



What is Jock Itch?

Jock itch is a [fungal infection](#) that affects the **skin of the upper thighs, buttocks, and groin area**. Most commonly caused by the tinea cruris fungus (the same fungus responsible for ringworm and athlete's foot), **jock itch causes an itchy, red, uncomfortable rash** that can quickly spread.

Diagnosing Jock Itch

Though usually self-diagnosed based on the appearance of the skin, occasionally examination and testing by a physician may be necessary. In those instances, either a culture or skin biopsy is taken to **check for the fungus** that causes [jock itch](#).

Symptoms usually include:

- Circular, red, raised rash with elevated edges that may be blistered
- Itching and redness in your groin area, including your genitals, inner thighs, and buttocks
- Burning sensations in the affected areas
- Flaking, peeling or cracking of the skin in the affected areas

What Causes Jock Itch?

Jock itch is a **common infection that thrives in warm, sweaty and moist areas**. It is for this reason that it acquired its name as it was commonly associated with athletes who tend to sweat a lot thus making [jock itch](#) more probable.

However it is an ailment that can affect anyone, including women.

Like thrush, the fungus that causes [jock itch](#) is naturally found on the skin, and it is only when the conditions are perfect (warm and moist) and when the immune system is low that the **fungus gets out of control causing a [fungal infection](#)**.

Jock itch is mildly contagious and **can be spread from person to person via shared clothes**, towels or through sexual intercourse. In addition, it is possible to give yourself [jock itch](#) via the spreading of your own athlete's foot infection!

Help for Jock Itch

While [jock itch](#) is a bothersome and uncomfortable condition, it is usually not serious unless you have a severely suppressed immune system. **Jock itch usually responds successfully to self-care, herbal and homeopathic remedies**

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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.

and over-the-counter antifungal creams and sprays.

If your rash persists for longer than two weeks, your doctor may prescribe a **stronger antifungal cream**. Keep in mind that many OTC drugs and prescription medications come with unwanted side-effects so be sure you examine all options and alternatives beforehand.

Natural Remedies

[Jock itch](#), like all fungal infections, is often stubborn and persistent. Luckily, there are homeopathic and herbal remedies which are able to **treat jock itch while soothing some of the distressing symptoms**. Herbs such as Lemon grass, Calendula officinalis and Tabebuia impetiginosa are well known for their anti-bacterial and anti-fungal properties, and are extremely successful in soothing itchy, irritated and inflamed skin. Other soothing herbal ingredients which bring fast relief are Aloe ferox, Urtica urens, Witchhazel, and Tea Tree.

Prevention Tips

- **Practice good hygiene.** Taking a shower or bath daily or straight after exercise will significantly reduce the chance of developing jock itch. In addition, wash hands regularly and immediately after touching another [fungal infection](#), such as athlete's foot.
- **Keep your groin area dry.** This means thoroughly drying genitals, inner thighs, and buttocks region after showering.
- **Change your underwear at least once a day** and again after lots of sweating. Make sure work-out clothes and sports gear (especially sports guards) are cleaned regularly.
- **Avoid tight and scratchy clothes** (especially underwear) and opt rather for loose-fitting and cool clothes that **do not chafe**. Cotton is also always better than synthetic fabrics, which lock in moisture.
- **Treat athlete's foot promptly** before it has a chance to spread to other areas of the body.
- **Avoid sharing items** such as clothes and towels and make sure you clean exercise equipment before use.

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.



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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.

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) 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

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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 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.

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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.

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**.

[Learn more about Itch Dr](#)

Read the testimonials for these quality products [here!](#)

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](#).



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