The Feet of Athletes

The word “fungus” shouldn’t always cause consternation. Take it from this Italian cook; there are good fungi – think mushrooms and truffles!

But when several of you recently asked about how I would deal with fungus, I assumed that I wasn’t being asked to share a recipe for Fettuccine al Tartufo.

The human body is host to many different fungi in our baseline microbiome. The problem arises when the delicate balance is disturbed. So, what can disrupt that balance? Sure … environmental influences and hygiene, but also drugs of commerce.

An overgrowth of fungi can cause many different conditions in and on our bodies. Although each type of fungal complaint

is generally addressed differently, I can assure you that fungus can be successfully uprooted homeopathically.

We've covered yeast infections in a couple of blog posts: Vaginal Yeast Gone with Homeopathy and Strong Enough for a Woman: The Ultimate Remedy for Us. And more recently, we've looked at oral thrush (also caused by yeast).

As I mentioned, when the body's fungal population mushrooms (pardon the pun) into overgrowth, each area of the body is generally approached with different medicines. Why? In homeopathy, more often than not, we don't address specific microorganisms. Instead, we consider the organ being affected!

So, let's look at another common fungal condition – the highly contagious fungus called *Tinea pedis.* Doesn't that sound exotic and mysterious? Well, don't be too impressed by its Latin name. We know it more commonly as athlete's foot or jock itch (depending on the condition's location).

Damp conditions – as typically experienced in locker rooms (hence, the attribution to athletes) – is a breeding ground for this particular fungus. It is typically denoted by itchy, burning, scaling, cracking skin. Not nice.

I recently was introduced to a new method of dealing with athlete's foot from Joe De Livera (Joepathy). Joe suggests utilizing *Arnica* 30 in an aqueous solution sprayed directly onto the affected skin. This is a completely different technique than what I have been using in years past, but it's effective.

So, as of late, I have been creating an aqueous solution with *Arnica* 30 in liquid form* (either suspended in water or alcohol, rather than pillules in a tube). I then put one dose of the liquid in a bottle containing 15 ounces of water.

If you cannot purchase *Arnica* in liquid form, one could also create the spray remedy utilizing a dose of *Arnica* 30 pillules. (Remember, the number of pillules per dose varies by pharmacy and is printed on the outside of the remedy bottle.)

When it's time to administer a dose, I shake the bottle 10 times before each application. Unlike the more precise scheduling of oral homeopathic medicines, one may use the spray solution directly on the skin as many times a day as is warranted – but at least twice a day. (Just be sure to allow the area to dry well before redressing. As we know, allowing the skin to linger in a damp environment could be counterproductive.)

There must be something in the air recently because I've been receiving quite a few questions about topics relating to fungus. So, in a future blog post, I'll address a couple of other specific conditions, *tinea versicolor* and perhaps ringworm as well. Plus, later this week, I'll share the most valued medicine for toenail fungus in a Memo to Mighty Members.

But if you want to learn more, fungal infections (and how to address them homeopathically) are more fully fleshed out in my course Good Gut, Bad Gut. Many conditions trace their origins back to the gut, so I recommend Good Gut, Bad Gut as a well-rounded first course covering a broad array of topics.

Don't keep your successes a secret. Share here in the comment section, turn your friends and family on to this blog, and as always, pass on the good news of homeopathy!

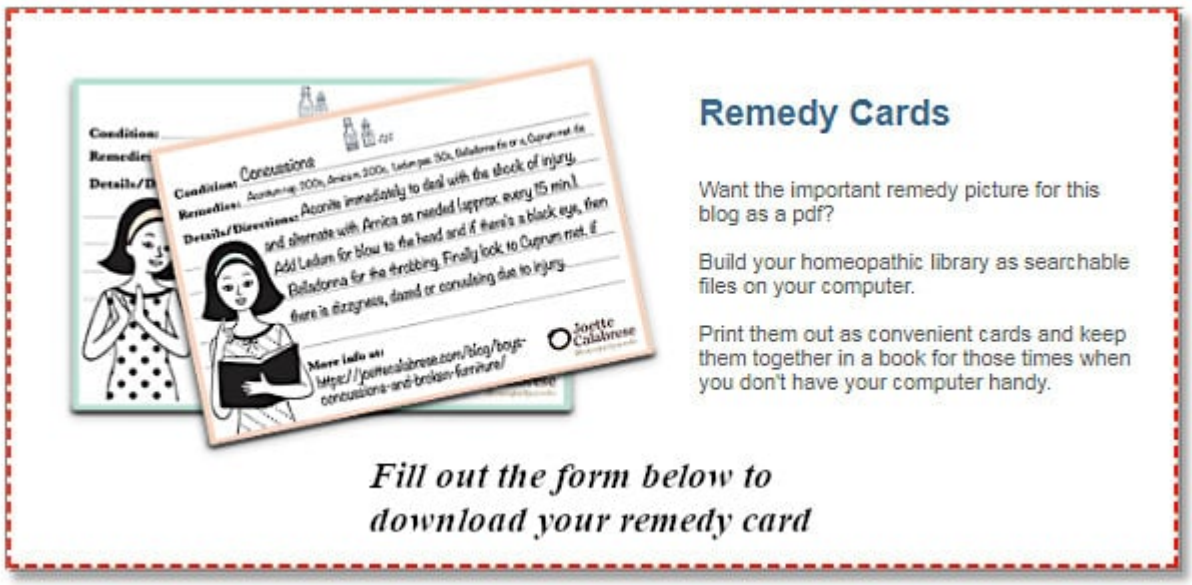
Warmly,

* *Arnica* in liquid form can be purchased from Helios Pharmacy in the United Kingdom. Alternatively, it can be purchased here in the United States from a non-retail

pharmacy, available only to my clients and students.

Liquid *Arnica* can be found on Amazon as well. But due to feedback I've received about inconsistencies with certain homeopathic medicines ordered through Amazon, I have decided not to link to them at this time.

And remember – all of my Mighties [(Joette's Mighty Members)] qualify for a 10% discount on course purchases. If you choose to enroll in [Good Gut, Bad Gut] and need assistance getting your discount, email [contact@practicalhomeopathy.com] for more information.



The Feet of Athletes 3-27-22
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