

**My feet smell like cheese**

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Why does my girlfriends feet smell like cheese. My feet smell like parmesan cheese. Why does my baby's feet smell like cheese. Why does my feet smell like cheese. Why does my feet smell like cottage cheese. Why does my dog's feet smell like cheese. Why does my feet smell like cheese all the time. Why does my feet smell like stinky cheese.

Have you ever heard of yourself from a yoga instructor asking you to “slip your shoes before you start?” The thought of taking out the sneakers at a friend’s door makes you want to escape to start a new life? Well, you’re not alone and you’re in the right place. While it is not exactly an educated conversation topic, we took off our shoes and were compared by a perfume that can only be summed up as “friendly skunk selling aged cheese from the back of his van.” But what makes our feet feel like that? What can we do to stop him? How can a skunk afford car insurance? Don’t sweat it, we have the answers. What stinking causes feet? Most people think it’s sweat on our feet that causes foot smell, but most people lack the full picture. While it is true that the sweat glands on our feet are the most active on our body 1 - and a couple of feet can have about 250,000 glands to sweat - the sweat itself is odorless. In fact, billions of bacteria create bad smells. More specifically, the gnarly smell is actually a bi-product of bacteria that feed on our sweat.2 Thus our feet provide the perfect environment for these bacteria to thrive: there is a lot of moisture, heat, oxygen and nutrients (yum). On top of all this, some activities and situations — such as wet shoes, hot shoes, sweaty workouts and increased stress3 — help these bacteria and fungi thrive and multiply. The result? Besides the funky foot smell that can free a room. Why do feet smell like cheese? Well, first of all, not all feet smell like cheese (gasp). Some other common smells include vinegar and cabbage. And it’s all down the chemicals produced by the bacteria over there. For example, short-drums are considered a primary cause of this foot smell, and also give Limburger, Port Salut and Munster cheeses their pungent smell. It’s for real, not for a joke. Metanoethiol is an important component in cheddar cheese taste and yet it is also created by bacteria on your feet.4 And for those who have a more aceto-y or cabbage-like aroma, the culprits are vinegars, propionics and butiric acids. The most common chemical smell associated with the feet is the isoval acid, which we would recognize as a “sweet” perfume. Change the smell. Actually it is important to be aware of any major changes in how your feet stink as it could be a sign of more serious problems. If your feet begin to feel the grapes- or bread-like, which could signal a fungal infection, which can cause rash, skin breakage and bigger wounds. It is better to seek advice from a doctor if these smells occur. How to get rid of foot smell. So, if the problem is bacteria, what is the solution? 2 good foot hygiene taking the time to properly clean your feet helps, you are probably not actually killing the bacteria. It means that your feet will come back to feel the smell of gorgonzola onion dip again in no time. Keep your feetand dry, wearing open toe shoes whenever possible, using a pumice stone to remove dead skin cells and avoiding synthetic socks are all helpful5 but will not completely solve the problem. That’s why we spent years researching the unique needs of the foot to create the final product to eliminate those hungry bacteria in an instant (you know how many episodes of Game of Thrones we missed for this)? The result is Twinkle ToesTM, an amazing spray for shoes, stockings, feet and more that combines 6 powerful antimicrobial agents to instantly wipe out bacteria and fungi that cause funky smells. Better than a standard foot deodorant or foot antiperspirant, our formula eliminates the root causes of odor instead of simply masking them (think actually removing the garbage against spraying some perfume on it inside and hoping for the best). Ingredients such as clinical silver, lichen extract, tea tree leaf oil and manuka oil have been selected for their antibacterial, antimicrobial and natural antioxidant properties to kill and prevent the future growth of bacteria and fungi that cause odor on feet and shoes. Even better, you can use Twinkle ToesTM on your feet, shoes, socks, yoga mats and more, so you can see why it is a cult favorite. Make sure your socks and shoes are clean and fresh too (or at least spritzed with Twinkle ToesTM if you’re in a hurry) will have your problems solved, feet refreshed and anxiety dissed, so you can worry about more important things. Please! It’s your asses, your dogs, your pigs. Whatever you call them, feet are an important part of you. Without them, you couldn’t get up, walk or run a race. In fact, your feet work so hard for you, sometimes they sweat. And stinky. Think of a hot summer day when you’ve been walking in an amusement park all afternoon. Oooh, boy à your feet have been in those sneakers for a long time! On the drive home, you decide to start the shoes. It looks good, but it smells bad. In fact, you could get an earpiece from other passengers in the car; P.U. -> What stinks? Bacteria are to blame. These small beds normally inhabit your feet and love dark and damp places like the insides of sweaty shoes. They multiply by sweat, so if you don’t wear socks, that really makes them go. Under the right conditions, bacteria will bank on your feet. These bacteria eat dead skin cells and oils from your skin. Their colonies will grow and begin to release waste in the form of organic acids. It’s those organic acids that smell bad. And for 10% to 15% of people, the smell is really bad. Why? As their feet are extra sweaty and become of bacteria called kytococcus sedentarius (e.g. kite-ob-KAH-kus SEH-den-tair-e-us). These bacteria produce more than just stinking organic acids — they also produce things called volatile sulphur compounds. sulfur compounds are usually powerful and horrible smells. If you’ve ever heard a rotten egg, you knowvolatile sulfur compounds have the same smell. Page 1 What can you do? You don’t usually