



## What is a Fungal Infection?

If you have ever had athlete's foot, [Candida](#), or jock itch, you can blame it on a fungal [infection](#). Anybody can get a fungal infection, and in today's active lifestyle, they are fairly common.

Most cases of [fungal infections](#) are not serious, but can lead to further health problems, particularly for people with **weakened immune systems**.

## Diagnosing a Fungal Infection

[Fungal infections](#) are **commonly self-diagnosed** or recognized by a doctor through simple visual examination. Occasionally, a sample of the infected skin may be taken, and typically a fast diagnosis can then be determined.

## What Causes a Fungal Infection?

These **infections are caused by fungi** which exist in the air, in soil, on plants, and even in the human body. For the most part, they do not affect us. However, sometimes when our immune systems are low or the perfect environment is created for fungi to grow, [fungal infections](#) develop.

The best environment for these fungi to grow is one that is warm, dark and humid – which is why they are so common in public showers, pools, and locker rooms. They often develop in covered or protected areas of the body such as between the toes or in the groin area. Another **common cause of fungal infections** is the use of antibiotics, as these tend to kill off the “good” bacteria, leaving a fungus such as yeast able to grow unchecked.

## Common Types of Fungal Infections

Some common types of fungal infections include:

- [Ringworm](#)
- [Athlete's foot](#) (new set ailments)
- [Candida](#)
- Thrush
- Jock itch (new set ailments)
- Nail fungus
- Toenail fungus (new set ailments)



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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

## Help for a Fungal Infection

Some [fungal infections](#) are contagious, so it's important to treat them swiftly before they spread to other people or to other areas of your body. This may be tricky, as many **fungal infections are stubborn** and somewhat difficult to treat.

Most [fungal infections](#) are treated with oral or topical anti-fungal medications that your physician will prescribe or that you can obtain from a local pharmacy. Remember that like many allopathic medications, **anti-fungal remedies** do have various cautions and side effects that should be researched beforehand.

## Natural Remedies

There are a number of herbal remedies that have been shown to be highly effective in the treatment of [fungal infections](#) such as [Candida](#), athlete's foot or jock itch. Herbal ingredients such as Cymbopogon citratus (lemon grass), Calendula officinalis and Tabebuia impetiginosa are well-known for their **anti-bacterial and anti-fungal properties** and work by eradicating the fungus, while soothing itchy skin.

Other herbs such as Aloe ferox, Urtica urens, Witchhazel, and Marigold all act to soothe itchiness, inflammation, and skin rashes while **promoting fast recovery and supporting the immune system**. With the use of reputable herbal products, fungal infections can be quickly controlled.

## 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



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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.

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 extraction – which retains the benefits of ALL the active ingredients within the

## **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.

## **Great Health Sites**

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

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:

**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](#)

**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



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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 Candidtae](#)

**Nail-Rx**: Promotes nail strength and overall nail health

Nail-Rx is a **100% safe and effective natural remedy for supporting nail health**, helping to keep the nails problem-free.

Combining 100% pure essential aromatherapy oils extracted from plants, Nail-Rx is highly concentrated and gets to work quickly without risk of side effects.

[Learn more about Nail-Rx](#)

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](#).



**Read more about the Native Remedies Full Spectrum Approach™**

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