

Athlete's Foot

Athlete's Foot is a fungus. Fungal infections can be treated externally (apply the oil to the outside of the body) or internally (take the oil in a capsule). Many fungal infections are mostly internal, you only see a little part of them manifesting on the outside of your body (yuck!)

Powerful anti-fungal essential oils (or oil blends) include:

- Guardian blend
- Oregano (always dilute Oregano oil with a carrier oil before applying to the skin)
- Tea Tree
- Thyme
- Ticaboo blend

You can use any of these oils in your fight against athlete's foot.

If you want to attack your fungal infestation from the inside out, select the oil of your choice (Remember, only take an oil internally that is approved and tested to do so, oils that contain synthetics or pesticides can do more damage than good if taken internally. All Be Young essential oils go through such testing.), put 2-3 drops of it in a capsule, fill the remainder of the capsule with carrier oil, and take once or twice a day. People often ask me if they should take their capsules with or without food, that depends upon the person. I can often take mine without food; my mom has to take hers with food. We do recommend that you take them two hours after or one hour before you take prescription medications (as prescriptions are synthetics and oils are natural they don't always get along well, often canceling each other out).

For fastest results, attack the fungus from both the inside and the outside.

To treat from the outside, select from the following options:

- For a light case or for prevention (if you're someone who spends a lot of time in locker rooms), apply Lemon oil to the affected area morning and night. (Note: lemon is a citrus oil. Citrus oils can cause photosensitivity in some people. Do not apply Lemon oil to skin that will be exposed to direct (that means if you have socks on your feet you're fine) sunlight within 72 hours).
- Apply Tea Tree morning and night; make sure your rub it in between the toes and into and on the nails as much as possible. If the Tea Tree doesn't take the burn out enough for you, you can apply Lavender oil afterwards to help soothe the itch and burn.
- If you've got a bad case, add 4-6 drops tea tree to ¼ cup Epsom salts. Add salts to a tub of water and soak your feet morning and evening. (Make sure you add the oil to the salts before you add to the water or everything separates.)

- Thyme is stronger than tea tree, but hotter. If you've got a bad case you may need to step it up to thyme oil. If it's too hot for you, apply a carrier oil to cool it down.

There is also a more rare form of Athlete's Foot that is bacterial in origin. If this is the kind you are dealing with, the Defence blend works great on it. You can hit it from the outside or the inside, the same as with the fungus kind. You can also rub Defence blend on your feet to help prevent foot odor.

To help prevent Athlete's Foot and to just keep those sneakers smelling good, here's a recipe to make a powder for your shoes.

Sneaker Tamer:

2 drops peppermint

5 drops rosemary

3 drops lavender

Blend

2 drops of the blend mixed into 1 Tbsp baking soda and put in shoes at night. Will make the shoes smell great and protect the feet from fungus and bacteria when you wear them.

(Recipe from Cleaning House with Essential Oils, oil training call with Dana Clay Young, 1-11-06)

To order, for class information, or if you have questions contact:

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