

Subject: : Tips and Tricks

Topic: : Cold Feet

Re: Cold Feet

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In addition to all of the above, if you are still struggling...you may actually have a circulation issue that makes it tough to keep the old feet warm. If your feet are cold and blue...see a doctor 😊

You can also consider a transdermal L-Arginase cream. Transdermal L-Arginase is a vasdilatator to the blood vessels of the skin. This is particularly helpful in patients with condition's like Raynaud's disease. It's often an ingredient in the diabetic foot creams you see at the pharmacy or one I like in particular is called Healthy Foot Cream.

I Rx systemic drugs pretty often that aid in peripheral circulation in patients with vasospastic disorders. So the take home is, if your feet seem cold out of proportion to your fishing buddies...maybe there is more to it. Food for thought.