Natural Home Remedies for Ringworm

A Practical Guide

to

Get Rid of Ringworm

By

Rikke Scott

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DISCLAIMER

The advice contained in this material might not be suitable for everyone. The author believes in a natural and holistic approach to health and maintaining the body’s natural balance. This material is written for the express purpose of sharing educational information and scientific research gathered from the studies and experiences of the author, healthcare professionals, scientists, nutritionists and informed health advocates.

The author recognizes that within scientific and medical fields there are widely divergent viewpoints and opinions and therefore it is the reader’s responsibility to investigate all aspects of any decision before committing him or herself to any treatment. The author obtained the information from sources she believes to be reliable, but she neither implies nor intends any guarantee of accuracy for specific cases or individuals.

Before beginning any practice relating to health, diet or exercise, it is recommended that you first obtain the consent and advice of a licensed health care professional. The contents of this guide are not a replacement for professional advice. Always consult your own Doctor or medical professional before starting any treatment, process or action.

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IMPORTANT

Please note that although the oils and remedies presented in this guide are known to be the most gentle to sensitive skins and scalps - as with any natural substance some oils such as Thyme can in some individuals cause mild irritation on rare occasions and some oils should NOT be used at all while pregnant – It is recommended that as a precaution you should patch test all oils/formulas before application to your skin or scalp or addition to your shampoos.
Introduction

Congratulations! You have taken the first step towards curing your ringworm permanently and getting rid of that itchy, scaly, and reddened skin and bald patches of the scalp or beard and restoring the skin and scalp to its former lovely self.

I have spent hours and hours on end compiling the information I am about to share with you. I wrote this guide for a very personal reason. I suffered from eczema of the hands or so I thought. I had tiny little blisters all over my hands and fingers and they itched like crazy. I went to the doctor, and to my big surprise found that I had ringworm of the feet rather than eczema of the hands. I started a long journey of discovery to find an effective natural way of treating and curing this ringworm infection.

I have decided to share this knowledge with you so that you too can benefit from my research and learn the secrets of beautiful skin and scalp, free from this itchy red rash. I am very excited to be able to pass on to you the discoveries I have made on this journey and the natural solutions to relieve, treat and prevent this hideous problem from ever coming back to haunt you.

I am sure you will enjoy reading this guide and applying the new gained knowledge as much as I have enjoyed bringing it to you. And thanks once more for making the decision to buy this guide, I am sure you will be happy you did.

Please let me know how you get on. I look forward to hearing from you.

Rikke Scott
We all want to have gorgeous, beautiful, young and clean looking skin. Our appearance, image and looks are important to most of us and I certainly don’t know one single person who enjoys having a big pimple right on the nose!!! It can be upsetting to find rashes and blemishes that won’t go away with a quick wash and a bit of mirror gazing. And then of course there is the pain and the ever annoying itch.

But it goes a lot deeper than that. The skin is the largest organ of your body and as it is the only visible organ, it is important to notice what goes on with your skin. It can be a way to identify underlying problems. A rash is often just a visible sign or symptom of a more serious underlying cause and it is really important to listen to your body and to try to find that underlying cause. If you only treat the symptoms the likelihood of the problem returning is really high and then you are back to square one.

Ringworm can affect anybody from very young babies to the elderly, people from all ethnicities and also many animal species. Basically, if you have skin then you can be affected by ringworm.

Your skin has three main layers, the epidermis which is the outer layer, the dermis, the middle layer and the hypodermis, the deepest layer.

Keratin is a fibrous protein found in the epidermis, hair and nails. This protein is hard and waterproof and is found in higher concentrations of hair and nails. It is also found in animals’ hooves, horns and beaks.

There are many types of skin problems and your first step towards healthy skin is to identify the type of outbreak that is showing. There is quite a difference between bacterial infections, allergic reactions and fungal infections but they may all present themselves as a rash. So do you have ringworm?
What Is Ringworm?

As you may be aware, ringworm is not actually a worm as some may think. It is in fact a fungal infection of the skin, hair or nails and can affect any part of the body from the scalp to the toes. It manifests itself with a reddish itchy rash of the skin often in a circular shape, hence the common name ringworm.

