

Best Products To Stop Sweaty Feet

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Fatherly April 23, 2019



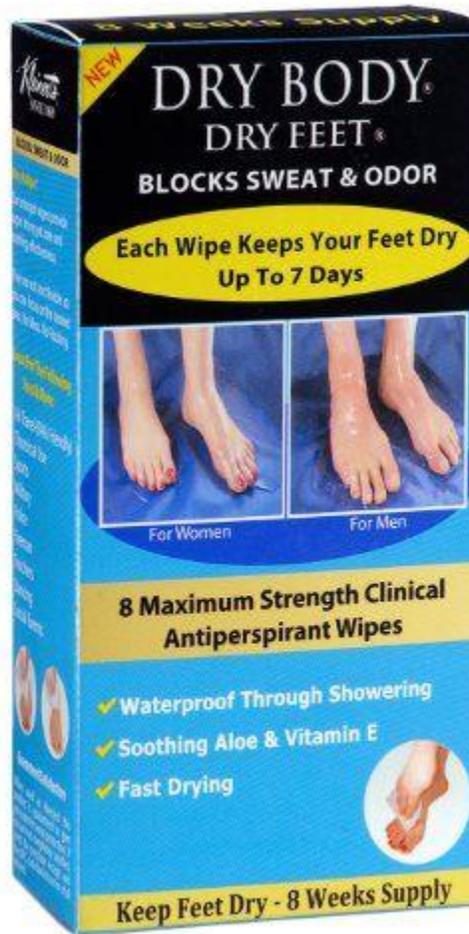
With all the miles you're going to put on this summer – mowing the lawn, playing freeze tag, chasing sugar-high toddlers around the house – your feet are going to get a workout. And, being feet, that means they're going to sweat and smell, potentially embarrassing their owners in shoeless social situations and making the bathroom situation 20 percent worse.

The key to fighting sweaty feet (an estimated 7.8 million Americans suffer from hyperhidrosis, a.k.a. excessive sweating), having an arsenal of effective products. Think of Drs. Kristina and [Gary Goldenberg](#) of Goldenberg Dermatology as the managers of that arsenal — as arms dealers for feet.

“Feet contain large amounts of special sweat glands called ‘eccrine’ glands,” the Drs. Goldenberg explain. “These glands are important for thermoregulation – they produce sweat not in reaction to heat, but rather to local tactile stimulation or emotional stress.”

When your glands work overtime, you become susceptible to hyperhidrosis which, according to Drs. Goldenberg “is defined as excessive sweating of the skin, a condition that occurs all year round, but may worsen in the summer.” Are there ways to avoid sweaty feet altogether? Other than surgery, not really, but the Goldenbergs do have some unexpectedly work-centric suggestions. Drinking too much coffee, they point out, can stimulate eccrine glands. And stress can put workers at risk for a smelly fungal infection known as *Tinea Pedis*. (A less office-applicable tip: Keep feet dry by reaching for a towel whenever in doubt.)

But whatever sweaty foot-havers do to fight the funk, they will still end up wandering drug stores in a state of borderline desperation. Here's what the smart ones will buy.

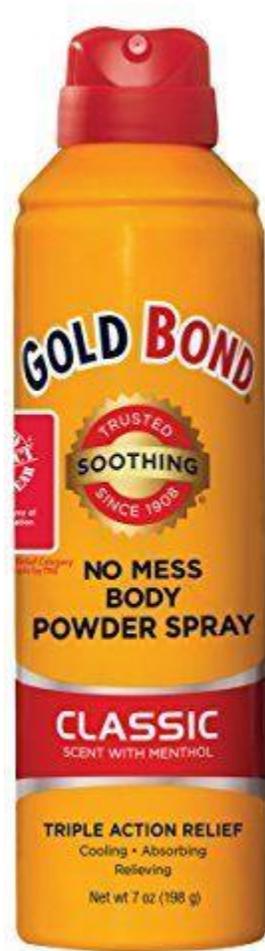


Kleinert's Dry Feet Clinical Antiperspirant Wipes

Each box of Kleinert's Dry Feet Antiperspirant Wipes carries an 8-weeks supply of sealed foot wipes, that offer soothing Aloe and Vitamin E treatment via the enlarged pads.

Buy Now \$16.99

Drs. Goldenberg confirm that "this product contains 15% aluminum chloride, which is a known, effective antiperspirant." They do caution, however, that the aloe and vitamin E may moisten the skin instead of making it dry, so avoid overuse.



Gold Bond No Mess Spray Powder

No, this spray powder doesn't permanently decrease the amount of sweat produced, but it will provide relief and comfort as sweat begins to form.

Buy Now \$6.97

“The main ingredient that works against hyperhidrosis in this product is talc,” say Drs. Goldenberg. “Gold Bond Foot Powder Spray keeps your skin dry by absorbing moisture and perspiration,” they add.



6 Pairs of Wetness and Odor Absorbing Activated Charcoal Shoe Insoles

These genius inserts help prevent the growth of bacteria by absorbing sweat and shutting down odors from damp, smelly feet.

Buy Now \$15.50

“Charcoal does absorb sweat and moisture,” say Drs. Goldenberg. “But, again, these inserts would not decrease the amount of sweat produced over time.” Luckily, Emerge Therapeutics Charcoal Shoe Inserts are a relatively cheap and quick fix that you can use on the go.



Neat Feat 3B Foot Saver Roll-On

Yes, folks, this roll-on antiperspirant for your feet stops sweat and foot stench.

Buy Now \$9.70

“This product contains 22.5% aluminum chloride, which is a known and effective antiperspirant, especially in this high concentration,” say Drs. Goldenberg. One stick of Neat Feet should be enough to last you at least a month, and both doctors “would expect the regular use of this product to decrease sweat production and keep the skin dry.”



Dr. Scholl's Odor X With Sweatmax Spray Powder

The secret sauce in this spray powder is zinoxol, which helps eliminate foot odors.

Buy Now \$19.27

According to Drs. Goldenberg, “the main ingredient that works for hyperhidrosis in this product is starch.” Dr. Scholl’s Odor Max will keep the skin dry by absorbing moisture and perspiration, though it won’t stop sweating permanently. The three pack with 3X Triple Action protection should be enough to keep you dry all summer.



10-Seconds Shoe Deodorizer and Disinfectant

Spoiler alert: Your shoes are full of gross germs. Zap them with this spray, which is effective against bacteria, mold, mildew, and other disgusting micro-organisms.

Buy Now \$9.00

“This product contains phenyphenol, which is known to kill bacteria and fungi on contact,” say Drs. Goldenberg. “10 Seconds Shoe Deodorizer also contains a high concentration of ethanol, which would dry the skin and potentially keep it dry.” And it’s the only EPA-approved shoe disinfectant on the market.

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