need to worry about your stinking feet. But if it stinks you’re annoyed or someone notices it, you might want a hand to intervene. So how can you avoid your feet smelling? Well, you may not be able to stop stinking completely. But if the sweat is reduced, the smell is reduced. Try these steps: Be clean. Wash your feet every day. Dipping your feet in a water tank and washing can be better than just leaving the shower water splashes on them. Make sure you dry your feet when you’re done. Wear the right socks. Cotton, some wools and special shirts for athletes absorb sweat and allow feet to breathe. Wear a fresh pair every day, and even if your socks get wet. Make sure your shoes aren’t too tight. If they are, the feet could sweat more than normal. Exchange your shoes. Wearing the same shoes every day can make them more perfumed. Let them dry for a couple of days before wearing them again. Kill those germs. Ask mom or dad to use a disinfectant spray to kill bacteria in his shoes. You could also wash your feet with antibacterial soap. Even putting shoes out in the sun can help. Wash shoes or suns. Some soles or shoes, especially sneakers, can be washable, a great way to eliminate odors and get clean shoes. Make sure to dry them completely before wearing them. Avoid plastic shoes. Plastic and some artificial materials do not let your feet breathe. Go barefoot. Let your feet air out and let them spend some time outdoors, especially at night. But don’t go too barefoot, especially outdoors, because this can invite certain bacteria (such as Kytococcus) to live on your feet! Do not share shoes or towels with others. If you do, this could transfer stinky bacteria from the feet of others to yours. Nonsense! If you still have problems with the smell of the foot, talk with your mom or dad to get their opinion. If I agree to think the smell is a concern, they can try to get you smell-fighting powder or sunshine. If nothing seems to work, you might want to talk to your doctor about what to do. Your doctor may prescribe a special medication to put on your feet. For most people, the smell of the foot can’t. The worst thing about having your stinking feet is that it’s embarrassing. If that worries you, keep your shoes on when you’re in social situations, like when you’re in school or in the car. At home, keep your feet clean and go barefoot to get some air. If your feet are clean and dry, those bacteria will have to find their food somewhere else! After a long day ofschool or play, you go home, take off your shoes and socks and you are greeted with that unmistakable smell of stinky feet. It is a common body odor, but rather embarrassing, and may make you wonder, “Why do my feet stink?” Causes of foot odor: Causes of stinking feet Feet, like all skin, are covered with sweat glands. sweat. You have your feet covered with tight feet and go around all day, your feet sweat. That sweat creates a privileged environment for the growth of bacteria, and their metabolic processes emit a certain smell. In fact, a type of bacterium, the brevibacterium, lives among the toes, thrives in a humid and salty environment, and produces the cheese smell of the feet. The same bacteria is used in the process of making cheese for Muenster, Entrammes and Limburger. So really, your feet don’t smell like cheese, cheese smells like feet. Now that we know why our feet smell, we can work to eliminate the smell. Find a basic UPMC doctor. Call 1-855-676-UPMCP (8762) À or visit UPMC Find a doctor. For more information, visit the website of the UPMC Primary Care. Causes of the smell of the foot: Socks sweaty Wearing socks of any kind helps to reduce unpleasant odors because it absorbs sweat and prevents it from permeating the shoe. You can wash your socks, but putting your shoes in the laundry isn’t that easy. The first step is to always wear socks when wearing closed shoes. (To wear socks with sandals is neither necessary nor advisable from a purely modal point of view.) “Some more thick or synthetic cotton fabrics are more suitable to absorb sweat and to transport it away and evaporate”, said Kevin M. Wong, MD, Westmoreland Family Medicine-UPMC. «For some individuals, it may be necessary to change so during the working day. « Shoe and feet smell: is your shoe causing stinking feet? As a child of the 1980s, the plastic shoes, known as “jellies”, were incredibly stinking shoes. Although they were sandals, they did not allow air flow, which was standing very sweaty. Choose shoes designed for breathability. The new styles have portions of mesh that keep your feet cooler and increase the air flow. It is also recommended to consider the alternation of different pairs of shoes. Wearing the same pair every day can help to prosper bacteria colonies, but if you let them dry completely, the bacteria will not survive dry. “Specially winter boots,” said Dr. Wong. These shoes, in particular, have a tendency to stink, and therefore rotating pairs can help kill bacteria. Correct hygiene for feet: get rid of the smell Daily washing of the feet with particular attention to the areas around and between the fingers can help reduce the bacteria. Rub to remove dead skin, and then make sure your feet are completely dry before putting them in your socks and shoes. You can follow with an anti-transparent (the same as you would use on the armpits) to reduce the sweat of your feet. Removable underfoot can also be used, including thosemade to reduce the odour of your feet. “Make sure they are changed frequently”, advises Dr. Wong. They are disposable and may have an antimicrobial function to deter bacteria. You can also follow the bowling alley example and spray your shoes with a disinfectant/deodorant spray. Although, Dr. Wong adds, “Nothing”. “Nothing.” better than to dry them completely out. “Alete’s foot, a fungal infection, may also cause an unpleasant smell of the foot, but can be treated with over the counter anti-fungal creams or spray designed to treat it. When consulting your doctor on Piedi Smellate If you have tried your best to eliminate your smell, changed shoes and socks, and washed daily, and still have a smell, it may be time to consult a doctor podiatrist or primary care. They can provide an expert guide to the next level of care. Yeah.