

## Cold Feet and Possible Diseases

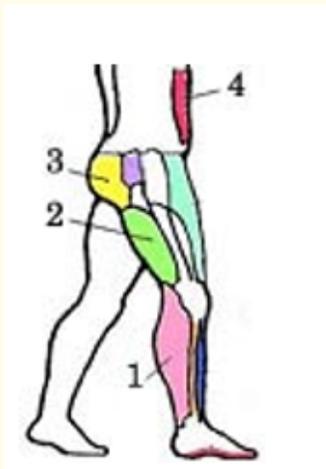
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More than 60 - 80% of the population has disturbances in the work of the vascular system, vegetative dystonia, swelling of the legs or varicose veins, the feeling of constantly cold feet and hands, this is how these disorders are manifested. A decrease in immunity, an increase in colds and viral diseases are associated with the feeling of cold feet. Keep your feet warm, popular wisdom says. But nobody talks about the true reasons for these violations, it seems that they are not even known. For the first time, the work of the venous-muscular pump of the legs was described back in 1890.



**Figure 1**

It is believed that the rise in blood in the vein system of the lower extremities is generated by the calf muscles during walking. It was determined that the venous flow from the foot occurs during the work of the arches of the feet. With correct walking, maximum pressure occurs in the tibia and peroneal veins of the lower leg, and when the contraction of these muscles is not synchronized with the work of the thigh and abdominal pump, the veins of the lower leg swell. In such cases, the pressure in the lower leg can reach 120 mm Hg, and in the thigh area only 20 mm Hg.



**Figure 2**

To optimize this process, it is necessary to correct the arches of the feet and start walking correctly. But medicine does not know how to do this. That is, it does not fight against real reasons. Violations in the work of venous-muscular pumps occur not only due to deformities of the arches of the feet, but also due to improperly made shoes and orthopedic insoles, surgery to replace joints and veins. Cosmetic surgery to remove veins is not a cure. Just like taking foot prints while sitting or lying down, without taking into account the position of the body GCT, the difference in leg lengths. During the correction, the doctor does not bring the arches of the feet into a neutral position and does not determine at what height of the heels the arches will be in the neutral position. This is the most important parameter in the biomechanics of the joints. This is why varicose veins of the legs are more common in women. High heels, when the arch is in the top closed position, the muscles do not contract.

Eliminate deformations in the musculoskeletal structures of the feet is possible only by the hydrostatic method, standing on the diaphragms of the communicating vessels. This technique of foot and spine correction was awarded in 1986 with the bronze medal of the USSR Exhibition of Economic Achievements. It allows you to forget about cold feet in a week, solve the problems of cystitis and other diseases.

Anyone who says that this is incredible, then he does not know the physiology of the body, that skeletal muscles are responsible for the metabolism of cells, that they accumulate and transport oxygen, and not the lungs. Their pumping function is disrupted when deformations occur, when we restrict their work with rigid insoles, shoes, corsets, belts or tight clothing. Over the past 50 years, people's physical activity has decreased 200 times. Anyone who understands this and plays sports does not know what heart problems, diabetes, cold feet and colds and viral diseases are. Perform the correction of the musculoskeletal frame of the body in our center and you will be convinced of this, and no virus will be scary to you.

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