

SPECIAL REPORT

INSTANT RELIEF!

**How to cure athlete's foot in
seconds...**

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How To Cure Athlete's Foot in Seconds!

Dear Athlete's Foot Sufferer;

This 'Special Report' was written to cure your athlete's foot and prevent re-occurring fungus growth.

With all the creams, sprays and ointments on the market today it can be quite confusing and expensive to find long term relief.

That's were this report comes in. I have battled athlete's foot for over 8 years and found nothing ever worked.

I tried all the creams, countless sprays, shoe inserts, powders, ointments and even pills. But nothing worked for very long.

Eventually it got to the point where nothing worked for me at all, even the creams that used to give me temporary relief.

Finally, all that suffering came to an end when I discovered a simple way to **STOP** athlete's foot dead in it's tracks.

Since my athletes foot had been cured I came across several other remedies that work wonders and helped some of my friends.

I thought there might be other's with the same problem so I put together a list of the top 20 remedies that kill athlete's foot fast without buying expensive creams and other temporary relief products.

What you have in your hands right now is the best, most effective 20 ways to kill athlete's foot and also prevent re-occurring fungus growth.

>> [Click here](#) to go immediately to quick remedies...

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...Or continue reading

What is Athlete's Foot?

Athlete's Foot is an uncomfortable fungal infection of the feet, usually found between the toes, but may also spread to the bottoms of the feet, the instep, between the toes and toenails.



Between Toes



Bottom of Feet



Instep

Did You Know?

About one in two people suffer from athlete's foot at one time or another.

This infection is also known as *tinea pedis* which is the medical term; *ringworm of the foot*, which lives on the skin tissue and breeds under warm, moist conditions.

Athlete's foot is highly contagious and in the right conditions, spreads quickly to others.

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Who gets it?

Young Men are most often affected by athlete's foot, but children and women can also contract this fungus.

No one is completely safe from athlete's foot and if you've had it before chances of getting it again are even greater under the right conditions.

Why and how can you get it?

Athlete's foot breeds under warm, moist conditions. Usually hot weather and sweaty foot wear are the source for the infection.

A re-infection could occur from the flaking skin being in your footwear and socks and coming into contact with your feet after you have successfully battled this condition.

You can also contract Athlete's Foot by going bare-foot in gym locker rooms, public showers and even your shower at home.

If other members of your family have athlete's foot it is important that you clean your shower often as well as take preventative precautions included in this manual to prevent the spread of athlete's foot.

Where does it come from?

Athlete's foot comes from an infection caused by sweaty footwear or damp feet.

It lives off the dead skin cells and infects the upper layer of the skin.

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This fungus thrives in moist, warm places such as locker rooms, swimming pools and gymnasiums.

Poor hygienic practices combined with any of the conditions above will severely increase the chances of getting athlete's foot.

Signs and Symptoms of Athlete's Foot

- 1 - Cracked, peeling or flaking of skin around the toes. This area will then become moist or soggy looking.
- 2 - Redness and scaling on the soles of your feet. These areas may become sore and inflamed.
- 3 - Intense itching. Your feet and between your toes will itch beyond belief. Any attempt at satisfying this itch by scratching or rubbing the area will only cause you to peel away the damp skin and your feet may bleed.
- 4 - Small blisters that ooze clear liquid. This is a severe case of athlete's foot that was left untreated for a long period of time. You should consult your doctor immediately for more progressive treatments.
- 5 - Burning sensation. You may notice a burning sensation after you have rubbed the area to try and soothe the itching. The burning sensation will also increase as the fungus becomes more severe.
- 6 - Odour may or may not be present. If you do not wash your feet and dry them completely you run the risk of having a hideous odour coming from the infected areas.

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The odour could also mean that the athlete's foot is infected more severely than you thought and a doctor must be seen immediately. You may be prescribed antibiotics if it's severe.

7 - Yellow, crumbling and thickened toe nails.

Athlete's Foot is very difficult to kill and the affected area may easily become re-infected.

By following the course of treatment you will ensure annihilation of the fungus and reduce your chances of further infections.

The Prevention of Athletes Foot

An ounce of prevention is worth a pound of cure. By taking a few precautions against Athlete's Foot, you are saving yourself weeks of agonizing intense itching, burning and inflammation.

