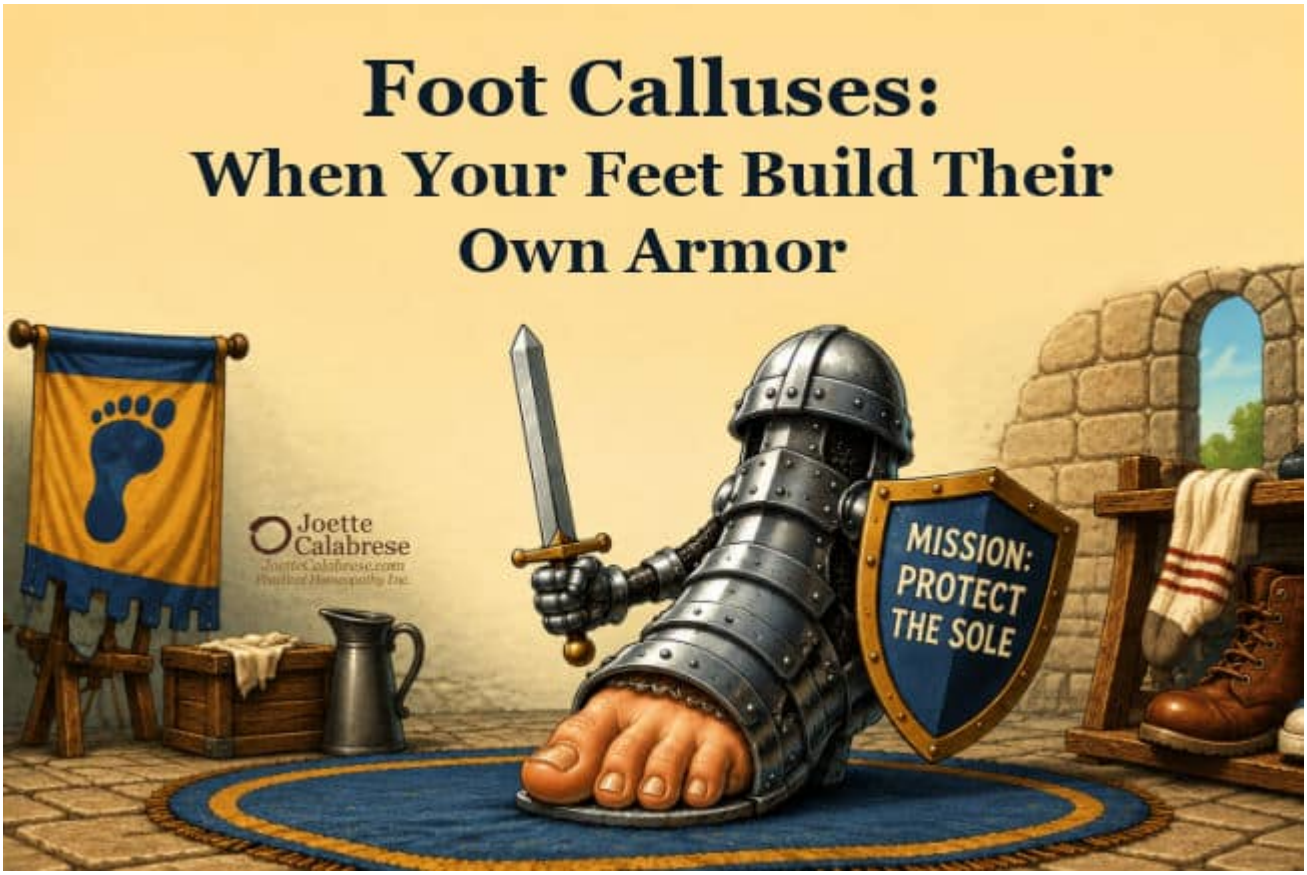
Foot Calluses: When Your Feet Build Their Own Armor



Not every condition is a pathology. Some conditions serve a purpose. Such is the case with foot calluses.

We might find them unsightly in our modern society. I mean, most of us women wouldn't want callused feet hanging out of our sandals.

But what if we were farmers, on our feet working daily in the fields? Indeed, calluses can be very protective. That's why the body forms them.

Calluses aren't an accident; they're created by design.

The body knows to protect the soft tissue of the foot. The

calluses act as a not-so-secret defense mechanism against repetitive friction and pressure. Calluses are a self-generated body armor.

As I said, some people need that protection.

