ATHLETES FOOT

- **Clean the blood (tea of stinging nettle and red clover blossom)**
- **Eliminate toxins from the diet**
- **Cut nails short and soak in either aloe vera gel (scrape it from the leaf of the plant) 30-40 minutes daily for 2-3 weeks. If you can't get aloe use 1 part vinegar; 2 parts water. Or you can use tea tree oil daily on the nail for 3-4 weeks.**
- **If in a moist environment, put baking soda in the shoes.**
- **If you can get or make colloidal silver - take this daily and also spray it on the toes and feet daily especially after showering or bathing.**
- **Change your socks <u>every</u> day.**
- **Monistat Cream is sold as vaginal cream at drug stores – but is reported to work really well on athletes foot.**