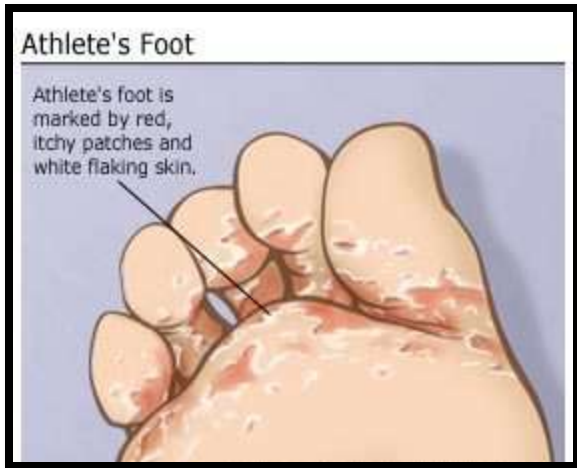


# Athlete's Foot

HEAL Information Sheet  
*Compiled from the writings of*  
Dr. Christopher



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## Definition

Athlete's Foot is a long term fungal infection of the foot occurring especially between the toes.

## Herbal Aids:



**Garlic:** Wash the parts in hot, soapy water; rinse and dry well; massage in the garlic oil 2-3 times daily. After the affection is cured, apply once a week to prevent reoccurrence.

**Onions:** For athlete's foot, rub onion juice between the toes two or three times a day until the condition clears.



## BF&C Salve:

From questions and answers to Dr. Christopher in his Newsletter:  
“What do you do herbally for athlete's foot?”

Follow the Natural Healing  
Foundational Programs.

Superfoods



Bowel Cleansing



Echinacea

❖ If the condition is severe, use the bone, flesh and cartilage formula [BF&C] ...

- Saturate a pair of white cotton or wool socks with the BF&C Salve,
- Put on foot before retiring each night (six days a week each week),
- Put a plastic bag over the socks and leave on all night.
- Continue this each night until healed.

**Black Walnut Tincture:** This is one of the best known remedies for fungus. Use externally and apply frequently.

## To aid this condition

1) Always dry between the toes and do not wear **nylon** or **synthetic socks** or **hosiery**.

2) A small piece of dry cotton, with a few drops of lemon juice or apple cider vinegar placed between the toes for ventilation.

3) Do not wear rubber soled shoes, gym shoes, etc., for daily use. Gym shoes for gym, not for street and regular wear.

4) Go barefooted as much as possible (not at social functions, please).

5) Bathe the feet one or more times each day with warm distilled water and apple cider vinegar half and half.

6) Dry the feet well before putting on hosiery and shoes.