Yet, if the sufferer doesn't need that toughness on the bottom of their feet and if there is no correctable cause for the calluses to exist (we're looking at you, ill-fitting shoes), then we might consider utilizing a homeopathic medicine to address the issue.

Calluses that are unnecessary and unsightly

Most often, in women, the calluses are unacceptable for aesthetic reasons. In that case, we might consider *Calc fluor,* as one of its keynotes is thickened skin.

Generally, if there's no other pathology – it's simply thickening of the skin – we could employ *Calc fluor* 12, twice a day, until the affected skin shows improvement.

Calluses that are protective but develop painful cracks

However, even a person who *does* need the protective toughness of foot calluses can experience undesirable complications. Thickening of the skin that seems irregular, approaching a pathology, might cause us to turn to different homeopathic medicines.

If the skin starts to crack, often painfully, then we might consider *Petroleum* instead. (I've written more specifically on potency and frequency of *Petroleum* in "Parched Parts? Consider *Petroleum.*")

On the other hand, if the calluses not only crack but also ooze – especially if the oozing is honey-colored – then the better homeopathic medicine to consider that has a lot to do with the feet: *Graphites*.

These are not our only choices for calluses

Common-sense changes in hygiene can also help combat calluses. I discuss this in my 2014 blog post, Let the Skin Be Our Guide. My advice on what to use on the skin still holds true.

Plus, as is generally the case in homeopathy, there is more than one way to cook the bacon. These remedies I mention here

are not the only choices. The repertory is filled with suggestions. These are simply the top few.

I discuss other remedies (and other foot conditions) in my Monday Night Live from July 20, 2026. I encourage you to listen and take notes to flesh out your education more fully on the subject.

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Pass on the good news of Practical Homeopathy®!

Warmly,

P.S. If skin issues are a scourge for your family, then take a deeper dive into the topic with my course, Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy. There, you can discover much more information than there is room to share here on the blog.

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

Disclaimer: Joette is not a physician, and the relationship between Joette and her clients, students and followers is not that of prescriber and patient, but that of educator and learner. It is fully the learner's choice whether or not to take advantage of the information Joette presents. Homeopathy

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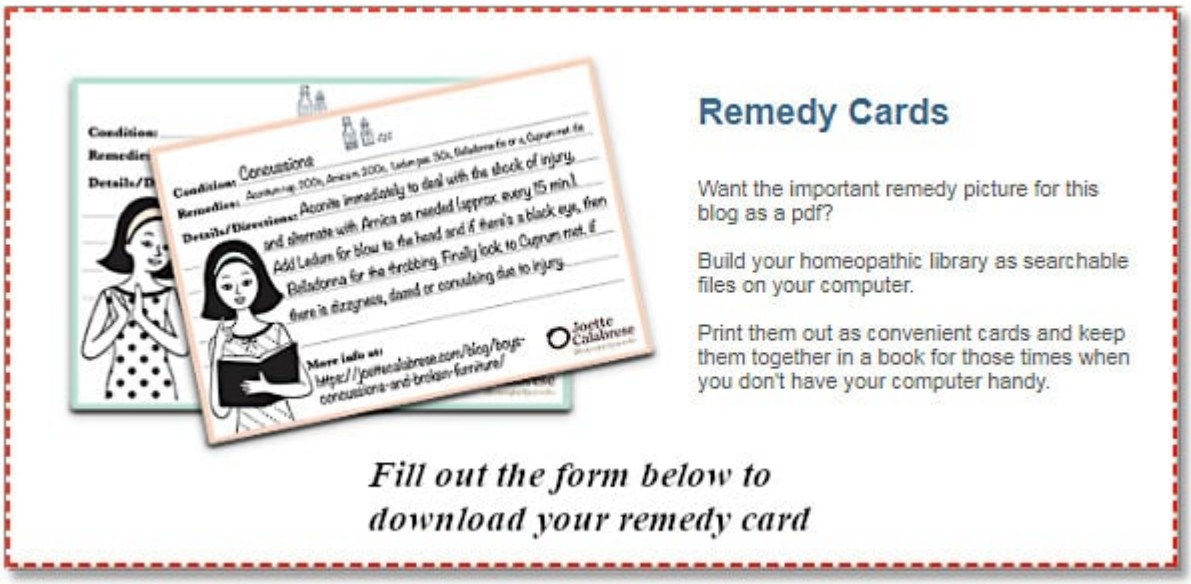

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