Other common names for ringworm are athlete’s foot, jock itch, tinea and dermatophytosis. Athlete’s foot is the term most often used by sports people to describe ringworm of the feet, jock itch is a common term for ringworm of the genital area, tinea is the Latin name for ringworm and dermatophytosis is the overall medical term for skin infections caused by dermatophytes.

The fungi responsible for ringworm are called dermatophytes which mean “skin plants”. Dermatophytes are the common label for three types of fungus, Trycophyton, Microsporum and Epidermophyton. These keratinophilic fungi produce extracellular enzymes (keratinases) which are capable of hydrolyzing keratin. As mentioned before, keratin is found in the outer layer of the skin, the epidermis, nails and hair and this is what the fungi feeds on. So if you have an outbreak of ringworm, you basically have fungi growing in the epidermis.

Ringworm grows very much like other fungi. It breaks down dead organic matter, in the case of ringworm this is the keratin in the dead skin of the epidermis, it has a body called a mycelium, which is more like a root system of a plant and it sets spores (a bit like minute seeds) which enables it to spread and grow in new places. These spores is deposited on the skin, but can also be deposited on bedding, soft toys, clothing, and towels and even on plastic and other hard materials, where the spores just wait to get into contact with skin so it can colonise again. Basically, this mean that direct contact with another person, animal or soil contaminated with ringworm is not necessary to contract ringworm.

Ringworm, like all other fungi, loves damp and warm conditions. It thrives on the floors of changing rooms and locker rooms, due to the moisture and warmth from showers and sweaty feet. It is not surprising that the most common places on the body to find ringworm is in those warm and sweaty parts like between the toes and between the legs.
How to Diagnose Ringworm

Ringworm can be diagnosed in a few different ways. The easiest way to get confirmation that you have ringworm is to use a woods lamp. This is essentially a black bulb, shining an ultraviolet light, just like the ones used at Halloween to make things shine up green. If you have a light like that, dig it out and shine it. If you see a green light shine up, then you have ringworm. If you don’t see a green light, then you may still have ringworm, just not the type that the woods lamp can detect.

To use the Woods Lamp, you need the normal light in the room to be turned down or off. Then hold the shining light about 4 to 5 inches from the skin or scalp. Make sure you do not look directly into the light as it can be damaging to the eye, instead you should be looking at the skin or scalp to see if the skin or scalp shines up luminescent.

And if this does not give you the answers you need then a trip to the doctor may be on the cards. Doctors can take skin scrapings and lesion biopsies and get them tested at a laboratory either under a microscope or by culturing them. If you are curious as to which type of skin fungus that you have, then this would be the recommended approach.

Comparing your skin condition with pictures of ringworm is another way to self diagnose ringworm infections. The following chapters are helpful in diagnosing ringworm using both pictures and descriptions.
Ringworm of the Scalp

Ringworm of the scalp is also known as Tinea Capitis and sometimes referred to as Herpes Tonsurans, Tinea Tonsurans or Fungal Folliculitis of the Scalp. The two types of dermatophytes causing ringworm of the scalp are Trichophyton and Microsporum. Trichophyton is mainly responsible for scalp ringworm in Central America, the United States of America and in Western Europe, whereas Microsporum is mainly responsible for ringworm of the scalp in South America, Southern and Central Europe, Africa and Middle East.

Ringworm of the scalp is not limited to ringworm infections of the skin on the scalp. It can also include ringworm inside the hair shafts where the dermatophytes invade the strands of hair and affect not only the hair on the head, but can also the hair on eyebrows and eyelashes as well.

Round patches of hair loss is one of the symptoms of scalp ringworm. These patches are not necessarily bald patches and sometimes presents with black dots on the scalp where the infected hair is broken off.

This picture shows black dot ringworm and you can see how the black dots are scattered throughout the hair.

This picture shows a circular bald patch of scalp ringworm. There can be multiple bald patches like this and sometimes the circular shapes overlap.

