



## What is Ringworm?

Ringworm refers to a common fungal infection that affects the skin, nails and scalp. Although the name may be misleading, it is not a worm at all. One of the **distinguishing features of ringworms is patches of red rings which appear on the skin**. These rings look like bumpy, scaly borders with white centers which may look like blisters. The centers usually heal over time and become hard and crusty, but the outer edges become inflamed and spread outwards.

There are different types of ringworm which include body ringworm, scalp ringworm, ringworm of the groin and nails:

**Body ringworm (tinea corporis)** causes flaky sores that can be dry and scaly or moist or crusty. It affects any part of the body except the scalp, beard area and the feet.

**Scalp ringworm (tinea capitis)** also known as tinea capitis causes scaly, swollen blisters or resembles a rash that looks like black dots. This type of ringworm may become inflamed and filled with pus. Sometimes flaky, round bald patches may develop. Scarring and permanent hair loss may also occur. Scalp ringworm tends to affect children more often.

**Ringworm of the groin (tinea cruris)** also referred to as tinea cruris or jock itch may spread to the inner thighs, external genitalia and buttocks. It is characterized by raised red sores with well-defined edges.

**Ringworm of the nails (tinea unguium)** also known as tinea unguium is not as common as the other types of ringworm. This type of ringworm develops at the tip of the toenail, gradually becoming thicker and discolored. Eventually, it may begin to die off and pull away from the nail bed.

**Ringworm of the feet (tinea pedis)** also known as tinea pedis or athlete's foot looks like a rash of scaly, red patches which are usually found between a person's toes. The skin usually becomes scaly, peels or cracks between the toes or on the sole or heel of the foot. In severe cases, the toenails may become infected, thicken, crumble and even fall out. Blisters between the toes, on the heel or on the sole of the foot may also occur.

## What Causes Ringworm?

Ringworm is caused by the fungus that is spread through direct contact with an infected person or animal. It may also be spread when an **infected person**

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**touches someone** who does not have [ringworm](#), thereby transferring the fungus.

This fungus is often **transferred indirectly when an infected person has contact with personal items** or objects such as towels, hairbrushes, hats and a second person handles them. Conditions such as heat, moisture and dirty, crowded living conditions increase the risk of fungi spreading.

## Diagnosing Ringworm

[Ringworm](#) can be diagnosed easily from its appearance and location. Your doctor may **scrape off a small sample of the flaky skin** for microscopic examination and culture to test for fungus.

## Help for Ringworm

[Treatment of ringworm](#) involves **antifungal topical and oral medication**. Usually a topical cream or ointment such as Mycelex and Lotrimin can treat skin infections, although they do tend to take a bit longer to take effect. Oral medications such as Lamisil or Diflucan used to [treat ringworm](#) require a prescription and carry some negative side effects which include headache, dizziness, nausea or diarrhea.

## Natural remedies

A more natural alternative to treat ringworms effectively is by using herbal and homeopathic remedies. These remedies are safe and gentle on the body without the harsh side effects of traditional medicine. Natural remedies will not only address the root of the problem but also help to **maintain overall health and wellbeing**.

Homeopathic ingredients such as Natrium muriaticum, Kalium muriaticum and Kalium sulphate help to maintain skin health and **support the natural healing and regenerative processes** of the skin. Herbs such as Galium aperiene (Cleavers) and Trifolium pratense (red clover) have a wide range of therapeutic benefits that act as a cleansing tonic, lymphatic cleanser and blood purifier.

## Tips on how to prevent ringworm

- Educate yourself as well as the rest of your family about the risks of [ringworm](#) from infected persons or pets
- Avoid contact with people or animals that have been infected by [ringworm](#)
- Practice good personal hygiene by washing hands before eating, after you have used the bathroom or played with pets
- Dry yourself completely after a shower or bath
- Keep your living and working environment as clean as possible
- Do not share clothing, hats, towels, hairbrushes or other personal items
- Wear flip-flops on your feet in public areas such as the locker room shower or pool area
- Keep your feet and groin area dry and clean, and change socks and underwear once a day
- Avoid tight underwear, pants or pantyhose and wear loose –fitting cotton clothing



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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.

- Apply talcum to the affected area daily to [prevent ringworm](#)

## 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) 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.

### Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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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 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:**

**Skin Dr.**: Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

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**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.

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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