Familiarize yourself with these preventative measures because once your athlete's foot is gone you will need to follow these guidelines or you run the risk of re-infection.

Here are several suggestions to help prevent Athlete's Foot

1 - Clean your toenails

Toenails are breeding spots for the athlete's foot fungus. Scrape the undersides of your toenails clean at least every two to three days. Use an orange stick, toothpick or wooden match. Avoid using a metal file. The metal could scratch the nail providing niches for the fungus to collect and breed.

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- 2 - Wear cotton socks and change them twice a day to keep your feet dry.
 - 3 - Avoid plastic shoes and materials that have to be treated to keep water out. They trap perspiration and create a warm, moist place for fungus to grow.
 - 4 - Wear sandals or beach slippers in public places such as swimming pool showers and gym locker rooms.
 - 5 - Wear leather shoes and sandals so your feet can "breathe".
 - 6 - Alternate between two pairs of shoes, giving each 24 hours to dry out between uses.
 - 7 - Regularly use an anti-fungal powder on your feet and in your shoes and socks.
 - 8 - Pay close attention to overall hygiene of your feet.
 - 9 - Dry your feet thoroughly between your toes.
 - 10 - The more your feet are exposed to the air, the better.
 - 11 - Clean your shower and bath-tub regularly with diluted bleach or other fungus killing agent cleaning products.
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- 12 - Exposure to sunlight will help dry your feet and the ultraviolet light will kill fungus as well.
- 13 - The most important and best way to prevent athlete's foot is to keep your feet dry.
- 14 - To avoid re-infection wipe white vinegar on the insides of your shoes and sandals with a cloth.
- 15 - Wash bed sheets on a regular basis.
- 16 - Never share shoes, socks or towels.

Did You Know?

Without proper treatment of Athlete's Foot the infection could become chronic and may cause severe scarring if left untreated.

Getting Rid of The Burning and Itching

- 1 - Keep your feet clean and dry. Wash and dry your feet thoroughly, two to three times daily.
 - 2 - Use a cold compress to reduce inflammation and itching.
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- 3 - Soak your feet for ten minutes twice each day in a sea salt and water bath (two teaspoons of salt for every one pint of water).
 - 4 - Make and apply a baking soda paste made with water added to baking soda, to the bottoms of your feet and between your toes. Keep on for ten minutes, then wash, dry thoroughly and dust your feet with talcum powder or corn starch.
 - 5 - Use over-the-counter medication treatments. It's important to follow the directions with these different medications for maximum benefits.
 - 6 - Continue treating the affected areas for up to two weeks after the infection has disappeared.
 - 7 - If the condition does not clear up after treatment, consult your doctor immediately.
 - 8 - Apply diluted rubbing alcohol on the affected area with cotton balls and allow to dry.
 - 9 - Apply aloe-Vera gel twice daily
 - 10 - Soak your feet for ten minutes a day in a 50/50 mixture of apple cider vinegar and water for up to ten days or until symptoms disappear, whichever comes first.
 - 11 - Apply apple cider vinegar with a cotton ball to affected areas and allow to dry.
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How To Cure Athlete's Foot in Seconds!

12 - Soak your feet for 20 minutes daily in a baking soda and water solution. You can also sprinkle baking soda on your feet and inside your footwear.

13 - Cinnamon can effectively combat both yeast and fungal infections.

Bring 4 cups of water to a boil, add 8-10 broken sticks of cinnamon, reduce heat to low and simmer for five minutes; remove and steep, covered, for 45 minutes. Use as a foot bath.

14 - Rub raw garlic on the fungus or put some freshly crushed garlic on the affected area and leave it on for half an hour then wash the area with water.

Do this once a day for a week and the athlete's foot should be gone. If the garlic burns, remove it and wash the area with water, dry and try again with diluted garlic juice.

You may have to play around with this remedy to get the potency that is right for you. Garlic is an excellent antibiotic, and studies have shown that its compounds can kill the fungus that causes athlete's foot.

15 - Make a herbal tea foot bath of goldenseal and thyme, or a half and half mixture of thyme and chamomile teas. Soak your feet in this solution once a day.

