoes, that much more does the foot warm up. Due to an increase in secretion of sweat, that normally has a cooling effect, the body attempts again to normalize foot temperature. Soon enough, this leads to emergence of an ambience that is very similar to humid biotope in which bacteria, viruses and fungi feel at home.

Additionally, various ailments such as for example high blood pressure, hyperthyroidism or diabetes can lead to excessive sweating. Even nourishment has an effect on the severity of sweating: Too much coffee or animal fats induce for example sweat production.



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## The Solution...

Change in food habits, regular change of shoes and daily wearing of fresh (cotton) socks contribute towards reduction in unpleasant odor. A visit to a doctor can help clarify whether an illness is the cause of sweat-problem. Still, under normal circumstance this problem cannot sufficiently be cured without appropriate care of feet: The feet must be washed daily, if necessary even multiple times daily, with a mild soap.

You, as a foot expert know very well, the importance of foot hygiene. Most of you several times weekly have customers seating in front of you, who besides the actual problem also suffer from sweaty feet. That is not only for you unpleasant, but mostly also for the customer. Despite this, discuss the topic, but naturally with the necessary sensibility. For example, inquire whether he or she often has problems with sweaty feet. Explain to your customers how foot sweat is generated and what factors intensify secretion. Many patients do not know that there are available special nourishment products, such as **GEHWOL FUSSKRAFT GREEN**, for sweaty feet. High grade ethereal oils and effective nurturing substances work optimally together in this pleasant and yet simple-to-use foot cream.

# GEHWOL FUSSKRAFT GREEN WITH DEONZINC®: More than a foot deodorant.

**DEOZINC®** binds the unpleasantly smelly decomposed products and prevents micro-organisms from multiplying. In addition, it also narrows sweat pores and thus takes the nutrition away from the bacteria. A balanced compound made of ethereal oils from rosemary, mountain pine, lavender and camphor, developed specially for GEHWOL

**GEHWOL FUSSKRAFT GREEN**, has a pleasantly smelling deo-effect and supports efficacy of **DEOZINC®**.

Additionally, **GEHWOL FUSSKRAFT GREEN** contains selected hygroscopic and nurturing substances since skin loses moisture as a result of excessive sweating. Aloe Vera and Urea regulate the water content of feet. Feet remain pleasantly supple with the use of Shea butter and oil of jojoba.



## Zinc and its compounds

As a trace element, zinc plays a key role in human metabolism. Zinc is thus also essential for skin formation. Zinc ointments have always been used in wound treatment due to their disinfectant properties. Certain zinc compounds also provide lasting protection against foot odor. **Zinc is not only a metal – it is a trace element vital for human life.** It is used in the production of skin, hair and nails, in the maintenance of the immune system and in taste and smell. Zinc also has a crucial role in wound healing and Zinc deficiency can also cause skin diseases.

Zinc oxide is the most important zinc compound. Zinc oxide possesses antimicrobial, odor eliminating and mildly sweat reducing properties. The antimicrobial effect of zinc oxide is particularly beneficial in foot creams. The decomposition of sweat through bacteria, which give rise to unpleasantly smelling substances such as butyric acid, is prevented. Furthermore, zinc oxide binds lower fatty acids such as isovaleric acid, which is another of the foul-smelling substances in sweaty feet. The reaction products thus produced are odorless. Zinc oxide also has a mild, sweat-reducing effect. Zinc ointments are useful in the treatment of eczema, chafed skin, nappy rash and cracked skin. Zinc ricinoleic binds foul –smelling substances that prevent the accumulation of odor.

## GEHWOL preparations: protection against foot odor with zinc compounds

In **GEHWOL FUSSKRAFT GREEN**, zinc oxide a zinc ricinoleate contained in the innovative active substance combination, Deozinc, provide lasting protection against foot odor. Zinc oxide is also used in GEHWOL Med Deodorant foot cream to ensure permanent elimination of severe foot odor and in GEHWOL Med Foot Powder to deodorize the feet and to keep them dry.

**Foot odor is a thing of the past!**