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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

5 Killer Ways To Treat Athlete's Foot

By Daphne Cameron

If you've got an itch on your foot that you can't help scratching, then you might have a dreaded case of athlete's foot. But there's no need to worry because here are five ways that you can treat yourself—no doctor and no prescriptions needed.

Head over to the store

Your best cure for athlete's foot might be available at your local grocery mart or drug store. Look for creams and ointments that contain clotrimazole or miconazole as their active ingredient. These are topical creams that can be directly applied to the feet.

All you need to do is reapply the cream after you shower to clean, dry feet and then cover with a pair of cotton socks. The cream should be reapplied two to three times a day after that for about two to three weeks.

Going the natural route

Another great way to treat athlete's foot is similar to the store method, but with a more natural oil. Tea tree oil is known for its antifungal properties and works to destroy the fungus on the feet.

You'll need to start with clean and dry feet and then apply the oil to the affected areas. You can do this several times a day for as long as it takes to cure the symptoms.

And it makes your feet smell great.

Cures from the kitchen

When you want to get rid of your athlete's foot, you may just have to open up a few cupboards. Both baking soda and vinegar have been shown to help with treating this fungal condition—though not at the same time.

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For the baking soda, you can soak the feet in a mixture of the powder and warm water. And if you have apple cider vinegar around, use that instead of the baking soda.

Getting your feet clean of fungus

Some will tell you that soaking your feet in bleach is also a good alternative for treating athlete's foot. However, this has to be done carefully or you might injure your feet. You should only use two tablespoons of regular laundry bleach in a gallon of warm water.

Soak your feet for ten minutes and you can see results within a week's time.

Scaring away the itchiness and redness

And while garlic is great for vampires, it's even better for athlete's foot. This is because the antibiotic

ingredients in the garlic help to cure the infection. Just rub a clove of garlic (one that's been cut in half) over the affected area a few times per day.

But with all of these ways of treating athlete's foot, the best advice is to avoid getting it in the first place. Make sure that your feet are kept dry and avoid walking on your bare feet in conditions that are likely to harbor the fungus—public showers and shoe stores where you try on the shoes without a barrier.

And of course, good hygiene will always keep your feet clean and happy, and hopefully free from itching.

Daphne Cameron is a fitness and wellness coach and owner of

<http://www.athletes-foot-info.info>

and

<http://www.athletes-foot-info.info>

where you can find useful tips and guides on athletes foot.

Do Athletes Suffer More From Nail Fungus?

By Darry J.Oswald

Toenail fungi, the same bugs that cause athlete's foot, squeeze under toenails and hide. Foot sweat combines with the toe jam and toenail fungus to form a damp festering jelly which is an unstoppable force. This is a toenail-fungus patient memoir.

In fact, athlete's foot is one of the most common toenail fungus infections. Often, toenail fungus follows

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athlete's foot. Almost anyone who wears tight-fitting shoes or tight hosiery is more likely to develop toenail fungus, especially if they also practice poor foot hygiene. Use different towels to dry off the infected skin area. For athlete's foot and toenail fungus, keep your feet and shoes aired and dry. This will reduce your risk for getting athlete's foot, toenail fungus, bacteria or warts, but it isn't foolproof.

Foot surgery should always be a last resort for fungus toenails, but if needed, it is absolutely done right in the podiatrist's office. For further information or to schedule an appointment to evaluate and treat toenail fungus, consult with your dermatologist.

The medicines used to treat athlete's foot are normally totally ineffective against fungus toenails infections. The drug is used in the United States to treat toenail fungus, and several kinds of thrush as well as cryptococcal meningitis. Treat athlete foot regularly as it can progressively lead to a condition of toenail fungus.

To treat toenail fungus apply tea tree oil to all areas of the toenail and toe that are affected by the fungus. Due to the well known fact that it is difficult to treat or eradicate toenail fungus, it is a good idea to try to prevent it. Fungal infections can affect the fingernails as well as the toenails, but toenail fungus is more difficult to treat because toenails grow more slowly.

Fortunately for all of us now, toenail fungus is a relatively easy to treat condition. Most of the medication for nail fungus on the market is excellent for home use, and nail fungus can be treated in the privacy of your own home! To view the many excellent products to treat fungus and fungal toenails, please view our range of product information on this website!

Nail fungus is the most common cause of discolored, thick, and deformed toenails. Find out more about Nail Fungus at

<http://www.eabout.info>



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