16 - Apply Undesine ointment daily, which you can find wherever herbs and other natural remedies are sold.

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How To Cure Athlete's Foot in Seconds!

- 17 - Apply Vitamin E twice daily to affected areas.

- 18 - Rub raw honey on the infected areas before bedtime. Cover with an old sock and leave on over night. Wash and dry feet thoroughly in the morning.

- 19 - Mix 2 drops of Tea Tree oil, 2 drops of Myrrh in 15g of base cream. Mix the oils into the base cream, and apply to the affected area twice a day.

- 20 - Add sandalwood and tea tree oil to your foot bath.



The Natural Way of Dealing With Common Skin Conditions

All about skin health

The **skin is the largest organ of the body** and accounts for about 16 percent of a person's body weight. It is flexible, waterproof, and covers the entire outside of the body. It performs several important roles, including acting as a barrier, regulating influence between the outside environment and the controlled environment within our bodies, as well as providing assistance to the liver, kidneys, and intestines in the removal of waste.

In addition, because so much importance is attached to our appearance (and therefore the skin), any **skin problems can also have a major psychological and social impact** on the person affected. This makes it vitally important to support skin health on an ongoing process.

For many years, people have made use of **synthetic ingredients and chemicals** in skincare and cosmetics. Nowadays, people are becoming more proactive about their health, and there is an increasing demand for **pure, natural products for skincare and cosmetics**, as well as an awareness of the importance in supporting skin health via systemic support.

The natural way

Being an organ of the body, the skin should not be seen in isolation. In fact, **skin health and vitality is best achieved by pursuing systemic health.**

Following a healthy diet and exercise routine helps to support the body as a whole and can have excellent results on skin health if adhered to regularly. A good night's sleep is also one of the best tonics you can give your skin, as all the cells of your body are rejuvenated while you are sleeping.

Remember that **anything that affects your liver will affect the appearance of your skin**, as your liver and skin are closely linked in their efforts to purify and cleanse the body. Cigarettes, alcohol, recreational and prescription drugs and even unhealthy, fatty fast foods can all contribute to a sluggish and unhealthy liver, which will in turn affect the health and appearance of the skin.

Natural remedies have an excellent record in the maintenance of skin and systemic health and are well worth exploring in a quest for skin support.

Related Products

ClearSkin-E Cream: Supports skin health to promote normal skin condition

Itch Dr.: Promotes skin comfort and soothes common itch on all areas of the body - including feet, anal, genital and jock areas

Skin Dr.: Homeopathic remedy relieves and improves acute skin problems for skin strength, health and functioning

Heal Moles by Healing Natural Oils: Remove moles anywhere on the body, including moles around the armpits, back or in the groin area. The effectiveness of the oils in our mole removal formula to treat and remove moles is unsurpassed.

Heal Warts by Healing Natural Oils: Our natural wart removal product, **Heal Warts™** is produced from only the highest quality, pure essential oils. These natural anti-viral oils are extracted directly from carefully researched plants.

Heal Skin Tags by Healing Natural Oils: The effectiveness of the oils in our natural skin tag removal formula to treat and remove skin tags is unsurpassed. Remove your skin tags from the comfort of your own home with our at home remedy for skin tag removal - **Heal Skin Tags™**

RosaRex: Homeopathic remedy reduces facial redness, flushing and bumpy texture

MediAc: Homeopathic remedy treats symptoms of acne including pimples, blackheads and whiteheads

ClearSkin Skin Wash: Gently cleanses and nourishes skin to promote soft, smooth texture

ClearSkin-A Gel: Supports healthy, clear skin for a smooth and trouble-free complexion

Hive Away: Homeopathic remedy relieves hives and poison ivy symptoms, including itching, redness and inflammation

Boil-Rx: Homeopathic remedy relieves inflammation, pain, swelling and pus from boils and septic skin eruptions

R-Worm Clear: Provides soothing relief for skin, plus promotes healing

Foot FungFree: Provides soothing relief for feet, plus helps restore natural balance

CelluTight Massage Oil: Nourishing massage oils promote smoothness and improve the appearance of dimpled, bumpy skin

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many so-called *natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »