

Athlete's Foot Information & Details On How To Remedy This Itchy Problem

Athlete's foot is a fungal infection that affects the feet. This condition affects more men than women. One reason why this affects more men than women is the fact that men wear shoes and socks more often than women. The heat that results from the wearing of shoes and socks for long periods makes the feet sweat more. The dampened condition of the feet make it susceptible for fungal infection. Symptoms of athlete's foot include profound itching on the base of the foot and in between the toes. In virtually all cases of athlete's foot, the fungal infection, coupled with the ruptures in the skin, result in the emission of an undesirable smell. This smell may be very offensive to oneself and the others. To care for the feet, it is good to let the feet "breathe". This means that one should not wear socks and shoes all day long. If possible, it would be advisable to wear sandals at home, if you can't wear them in your place of work. The sweating on the foot provides an occasion for fungi to thrive. Fungi like humid, damp and dark areas. Persistent foot sweating aggravates the effect of athlete's foot since this somehow makes the environment very favorable for the fungi to multiply. Athlete's foot can be easily transmitted. Walking barefoot would cause the fungi to spread on the floor. Others who also walk barefoot may contract the fungus from the floor. Persons with severe athlete's foot are required to seek professional medical treatment. In many cases however, anti-fungal creams or ointments can be used to cure athlete's foot. It is advisable to wear dry socks and to use anti-fungal powder on the foot. Since athlete's foot is a fungal infection, it would be best to boost the immune system with the following supplements: Allicin. Allicin is naturally found in garlic and wards off fungal infections. Acidophilus help fight against body infection so it is good to take yogurt with live cultures or acidophilus capsules. The usual B-complex, Beta carotene, vitamins C, D, and E all boost the immune system to make it resistant against viral, bacterial and fungal infection. Zinc is also useful but taking zinc must be accompanied by medical advice so as not to interfere with the effects of the other nutrients.

About the Author

Whether focusing on projects around your home or pushing yourself to the limit in the wild, All Terrain natural Herbal Remedy Rubs soothe.

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