These two pictures do not show ringworm at different stages, but ringworm caused by different dermatophytes.
Black dots looks as if dark hair shafts are still connected in the skin of the scalp and that is exactly what it is. In blonde people, these dots will be blonde and extremely hard to spot, if you don’t know to look for them, and red haired people will show red dots.

Ringworm will often cause the scalp to become very itchy, inflamed and scaly. It can develop into pus-filled sores or lesions that can develop into abscesses known as kerions and round, scaly lesions on the scalp that may be red and swollen.

You can exhibit one or more of these symptoms and therefore it is easy to get the diagnosis of ringworm wrong. If you only have dry scaly scalp, then it would be only natural to think that you have dandruff or seborrhoea as it is clinically known. If you have a balding patch you may think that you have hair loss also known as alopecia. And to make matters worse, ringworm of the scalp is situated in a position so we can’t see for ourselves what it looks like and will need another person to have a look.

The reason ringworm leaves the hair broken either in patches or scattered throughout the scalp is because the fungus enters the hair strand itself and thereby weakens the individual hair strands to the point where they simply break off.

In this picture you can clearly see the black dots, which are the fungus inside the hair strand.

A more severe form of ringworm of the scalp is called tinea favosa or favus of the scalp. Favus is an infection that is characterized by a yellow honeycombed shaped crust which surrounds the infected hair follicles with the infected hair often appearing yellow. Favus of the scalp can even cause permanent hair loss and scarring! I think the picture below speaks for itself.

This child shows tinea favosa with the typical yellow honeycombed shaped crust on the scalp.

Scalp sores are often caused by fungal infections and can develop into deep abscesses called kerions. These can be
rather itchy and painful and start as little innocent sores and grow until they are severely inflamed and causing a lot of trouble. These sores also have the potential of causing scarring and permanent hair loss. Sometimes these scalp sores are mistaken for psoriasis or eczema.

This photo shows a child with ringworm of the scalp caused by Microsporum dermatophytes.
Ringworm of the foot is often referred to as athlete’s foot, foot fungus and also known as tinea pedis. It causes scaling, flaking and itching of the foot and often the skin between the toes is red and cracked. It is highly contagious and loves that sweaty, damp environment of shower floors and running shoes.

Athlete’s foot is often caused by a dermatophyte called Trichophyton rubrum which can also be responsible for ringworm of the groin, jock itch and ringworm on other parts of the body. This dermatophyte can be passed on by touching an infected area on your own body and therefore spread to other areas of the body. It can also spread by touching infected animals, soil and contaminated objects.

Athlete’s foot is does not only occur between the toes. It can affect any part of the foot including the sole. It can cause the affected area to look silvery or even blackish and can almost be mistaken for a nasty bruise. It often has a sharp border and the skin becomes excessively dry and starts to peel and crack. It can also develop into blisters and be stinging and burning.

This picture shows ringworm on the sole of the foot.
Nail Fungus

When ringworm attacks the nail it is often referred to as nail fungus, however the medical term is onychomycosis or tinea unguium. Normally a fungal infection of the nail is caused by a dermatophyte, but yeasts and molds can also be responsible for this nasty infection.

Nail fungus can cause discolouration and abnormal growth and the nail can become quite brittle, ragged and crumble. The nail may become thick and distorted in shape. The fungal infection can be on the nail itself or under the nail, which makes it very hard to treat and sometimes the nail will come away and lift off the nail bed entirely.

Ringworm of the nail tends to affect the toe nails more often than the finger nails and this may be due to the close proximity of any neighbouring ringworm infection between the toes.

This is a typical example of toe nail fungus. You can even see a bit of fungus in between the toes. Here the fungus has gone under the nail bed and clearly the nail itself is deteriorating.

It is very painful to lose your nail, but also a blessing in disguise, as once the nail is gone, you can actually get to the ringworm to treat it, without having to use invasive, cell altering oral medication, such as griseofulvin. And the really good news is the nail will more often than not grow back once the ringworm is treated and gone. However nail fungus can in some circumstances cause permanent damage to your nail.

