

Are Your Feet Always Cold? Here's What It Means



Hello Forward Family!

Do you often notice your feet feeling unusually cold, even when the rest of your body is warm? While it's common to get chilly toes on cold mornings, **persistent cold feet may signal an underlying issue with circulation or nerve health.**

Common Causes of Cold Feet

- **Poor Circulation** – Reduced blood flow can make it harder for

warmth to reach your toes.

- **Peripheral Neuropathy** – Nerve damage from diabetes or other conditions can cause cold sensations, tingling, or numbness.
 - **Lifestyle Factors** – Smoking, high cholesterol, or even sitting too long can reduce blood flow.
 - **Footwear Choices** – Shoes that are too tight can restrict circulation and trap your feet in discomfort.
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Did You Know?

- Cold feet are one of the **earliest warning signs of poor circulation**.
 - People with diabetes are more likely to experience **numbness or coldness** in their feet.
 - Wearing **tight shoes** not only causes discomfort—it can also make circulation worse.
 - Ignoring persistent cold feet may increase the risk of **sores or wounds that heal slowly**.
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Quick Tips to Warm Your Feet

- **Move More** – Short walks and ankle circles boost circulation.
 - **Choose the Right Socks & Shoes** – Insulated socks + supportive footwear.
 - **Stay Hydrated & Healthy** – Water, exercise, and avoiding smoking all help.
 - **Avoid smoking and limit alcohol**, which affect circulation.
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How We Can Help

At Forward Foot & Ankle Center, we evaluate circulation and nerve function in your feet and ankles. Early detection makes a big difference in preventing complications. We can:

- Perform **vascular and nerve screenings**.
- Recommend **supportive footwear and orthotics**.
- Treat underlying foot and ankle issues contributing to poor circulation.

Product Highlight: EB-N6

If cold feet are slowing you down, EB-N6 may help improve circulation and support nerve health from the inside out. Formulated with **essential B-vitamins and nutrients** designed to optimize nerve signaling and microvascular flow, EB-N6 is often recommended for patients experiencing:

- Tingling, numbness, or burning in the feet and legs
- Coldness due to reduced circulation
- Nerve-related discomfort linked to conditions such as diabetes or peripheral neuropathy



Ask us during your next visit if EB-N6 is right for you—so you can take the next step toward healthier, happier feet.

Keep Moving Forward

If your feet are always cold, tingling, or numb—it's time to get checked. Don't ignore the signs your body is sending.

Call us today to schedule your foot & circulation checkup.

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