



How to Manage Foot Pain Caused by Poor Circulation?

Poor circulation can be a major cause of foot pain and discomfort. When the arteries that carry blood to your feet are blocked or narrowed, it can lead to decreased oxygen and nutrient flow in the affected areas. This lack of nourishment causes inflammation, numbness, tingling sensations, cold feet, fatigue, and even an increased risk for infection.

Learn more - <https://beadermaskincare.com/how-to-manage-foot-pain-caused-by-poor-circulation/>