

Subject: : Tips and Tricks

Topic: : Cold Feet

Re: Cold Feet

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Date: : 2012/11/19 21:31:52

URL:

As others have noted, one of the keys is circulation. Cramming more layers into a fixed bootie will make you colder, not warmer. Make sure your feet can move. It may seem counterintuitive, but sometimes, less layers is more.

I've never tried it but I heard a story, once upon a time, of a guy who worked in a butcher shop in the winter. Initially, his feet were freezing all the time. He took to ingesting cayenne pepper, which he felt improved his circulation, and his cold feet problem disappeared.