



# Flip-Flop Feet

Anyone who has ever pounded the pavement in strappy sandals knows that, by dusk, your soles are the color of the asphalt that you have been walking on, not to mention the tan line of grime around your ankle strap.

When walking on the street in something like Flip-Flop's, you are exposing your feet to dog feces, sputum expectorated by people and even human waste – some of which may contain bacteria—and a wide variety of other things like food and liquids that have been brewing in the hot sun acting like an incubator. The kind of viruses and infections found on city streets include novovirus, staph aureus, various types of strep, E.coli and drug-resistant superbugs like Pseudomonas, Klebsiella pneumonia and MRSA.

If your feet have cuts, dry cracking skin or open blisters, you may unknowingly be laying out a welcome mat to the viruses and bacteria stuck to the street. Even if you are abrasion-free, you can transfer all of that nasty stuff the moment you handle your flip-flops when you slip them off exposing these organisms to your hands. 80% of all infectious diseases are transmitted by direct or indirect touching such as picking up a dirty shoe – then touching your eyes or mouth. The good news – your skin is built to protect you from getting infections. The outer skin layer known as the stratum corneum is the thickest on the hands and feet and is your body's first line of defense.

There are several steps you can take to prevent transferring germs from your feet and shoes. To banish germs, use good old-fashioned soap and water. You want to wash your feet when you get home or in a pinch, apply an antibacterial hand sanitizer to your feet. Also, keep a pair of house shoes by the front door to change into. In general, it's not a good idea to come into your home with shoes that have walked on every known substance through the day and spread it all over your house.

To maintain your skin's protective barrier it must be kept in good condition without being dry, cracked or covered with dead skin cells. This requires taking extra special care of your feet.

**Keep your feet in daily peak condition by removing dry rough dead skin cells while bathing, followed by a moisturizer. Each night before bed, apply a Foot lotion so you'll wake up to start the day with healthy germ free feet.**

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