

# *Jock Itch and Heat Rash or Prickly Heat*

These are two different things, but they both seem to pop up at the same time of year (summer) and I'm not always sure when the question comes up which one we're dealing with, so I thought I'd address both in the same article.

## **Jock Itch**

Jock Itch is caused by a bacteria or fungus on your skin. When you sweat you create a nice warm, moist environment that both bacteria and fungus just love. They start multiplying and actually begin to devour the skin, that's when you feel the discomfort.

## **Heat Rash or Prickly Heat**

Heat Rash or Prickly Heat is caused by sweat glands that get clogged so they're not functioning correctly. Remember, sweat is a key way that we get rid of toxins from our body, so really what we're looking at is a stagnation of toxins in an area. Generally you will have a rash of tiny red or pink blisters, that's simply your skin's way of saying, "No! I don't want to reabsorb those toxins, keep them out!" It's terribly itchy, if you're not careful you will scratch so much that you will actually cause tears in the skin.

## **Help Your Body Deal with Toxins**

Now before I tell you what essential oils will help you deal with these two problems I'm going to tell you something you've heard before if you've read any of my articles or talked to me. The first thing you need to do is get on the Liver Cleanse (this will help your body get in a position where it can handle the toxins in your body and handle any bacteria or fungus before it causes a problem). If you have either of these problems it is a sign that your body is dealing with more toxins that it can currently handle. Start the Liver Cleanse (instructions can be found on our website) and then you can do the following to give you relief from your current problem.

## **Getting Relief**

**Jock Itch** is easily handled with the Be Young essential oil blend called Defence. This is a blend designed to handle bacterial infections and fungal problems. You will want to dilute it in a carrier oil (Olive oil, Message blend carrier oil, Apricot oil, even Aloe Vera gel will work) because you will be applying to a sensitive area. Just add 1-2 drops of the essential oil to ½-1 teaspoon of your preferred carrier oil, and then apply to the area. I suggest you do this after a cool shower. You will also want to wear cool, loose clothes (boxer shorts) to help get plenty of air to the area, and make sure that you are showering daily, plus showering after working out or playing ball or some other physical activity that makes you sweat.

Good results have also been reported by taking 1-2 teaspoons of Redmond's Clay (available on our website) and adding 2-3 drops of the Defence blend to the clay and then applying to the affected area. Some people report this way of application can be a little hot at first, but they seem to feel that it cools quickly and they see faster results than if they use a carrier oil. You can make your own decision—but remember, if it's too hot, don't wash off with water, that will make the oil feel hotter! Slow down the essential oil's absorption with a carrier oil, that will cool it down.

(Just a side note, the Redmond's Clay also works as a great diaper rash powder, use alone or add 1 drop of Lavender or 1 drop of Tea Tree if you like.)

**Heat Rash Prickly Heat** can also benefit from the application of Redmond's Clay alone or with an essential oil in it. However, because it is so itchy many people want something that is easily applied several times a day until gone. Here's a recipe to use in a Spritzer bottle:

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### Heat Rash Relief

6 drops Eucalyptus

6 drops Lavender

6 drops Chamomile

1-ounce alcohol (rubbing or drinking)

Put in a spritzer bottle and spritz the area as needed. Note: you will need to shake the bottle before applying or the essential oils will just float on the top of the water.

A warm (not hot) or cool (not cold) bath can also soothe the rash. Take ¼-1/2 cup baking soda; add 4 drops Lavender oil to the baking soda, then add to the water. (If you're dealing with a child 2 years old or younger, use ¼ cup baking soda and 2 drops Lavender, an adult can use up to 1 cup baking soda and 4 drops Lavender.) Be sure to rinse off after soaking to wash any toxins on the surface of your skin off or your rash will get worse!

One last note, if you have scratched until you have broken the skin, add a little Tea Tree to help the area heal.

I hope that these tips will make your summer more enjoyable! Remember to visit our website to find the directions on starting your Liver Cleanse.

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

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