



What is Athlete's Foot?

Athlete's foot is a common fungal infection of the skin of your feet, usually occurring between the toes.

It breeds in the outer layers of the skin and inhabits the feet because **footwear creates a warm, moist 'home' that promotes fungal growth**. The term 'athlete's foot' was derived because this fungal infection was hugely popular amongst athletes who made use of public facilities.

What Causes Athlete's Foot?

The **fungus responsible for this condition is known as tinea pedis** and it may be contracted from public environments such as showers, locker rooms, around swimming pools or spas and may also live in warm puddles of water on the tile floor.

Diagnosing Athlete's Foot

This condition causes a great deal of discomfort and the skin may often be **red, swollen and contain a sticky fluid**. Itching is an extremely common symptom, particularly in the creases between the toes. A scaly, dry rash on the bottom and sides of the feet may also be experienced and this type of athlete's foot is often referred to as a moccasin. Cracks, blisters or "fissures" can occur between the toes, sometimes accompanied by a soft white scale.

When the blisters crack, raw areas of tissue are exposed that cause swelling and pain. If left untreated, athlete's foot can spread to other parts of the foot such as the soles and toenails. It can also **spread to the hands, face, groin and underarms** – this occurs when the infection is scratched and you then touch other areas of your body.

The toenails may also become thick and yellowish in appearance if the fungal infection worsens and may result in toenail fungus. The **infection may also be spread by contaminated bed linen or clothing**. Athlete's foot can often persist for long periods. Other conditions such as disturbances of the sweat mechanism, reaction to dyes or adhesives in shoes, eczema and psoriasis may mimic athlete's foot.

Help for Athlete's Foot

There are a wide variety of over-the-counter anti-fungal treatments available for

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

mild cases of [athlete's foot](#). For more severe cases, **topical or oral anti-fungal drugs** are prescribed to alleviate symptoms. If the [fungal infection](#) persists and there is no improvement from medication, it would be advisable to consult a podiatrist. [Athlete's foot](#) is quite common and usually one does not have to be alarmed about this condition. However, sometimes fungal infections are an early warning sign of a more severe medical condition that may be associated with a weakened immune system – such as diabetes or HIV.

Natural and holistic treatments have proven to be highly effective in the treatment of candida, [yeast infections](#) and [athlete's foot](#). Herbal and homeopathic remedies provide a gentle, yet effective form of treatment and can help to soothe irritated and [itchy skin](#). Cymbopogon citratus (lemon grass), Calendula officinalis and Tabebuia impetiginosa are well known for their **anti-bacterial and anti-fungal properties**. Remember to always ensure your natural remedies are sourced from reputable companies for maximum safety, therapeutic dosage and effectiveness.

There are some helpful ways to prevent athlete's foot and they include:

- Practice good foot hygiene by washing your feet daily with soap and water
- Dry your feet thoroughly, especially between the toes
- Change socks, hosiery and shoes daily to minimize moisture
- Wear sandals in public locker rooms and showers
- Wear light, airy shoes
- Wear cotton socks
- Use foot powder to reduce perspiration
- Reduce sugar intake

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine)



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**Michele Carelse, Clinical
Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of

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extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Candidate: Maintain normal levels of systemic candida & balanced probiotic flora in the body

Candidate is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Candidate has been used for many years to **safely support balanced and healthy levels of pH and bacteria in the body**, thereby assisting the body in its natural ability to maintain routine levels of Candida.

By **supporting pH levels and healthy probiotic growth**, Candidate can help to maintain healthy levels of systemic Candida and yeast in the body.

Natural remedies such as Candidate contain a selection of herbs known for their ability **to support a healthy balance of probiotic flora in the digestive tract** and maintain routine acid and alkaline conditions in the body.

In combination with a healthy lifestyle and diet which excludes excess sugar, wheat, stimulants, artificial preservatives and colorants, Candidate supports the healthy ability of the body to maintain balance of systemic Candida as well as healthy pH levels. .

Natural remedies like Candidate can also be used in a supportive measure to **good hygiene practices and intestinal health and functioning**, making all the difference without the risk of serious side effects.

The ingredients in Candidate are also chosen for their properties in supporting overall systemic health. Candidate also contains natural ingredients well-known for their ability to **soothe the digestive tract**, while supporting liver health and a competent immune system.

[Learn more about Candidate](#)

Itch Dr: Natural soothing cream to promote healthy skin all over

Itch Dr. is a 100% natural herbal cream for soothing common itching skin and may be used all over the body, wherever there is a need.

This topical remedy contains Vitamin E, well known for its soothing and healing properties related to skin health, as well as carefully selected **herbs with properties to support the skin** and the immune system – helping to maintain the correct pH and balance of bacteria, yeast, and fungi within normal levels.



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Combined in a Vitamin E base, these ingredients are soothing, gentle, and delicate enough for the most sensitive of skin. Itch Dr. is gentle enough to be used on the **anus, genital and jock areas.**

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herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



Read more about the Native Remedies Full Spectrum Approach™

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