

Subject: : Tips and Tricks

Topic: : Cold Feet

Re: Cold Feet

Author: : JackM

Date: : 2012/11/21 7:59:31

URL:

Excellent points Patrick. I have a slight case of circulation issues with my hands, I guess similar to Raynaud's, if not it. But, the fingers from the middle knuckle upward are simply "slow to respond." Usually, within 5 minutes the circulation improves to 100% and I can go without gloves in sub-freezing temps the rest of the day. It seems as if the transition from warm temps in a car or house to cold temperatures in the outdoors manifests the condition immediately.

I am not looking for a diagnosis, just suggesting that even someone with any such deficiency in circulation can dress appropriately to his/her condition. The cream you suggested sounds like an excellent idea. Since it is my hands that are of concern, do they make it scentless?