Nail fungus can be very painful and itchy if not unsightly and annoying. It can also have a slightly foul odour. It usually begins with a white or yellow spots under the tip of the nail and then spreads deeper under the nail. Often they invade the nail through a tiny cut of the skin or a small separation between the nail and the nail bed.

In this picture it is clearly a problem for the whole foot. Every nail on the foot has been affected and the foot itself is showing silvery, grey scales. This is an example of how bad it can get, when ring of the nail gets out of control. This person is likely to be riddled with ringworm elsewhere as well and it will not be enough just to dip your toes in the sea every day. The house will need a thorough decontamination to stop the ringworm coming back and this person will need to look at boosting the immune system to help combat this level of ringworm.

Other infections of the nail can be caused by the yeast Candida with the resulting infection called Candidiasis of the nail. There are a few species of Candida and the
one that causes Candidiasis is Candida albicans. Both the symptoms and the
treatment are very similar to other nail fungal infections with the nail becoming
discolored, frail and are likely to separate from the nail bed. One of the differences is
that candidiasis normally starts in the surrounding skin folds of the nail rather than
the nail, whereas with ringworm of the nail, the infection often starts in the nail itself.

These two pictures both show different ways Candidiasis of the nail can
look like. On the left picture you can see the nail starting
to lift off and on the right picture you can see the
infection more prominent on the edge of the nail, where it started.

You can use the same treatment for Candidiasis as for Ringworm of the nail as they
are of a similar kind. Even though Candida is the name for a group of yeasts, it is still
a type of fungus and so responds very well to the same treatment.

One of the hidden problems with having acrylic nails is that you can unwillingly end up creating the ultimate breeding ground for ringworm under them and you will not find out until you remove the acrylic nails entirely. At this point you may find your own nails underneath have deteriorated and crumbled and the instinct is to blame the quality of the acrylic nails and many believe that the acrylic nails have actually destroyed their nails.

This is probably not the case. It is much more likely that at some stage, you have ended up with a tiny gap between the acrylic nail and your natural nail where moisture can get in and create that damp environment that ringworm loves and thrives in. This can happen to even the best quality of nails. The problem is then accentuated, when you can’t dry out the nail properly. And while your nails are looking fine on the surface, underneath the ringworm is multiplying and eating away your natural nail. In fact nail fungus is one of the leading problems associated with acrylic nails.

You can also get infected with ringworm of the nail by going to a nail clinic, specialist
or beautician. It is therefore important to choose your nail professional carefully and
make sure you use a reputable place that is clean and where they use clean tools. If their work is a bit sloppy then that increases the risk of walking away with a ringworm infection already brewing under your new nail. It doesn’t really sound that nice at all and you can lower your risk by choosing your nail professional carefully.
Jock Itch

Jock itch is the common name for ringworm of the groin or tinea cruris. It is normally boys and men who suffer from jock itch, though women have been known to be affected as well. Perhaps this is because things in this area are more overcrowded in the male anatomy.

The symptoms of jock itch are a rash on the upper thigh and groin area and are most often accompanied by an excruciating itch. The rash is usually red and forms a circle with the groin in the centre, and it seems to spread from the groin like rings. It can be scaly as well and often has a red border. It can even be painful in some cases, especially if the fungus has caused the skin to become weaker and thinner than usual. There may also be a bacterial infection present which can cause the skin to become pussy and weeping sores to be present, making it look like eczema or an allergic reaction. All in all this is not a very nice situation to have by the family jewels!

Athletes seem to be especially prone to jock itch, probably because they sweat in the groin area while performing their sport and thereby creating the ultimate growing conditions for fungus to really get established. Combining this with the time spent in the locker rooms and shower area, where ringworm has been known to thrive and grow rapidly, it is not surprising that athletes are susceptible to ringworm.

This is such a big problem for sports men who perform contact sports like wrestling, that in some countries, they can find themselves banned from competing if they have even the slightest ringworm infection.

There are many things you can do to prevent ringworm of the groin. Personal hygiene is the first step. Start by checking other areas of the body, like between your toes. If you see any emerging signs of ringworm, such as a little bit of skin peeling off between the toes, then you need to be on high alert and take action right away.

