Five Ways to Cure Athlete's Foot

Athlete's foot thrives in damp, warm areas and can spread from person to person. Athlete's foot fungus is often contracted from pool areas, public bathrooms, and locker rooms, hence the name, "Athlete's Foot." Ringworm and Candida are two types of fungus that most commonly cause athlete's foot. There are many types of Candida and many types of ringworm and many other fungi that can infect us in many different ways. Fungi like feet because feet are generally within socks and shoes, which make for the kind of warm, moist environment preferable to fungi.

Prevention

The prevailing opinion is that anyone can catch athlete's foot, but this is not true. Susceptibility to outer fungal infections like athlete's foot indicate a weak immune system which indicates an unbalanced gut – a gut full of Candida, which leads to an abundance of Candida in the body. The best way to prevent athlete's foot is to keep a healthy and balanced gut. We have more on gut health near the end of the article, and here are some other preventive measures that will also help accelerate healing as well:

- Keep toenails short
- Change socks regularly
- Rotate shoes
- Don't go barefoot in a gym locker room or pool area, wear flip-flops
- Dry feet thoroughly after bathing; especially between your toes
- Give feet time to breathe
- Put a few drops of essential oils in each shoe every day

into the toe area
- Open a probiotic capsule and put contents into each shoe at the toe area

Socks and shoes cause feet to stay moist and dark with little to no airflow. Fungi love these conditions. If you're dealing with athlete's foot, give your feet some time to breathe outside of shoes and socks. For instance, wear sandals in the house, relax with bare feet on the autumn, keep your floors, feet, and sandals clean and dry, and go to bed without socks. If feet sweat regularly, even outside of socks and shoes, this is a sign the endocrine system needs repair.

Must Read: ***Holistic Guide to Healing the Endocrine System and Balancing Our Hormones***

Topical treatments don't get to the root of the problem but combine three or more of the following topical solutions with an efficient gut protocol like the one listed below and you should be able to get rid of athlete's foot fast. Keep the gut healthy and be rid of it for good. We don't recommend baking soda or cornstarch. These two ingredients can in some cases make the fungus infection worse.

Essential Oils

Essential oils are often applied undiluted, directly to the skin, which is effective, but this can also cause pretty serious pain to broken skin. Other options include making a foot bath and making a topical solution with essential oils with a carrier like aloe vera, or coconut oil (or both). You can also use avocado oil, olive oil, or any other healthy oil as well, but I like the antifungal properties and the thickness of coconut oil and I also like the soothing aspects of aloe.

Add 5-10 drops of your preferred essential oil to a one to two tablespoons of coconut oil or aloe vera (gel or juice). The gel is easier to use, obviously, but it's best if you've got

the whole plant, fresh and unprocessed. An easy way to use this solution is to apply the carrier on the foot near the infection but about a half an inch away from any broken or irritated skin, and then add a few drops of the essential oil, mix, and repeat until the desired amount of essential oil has been applied. Then, spread throughout the infected area.

Apply this treatment at least three times a day (five or more for best results) until the infection is gone.

Top antifungal essential oils

- Lemongrass
- Satureja Montana
- Tea tree oil
- Oil of oregano
- Thyme
- Rosemary
- Peppermint
- Lemon
- Clove
- Garlic
- Lavender
- Geranium
- Cinnamon
- Citronella
- Eucalyptus

Lemongrass and Satureja Montana have come out on top for antifungal properties in multiple studies comparing the antimicrobial effectiveness of essential oils, but fungi are very adaptive, so mix it up. Try one or two on the first few rounds and then try one or two others on the next application.

Foot Baths

Another option is to soak your feet in an antifungal bath. Forty drops of essential oils mixed with water can make for a

potent antifungal footbath, and you can also add these essential oils to any of the following footbath solutions. Don’t forget to dry your feet thoroughly after soaking. Ideally, these soaks are done two times a day at least, preferably three to five, until all signs of the infection are gone.

Epson Salt

1. Add a half a cup of Epsom salt to a small, suitable container for your feet
2. Soak the infected foot or feet for 15 minutes, three times a day

Or, better yet, do an Epson salt bath; soak your whole body in a tub. And of course, add your favorite essential oils.

Vinegar

Vinegar is acidic. Fungi that commonly infects us (including Candida) don’t like acidity. But vinegar can cause pain to broken and otherwise damaged skin, so beware. But it usually is very effective.

1. Mix one part apple cider vinegar with 3 parts warm water in a small, suitable container for your feet
2. Soak the infected foot or feet for 15 minutes, three times a day
3. Once finished, dry feet completely

Feel free to combine essential oils with vinegar and epson salt. Do not mix hydrogen peroxide with vinegar

Hydrogen peroxide with iodine

This is our least favorite solution. It’s messy, it stains, and it can be very painful with damaged skin. But a recent study did find that the combination kills fungi effectively, and using these two ingredients together are much more

effective than using them separately.

- Pour hydrogen peroxide into a suitable container for the feet
- Pour enough to cover infected areas of the foot when submerged
- Add a tablespoon of Iodine or about a quarter cup of an iodine solution, available at most drugstores

The foot bath solutions can also be applied topically. So can the following herbs and other supplements.

Garlic

Garlic is going to hurt damaged skin but it also accelerates healing.

1. Crush a clove of garlic and mix it with an oil to apply topically
2. Apply the paste to the infected area and leave it alone for 30 minutes.
3. Wash off the area and dry completely

Supplements For Topical Use

SF722

This is the best fungal killer on the market. It will burn for a little bit, and it’s intense, but the pain goes away pretty quickly, and I know of nothing that works faster or better to kill the fungus. The other benefit of SF722 is that fungi cannot build up a resistance to it like it can with other treatments. Try taking five capsules of SF722 three times a day (fifteen total) and break open a gel tab to apply topically three or more times a day as well.

Probiotic

A probiotic capsule can be opened and used topically. This provides some immediate relief and it’s not painful at all. I recommend rotating this with SF722 throughout the day. I like Abzorb, which is a probiotic and an enzyme – both kill fungi.

Colloidal Silver, Oil of Oregano, Pau D’Arco, Coptis Chinensis

Much less painful than the other treatments but I don’t think it’s as effective either. The other herbs listed here are very effective against fungal infections but can cause some pain when applied to broken skin.

Heal the Gut

If you have athlete’s foot you’ve got a body with an abundance of Candida. This is also true if you have recently had a vaginal yeast infection, a white tongue, allergies, or pretty much any chronic inflammatory illness. If you suffer from athlete’s foot, Lyme disease, AIDS, or diabetes, the first step is to heal the gut. Here is a supplements stack for fungal elimination, and articles below that I recommend to help balance the gut. Supplements can help a lot, and SF722 is the best one to get if you can only afford one, but a healthy diet is crucial. If you think your diet is healthy, but you deal with chronic illness, I contend you need an even better diet. See the article links below for more on that.

Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I’d recommend all of these:

- **Formula SF722 – Thorne Research**
- **Syntol AMD – Arthur Andrew Medical**
- **Berberine 500mg – Thorne Research**
- **MycoCeutics MycoPhyto Complex – EcoNugenics**
- **MicroDefense – Pure Encapsulations**
- **Abzorb Vitamin & Nutrient Optimizer (500mg) HCP Formulas**

Gut Health Articles

- *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections*
- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*
- *How to Avoid GMOs in 2018 – And Everything Else You Should Know About Genetic Engineering*
- *How to Heal Your Gut*