

This Free E-Book is brought to you by Natural-Aging.com.

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

Home Remedies For Athletes Feet

By Sharon Hopkins

Quite a common skin problem, Athlete's foot affects mostly men and young people. This skin

problem can be found in the area between the toes, soles of feet fingernails and toenails. Athlete's foot is caused by a fungus called tinea pedis living off the dead skin cells and thriving in moist warm places such as gyms, locker rooms, showers and swimming pools. If you come in contact with wet floors or touch infected socks and shoes, you can contract this disease.

Symptoms are burning sensation between affected areas, itching, redness, scaling and blistering.

Preventing Athlete's foot –

– To combat athlete's foot, keep your feet dry all the times. After drying your feet, remove any loose skin to allow penetration of medication to the infected area. – Use medicated powder or baking soda in your shoes and socks to keep your feet dry. It will soak up some of the perspiration and help neutralize the skin. – Wear cotton or absorbent socks and wash them in hot water with bleach. – Give your shoes lots of space to breathe and ample time to dry before wearing them again. – Wipe the inside of the shoes with white vinegar or spray a disinfectant. – Use antiperspirants to keep down the sweating. – Dry your feet thoroughly with towel or hair dryer.

Natural Home remedies for Athlete's foot –

– Add 40 drops of tea tree oil to a small quantity of water or olive oil and soak your feet in it for 10 minutes. Towel dry your feet and blow dry to ensure no presence of any moisture. If you still find area still moist, put few drops of tea tree oil on the affected area.

– Dab diluted alcohol on affected area and allow it to dry. The alcohol dissolves the water; helps dry the skin and reduce the risk of attracting the fungus.

– Soak your feet in mixture of apple cider vinegar and water for 10 minutes daily until the symptoms disappear. Apple cider vinegar with its antifungal properties will relieve the itching, peeling and kill the fungus. Instead of soaking your feet, you can also coat the fungus with a cotton ball dipped in apple

Home Remedies For Athletes Feet

cider vinegar

- Soak the feet in a solution of baking soda and water for about 30 minutes daily.
- Mix six tbsp of dried chaparral to one quart of boiling cheap whiskey or wine. Reduce and simmer for 20 minutes. Remove and steep for 8 hours. Soak your feet in this solution.
- Boil 4 cups of water, add 8–10 broken sticks of cinnamon; reduce heat and simmer for 5 minutes; remove and steep for 45 minutes. Use as a foot bath. Cinnamon effectively combats both yeast and fungal infections.
- Put some freshly crushed garlic on the affected area and leave it on for half an hour; wash with water. Do this once a day for a week. Alternatively you can use diluted garlic juice, garlic powder or a clove of raw garlic. Garlic is an excellent antibiotic that can kill the fungus causing athlete's foot.
- Add one ounce of chopped fresh ginger to one cup of boiled water and simmer for 20 minutes. Let it cool and apply twice a day to your feet.
- Rub raw honey on the infected areas before bedtime. Cover the feet with an old sock and leave it overnight.
- Soak your feet in herbal tea foot bath of goldenseal and thyme once a day.
- Mix approx 80 – 90 drops of Grapefruit seed extract to two ounce of water and apply to the affected areas with a cotton ball two or three times a day.
- Mix 2 tsp of salt to a pint of warm water and soak your feet for 10 – 15 minutes and dry thoroughly. The salt kills the fungus and reduces perspiration.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader, not the site, and the writer.

Sharon Hopkins manages number of home remedies sites like

<http://www.home-remedies-for-you.com>

. Athlete's foot, a contiguous ailment, mostly affects men. Read to know some home remedies for athlete's foot.

Are There Asthma Attack Home Remedies – Or Just Hot Air?

By Mark Walters

Home Remedies For Athletes Feet

If you have asthma and you start looking for information on the Internet, you'll soon find several websites offering "100% sure" asthma attack home remedies. And it is very probable that you'll feel tempted to buy one of them. No one likes being forced to take corticosteroids on a daily basis and an alternative, sometimes any alternative is always welcome. If effective asthma attack home remedies were really available at your drug store, of course you would buy them.

Do you see a logical problem there? Home remedies are by definition not bought, so avoid buying "asthma attack home remedies". If you're going to take some pills, make sure that you really know what's inside them.

But the fact that some people try to sell asthma attack home remedies doesn't mean that there are no remedies beside advanced chemistry. There are some that can not only prevent, but also stop an asthma attack. Such home remedies can be easily used as a support for a standard treatment, especially in case of mild asthma, but they should never replace standard medications.

Below there are a few asthma and asthma attack home remedies. Some of them work wekk, some of them are just "supposed" to work, but fortunately all of them are completely safe. Generally, all of them are different methods of warming your airways. This often prevents or helps during an asthma attack.

Hot bathroom

During an asthma attack, some people run into their bathroom, close the door and try to create as much warm steam as possible. Alternatively, they have a very hot bath or try some similar home remedy. The increased air temperature eases the attack and makes breathing much easier, though if you don't suffer from asthma, we might think just the opposite.

Of course if your asthma is severe, it is recommended to use your inhaler or nebulizer instead of any asthma attack home remedies.

Hot water or coffee

Another common acne home remedy is drinking hot coffee, tea or plain hot water. On their way down, these drinks warm the airways and can ease the attack. The mechanism of these asthma attack home remedies is similar to the hot bathroom ones, but they are much easier to apply. The only problem is that during an acute attack this might be not enough.

Yes, asthma attack home remedies may seem simple, but often they are very effective.

Mark Walters leads the fight against asthma from his web domain

<http://www.AcneResuce.com>



This Free E-Book has been brought to you by Natural-Aging.com.

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