GRANDMA'S REMEDIES

7 Easy DIY Remedies to Alleviate Burning Sensation in Feet

By bestfolkmedicine · 23/11/2018 · 3 min read



Though it may not be a serious problem, experiencing a burning sensation in the feet can be quite the annoying occurence. It can happen to anyone, regardless of age or gender. Very often, as noted on Health and Love Page, this symptom may be a result of nerve damage or exposure to toxins, excessive intake of alcohol, and diabetes.

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One may also experience a burning sensation in the feet as a result of folic acid, vitamin B, calcium or thiamine deficiency. Or, because of a foot injury or trauma, athlete's foot, bites and stings from insects,

kidney problems, peripheral vascular illness or burning foot syndrome.

Other Accompanying Symptoms

In addition to a burning sensation in the feet, one may also struggle with redness, dull ache, swelling, and peeling skin. The skin may also change in color and texture. One may also be more prone to changes in body temperature.

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What Are the Treatment Options?

In most cases, the treatment depends on the underlying cause of the burning sensation. Though you need to undergo tests and consultation with your physician to determine the problem, it is advantageous to know that there are healthy and 100 percent natural foods that can help you deal with this symptom easier.

Below, check out 7 potent and easy DIY methods to alleviate burning sensation in feet that we discovered on Health and Love Page.

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7 Natural Ways to Stop Burning Sensation in Feet

1. **Exercise regularly**

A good blood flow and prevention of nervous system problems is pivotal if you want to avert or cease burning sensations in the feet. Being physically active on a regular basis can be highly beneficial. So, whenever you are struggling with a burning sensation in the feet, if possible, walk barefoot on sand or grass. And, as much as you can, incorporate running and jogging. These two physical activities are highly effective in boosting your blood flow.

2. **Massage the feet**

Did you know that you can relieve a burning sensation in your feet by massaging them? Remember to use some essential oil for the rubbing. For example, coconut, mustard, or olive oil; heat it up a bit and then use it to massage the feet. Use upward motions and repeat this for 10 minutes. For optimal

effect, repeat the massage in the morning and at night prior to bed.

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3. **Use thyme**

Thyme is an excellent herb for constricted blood vessels and it will significantly boost the blood flow. Its antimicrobial power will diminish burning sensation in the feet, especially if it is caused by athlete's foot. To benefit from it, fill two foot basins with water- one with cold, the other one with warm. Add a handful of thyme to each basin and soak your feet for 3 to 5 minutes in the warm water first and then immediately place them into the other basin. Soak them in it for additional 3 to 5 minutes. Repeat daily for optimal effect.

4. **Increase your vitamin B3**

Also known as niacin, this vitamin will strengthen your nerves and better the blood flow. So, make sure you enrich your diet with foods that contain it, for example, wheat germ, wheat bran, whole-grain products, milk, beans, peanuts, green veggies, peas, and egg yolks. Consult your physician first in case you want to opt for vitamin B3 supplements.

5. **Bitter gourd**

Grind a handful of bitter gourd leaves and a bit of water. The goal is to make a smooth paste. Apply it onto the feet for immediate relief. Afterwards, rinse the feet. Repeat as much as needed.

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6. **Epsom salt**

The magnesium sulfate in it will help you battle inflammation and pain. It can also boost the nerves' functioning. Fill warm water in a foot basin and add ½ cup of Epsom salt. Soak your feet in the mixture for 10 minutes. Repeat on the daily.

7. **Cold water**

It will not just reduce the burning sensation, but fight off any swelling, numbness and tingling. Fill a foot basin with cold water and soak the feet in it for 10 minutes. Take them out and then soak them again for 10 minutes. Repeat several times per day for best results.

Sources:

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