Here are some quick tips:

1. Use separate towels for any ringworm infected area to avoid spreading to other area of your body.
2. Add a 5 drops of Tea Tree Oil and 5 drops of Neem oil to you Shampoo, shower gel and body wash.
3. Apply talc powder to the groin area before and after exercising to stop the groin area becoming a moist breeding ground for ringworm.
4. Never, ever, ever share your jock strap or cup or borrow someone else’s.
5. Use a clean jock strap or cup every time.
6. Always wear flip-flops in the showers and changing rooms.
7. Shower after exercise every time to prevent any sweat from lingering and causing your groin area to become a breeding ground for ringworm.

These seven steps can effectively reduce the amount of time you spend on the bench watching your fellow athletes in action.
How to Get Rid of Ringworm

We have been relying on natural treatments up until the pharmaceutical companies created an industry from nature’s reserves. We had a lot of traditional knowledge about plants and their medicinal uses and treatments. We effectively cured ourselves from many minor health problems such as skin irritations and ringworm infections. As pharmaceutical industries have grown, our knowledge and understanding of the ancient natural remedies has diminished and with each generation seems to disappear more and more.

There are many ancient medicinal plants that have been found to have antifungal properties and other beneficial properties that effectively support the healing process of the skin.

The four plant oils that I have discovered to be most effective for ringworm conditions are neem oil, Lavender oil, Tea Tree oil and Jojoba oil. These oils have all been chosen for their outstanding ability to not only fight ringworm infections, but also for their healing, soothing and balancing properties.

**Neem** is a powerful antifungal agent that has the additional bonus of antiseptic and disinfection properties. This allows neem to be used as a powerful remedy both for those ringworm infections that are weeping as well as the dry itchy fungal infections. Furthermore neem’s anti-inflammatory properties will soothe the redness and irritation commonly associated with ringworm infections. Neem has many other uses such as an insecticide, which makes it very effective in fighting nits, scabies and other skin and scalp parasites and insects. In fact neem has been called “the village pharmacy” for centuries in India where neem continues to be an important ingredient in Ayurvedic medicine.

**Lavender** is an antifungal as well as an antibacterial remedy. The soothing properties of lavender oil are also very calming and effectively relieve irritation and the stress associated with having ringworm. Lavender oil has been recognised for many centuries for these effective qualities and as an added bonus has a beautiful fragrance.

**Tea tree** has long been used as a powerful anti fungal and anti bacterial remedy due to its high content of terpinen-4-ol. This is why you will find tea tree oil in many dandruff shampoos and medicinal remedies. The aborigines of Australia has used this oil for thousands of years to treat skin problems and infections of the skin. Tea tree oil also holds powerful antiseptic, antibacterial and antiviral properties, making it a very effective remedy for almost any skin ailment.

**Jojoba** oil is a great carrier oil particularly for ringworm infections as it has some of the highest anti fungal properties found in carrier oils while at the same time supporting and enhancing the skins natural balance of moisture. It has a high absorption rate and therefore is very effective against ringworm.
When choosing oils, the trick is to blend oils with other oils that supports and enhance their natural ability to fight these ringworm infections. When these four oils are blended in the right proportions, the synergy created becomes a very powerful natural ringworm remedy.

All of these oils have properties that resemble modern day pharmaceutical products, in fact many pharmaceutical products has been based on the healing properties of plants. Combined, these four oils has antifungal, antibacterial, antiseptic, anti-inflammatory, antiviral, soothing, moisturizing and insecticidal properties making this a very potent ringworm remedy.

The proportions of these oils should be as follows:

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<th>Oil</th>
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<tr>
<td>Neem Oil</td>
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<tr>
<td>Jojoba Oil</td>
<td>80%</td>
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<tr>
<td>Lavender Oil</td>
<td>5%</td>
<td>5 drops</td>
</tr>
<tr>
<td>Tea Tree Oil</td>
<td>5%</td>
<td>5 drops</td>
</tr>
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</table>

Before applying this solution to the skin, I strongly suggest taking a long bath using sea salt or go for a swim in the sea. Fungal infections are very sensitive to salt water so make sure the infected area is immersed in salt water for 30 minutes. Whenever you use salt to combat ringworm always try to use sea salt as this is more effective. This not only dries out the infected area, something fungal infections doesn't like, it also leaves your skin very hungry for moisture and will absorb the oil remedies more readily.

