

Solution for Athlete's Foot

Chinese Medicine Works For Athlete's Foot

Athlete's Foot

Athlete's foot is a skin infection caused by a fungus, usually occurring between the toes or on the soles of the feet.

The fungus most commonly attacks the feet because shoes create a warm, dark, and humid environment, which encourages fungus growth.

The warmth and dampness of areas around swimming pools, showers, and locker rooms, are also breeding grounds for fungi. Because the infection is common among athletes who used these facilities frequently, the term "athlete's foot" became popular.

Not all foot rashes are athlete's foot. In addition, other conditions, such as disturbances of the sweat mechanism, reaction to dyes or adhesives in shoes, eczema, and psoriasis, also may mimic athlete's foot.

Symptoms

The signs of athlete's foot can include dry skin, itching, scaling, inflammation, and blisters. Blisters often lead to cracking of the skin. When blisters break, small raw areas of tissue are exposed, causing pain and swelling. Itching and burning may

increase as the infection spreads.

Athlete's foot may spread to the soles of the feet and to the toenails. It can be spread to other parts of the body, notably the groin and underarms, by those who scratch the infection and then touch themselves elsewhere.



The fungus causing athlete's foot may persist for long periods, causing many recurrences of the infection. For this reason, it's important to have the condition treated by a podiatric physician.

Prevention

Good foot hygiene is the best defense against infection. Daily washing of the feet with soap and water; drying carefully, especially between the toes; and changing shoes

and hose regularly to decrease moisture, help prevent the fungus from infecting the feet. Also helpful is daily use of a quality foot powder in the shoes.

Treatment

Soak feet in Silk Skin formula III for three to four hours each time. Repeat soaking several times until cured. During the treatment period, don't use soap or any alkaline substances.