

Gout is a common cause of toe pains.

Gluten sufferers can get nerve damage, tingling and numbness in the feet and toes, confusion, memory loss, dizziness and loss of balance and visual abnormalities. As with some other symptoms, these can occur without other gluten intolerance symptoms showing.

Google for 'Plantar Fasciitis' and read some of them.

Then Google for 'Plantar Fasciitis cure'

Then Google for 'Plantar Fasciitis cause'

Then Google for 'Plantar Fasciitis boron'

<http://www.heel-that-pain.com/videos.php>

For your body to be healthy it must have correct amounts of zinc, boron, magnesium, selenium, with vitamin E, etc., which are in the following.

Good Health Premium Vision, Thompsons Organic Magnesium, Thompsons Zinc and in Pure Boron.

Don't expect instant cures from any organic or pathological products.

Try bare foot or with socks on, have shoes and slippers that are not loose (or tight). They may need Scholl Orthaheel inserts from a chemist. In slippers they stopped a pain I had in my leg. After four days there was no pain in it and I realised that my left slipper had been too loose and I was clenching my left toes to hold it on without realising it.

Ingrown toenail

An ingrown toenail occurs either when the nail grows into surrounding skin or the skin grows over the edge of the nail. Ingrown toenails commonly occur as a result of trimming toenails with tapered edges instead of cutting nails straight across. As the nail begins to grow, it may curl under and dig into the skin or the skin may infringe upon the nail. The skin around an ingrown toenail may be red and swollen, causing pain. Severe cases may ooze pus.