

Athletes Foot/ Toe Fungus

TOE FUNGUS

- apply charcoal poultice
- can soak toe in lemon juice
- soak feet in distilled water

ATHLETES FOOT

- Wash feet well, then rub lemon on bottom of feet twice daily
- Poultice: $\frac{1}{4}$ cup psyllium, $\frac{1}{4}$ cup charcoal. Mix gently, add water until gelatinous ball forms. Apply to infected area.
- Air out shoes and place charcoal in a breathable bag and then place in shoes to remove odors and fungus.