

A FREE GUIDE FROM A PODIATRIST

Happier feet, starting tonight.

How to pick shoes that fit, a 7-day at-home foot reset using things already in your house, and the daily routine I recommend.

PART 1

The shoe guide

The fit checks I use in clinic, and when to replace your shoes.

PART 2

The 7-day home reset

Ten household items and a simple week-long plan for your feet.

PART 3

Your daily routine

Five minutes, morning and night. Plus 20% off your first order.

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Shoes that fit your feet.

Most foot pain I see starts with the wrong shoe. Run every new pair through these checks before you buy.

- 1 Shop late in the day**
Feet swell by evening. Shoes that fit at 5 pm will fit all day.
- 2 Leave a thumb's width**
About half an inch between your longest toe and the end of the shoe.
- 3 Room for your toes**
You should be able to wiggle all five toes. No pinching at the sides.
- 4 The heel squeeze**
Pinch the back of the heel. It should feel firm, not collapse.
- 5 The bend test**
The shoe should bend at the ball of the foot, not in the middle of the arch.
- 6 The twist test**
Hold both ends and twist. A supportive shoe resists, not wrings like a towel.
- 7 Measure both feet**
Most people have one bigger foot. Fit the bigger one.
- 8 Replace on time**
Walking and running shoes: about every 300–500 miles, or when the tread is worn smooth.
- 9 Rotate your pairs**
Give shoes 24 hours to dry out between wears. Fewer odors, longer life.
- 10 Pick the right socks**
Moisture-wicking blends or merino keep feet drier than cotton.

What to look for

IF YOU HAVE	LOOK FOR
Flat feet	A firm heel and a supportive, stable midsole. Ask for a "stability" shoe.
High arches	Extra cushioning and a softer midsole to absorb impact.
Bunions	A wide, deep toe box and a soft, stretchy upper over the big toe joint.
Sweaty feet	Breathable mesh uppers, wicking socks, and two pairs to rotate.
Heel pain	A cushioned heel and good arch support. Skip flat, flimsy shoes and going barefoot on hard floors.

Limit these: flip-flops, completely flat ballet flats, and heels over 2 inches. Fine for short outings, hard on feet all day.

Ten things already in your house.

No shopping required. Each one takes a few minutes.

BATH TOWEL

Dry between every toe

After every shower. Damp skin between the toes is where trouble starts.

HAIR DRYER

Cool setting, between toes

A few seconds on cool after toweling gets skin fully dry.

BAKING SODA

Freshen your shoes

Sprinkle a spoonful inside shoes overnight. Shake out in the morning.

NEWSPAPER

Dry wet shoes

Stuff damp shoes with crumpled paper. Let them air out away from heat.

PETROLEUM JELLY + SOCKS

Soften dry heels

Apply to dry heels at bedtime and sleep in cotton socks.

PUMICE STONE

Smooth rough skin

Gently, on damp skin, a few strokes at a time. Never shave or cut calluses.

EPSOM SALT

A warm soak

A handful in warm (not hot) water, 10–15 minutes. Dry well after.

FROZEN WATER BOTTLE

Cool, tired arches

Roll it under your arch for 5 minutes after a long day.

TENNIS BALL

Massage the arch

Roll slowly under each foot for 1–2 minutes while you sit.

HAND TOWEL

Toe scrunches

Scrunch a towel toward you with your toes, 10 times each foot. Builds foot strength.

Also: trim toenails straight across with clean clippers and smooth the edges with a file. Check your feet in good light, or with a mirror, once a day.

Your week, day by day.

Every day: wash, dry between your toes, and check your feet. Then add the step below.

DAY	TONIGHT	TAKES
Day 1	Clean out your shoes. Baking soda in the pairs you wear most. Toss socks with holes or thin heels.	10 min
Day 2	Warm Epsom salt soak, then a gentle pumice on rough spots. Petroleum jelly and socks to bed.	20 min
Day 3	Trim toenails straight across and file the edges. Run your shoes through the fit checks.	10 min
Day 4	Tennis ball arch massage and towel scrunches while you watch TV.	5 min
Day 5	Frozen bottle roll after the day. Petroleum jelly and socks to bed.	5 min
Day 6	Warm soak and pumice again. Rotate to a different pair of shoes tomorrow.	20 min
Day 7	Look back: softer heels? Fresher shoes? Keep the habits that helped.	5 min

READY FOR MORE?

Take it to the next level

Household items are a good start. Turn the page for the daily routine I give my patients, and 20% off your first order.

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Check with a podiatrist first if you have diabetes, poor circulation, numbness, or any open sores on your feet. Skip soaks and pumice stones unless your doctor says they're okay. See a doctor for pain that lasts more than a couple of weeks, redness, swelling or warmth. This guide is general information, not medical advice.

Five minutes a day.

This is the routine I give most of my patients. It covers your skin, your nails and your shoes, and it takes about five minutes a day.

EVERY MORNING

- 1 CLEAN in the shower**
Wash your feet and between your toes.
Rinse, then dry completely.
- 2 NOURISH once you're dry**
Massage over your whole foot, including between your toes.
- 3 FRESH on feet and shoes**
Spray feet, socks and inside your shoes. Let it dry before your shoes go on.

EVERY NIGHT

- 1 REPAIR on your nails**
Brush onto each nail and the skin around it, then massage in.
- 2 NOURISH on heels**
A second layer on heels and any dry spots.
- 3 A quick look**
Check your feet in good light for cracks, redness or changes in your nails.

CLEAN and FRESH: undecylenic acid 10% for athlete's foot. NOURISH: clotrimazole 1% for athlete's foot, with shea and cocoa butter. REPAIR: for thick, discolored-looking nails.

YOUR CODE

WELCOME20

20% off your first order at checkout. One use per customer.

Start with The Daily Essentials Routine
Full sizes of CLEAN, REPAIR, NOURISH
and FRESH. Already 10% below buying
each one, and it ships free.

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EVERY DAY

The Daily Essentials Routine

Wash, moisturize, freshen, and care for your nails



CLEAN SHOWER



NOURISH MOISTURIZE



FRESH FEET & SHOES



REPAIR NAILS

4 full sizes · podiatrist-formulated