Now it is time to apply the solution.

**To apply to the skin:**

Simply use a ball of cotton wool to dab the affected area of skin, making sure you apply it to the entire area. Apply up to three times daily. For smaller outbreaks you can put a plaster or a band aid over the infected area to not only keep the remedy from rubbing off, but also to stop it from spreading its spores.

**To apply to the scalp:**

The scalp can be a bit trickier. On the scalp you need to use a spray bottle and make sure you get right to the bottom of the scalp as well as covering all the hair. Remember that ringworm of the scalp can invade the individual hair strands, so it is important to make sure you get the remedy through your hair as well as all the way onto the scalp. Apply the remedy in the evening leaving it in overnight allowing you to wash it out in the morning, feeling fresh and ready for the day, without feeling like the oils have greased up your hair.

Mia Wadsworth, ([www.ringwormremedys.com/recommends/dryitchyscalpremedies](http://www.ringwormremedys.com/recommends/dryitchyscalpremedies)) has put this video up on YouTube to show the best way of applying a remedy to the scalp. Click Here To Watch Video or go to [www.ringwormremedys.com/Dry-Itchy-Scalp-Remedies.html](http://www.ringwormremedys.com/Dry-Itchy-Scalp-Remedies.html). Make sure you cover the whole scalp with the oil remedy as
ringworm is highly contagious so you want to make sure you get it all at once and don’t leave any lingering spores or infected area behind as it will just come back again.

You can use a hair wrap to keep the oils in for as long as possible. These can be as simple as a towel wrapped around your head, to using glad wrap or as therapeutic as a heated hair wrap. Using a heated hair wrap has the additional benefit of warming the hair up allowing the oils to better penetrate the hair in order to kill the ringworm infection. And a warning: Don’t heat the oil. Hot oil can seriously burn you and should be avoided at all costs.

**To include in a foot bath:**

Fill a plastic bowl or basin with warm water and add 10 drops of the remedy. If you want the foot bath to be more potent you can leave out the jojoba oil as you are diluting the remedy in water. This foot spa will be even more effective if you use salt water.

Leave your ringworm affected foot or feet soaking in the water for 15 to 30 minutes. Adding sea salt to the water will make this treatment more successful. And don’t forget to use a clean towel to dry your feet afterwards and to put the towel straight in the laundry afterwards to avoid spreading the fungus.

**To soak your finger nails:**

Fill a plastic bowl or basin with warm water and add 10 drops of the remedy. If you want the finger spa to be more potent you can leave out the jojoba oil as you are diluting the remedy in water. This finger spa will be even more effective if you use salt water.

Leave your ringworm affected fingernails soaking in the water for 15 to 30 minutes. Adding sea salt to the water will make this treatment more successful. And don’t forget to use a clean towel to dry your feet afterwards and to put the towel straight in the laundry afterwards to avoid spreading the fungus.

**Other natural remedies that can be of great benefit to sufferers of ringworm and itchy skin:**

**Benzoin Oil** comes from the Styrax Tonkinensis tree. It has a vanilla like fragrance and is used for treating many kinds of skin lesions. Known as Friar's Balsam it has been used to treat cracked toes by ballet dancers and prevent further cracking. It is great for itching and boosts skins elasticity, while calming redness, itchiness and irritations. It is also a sedative.

**Bergamot Oil** comes from the fresh peel of a small orange, Citrus Bergamia. It is especially beneficial for oily skin and is used to relieve symptoms of eczema,
deramtitis, acne and cold sores. Lately it has been found to have excellent antifungal properties.

**Citronella Oil** comes from a scented grass called Cymbopogon Nardus. It is mainly used as an insect repellent, but also has antiseptic and deodorizing value. Citronella Oil has been found to be an effective agricultural fungicide inhibiting aspergillus flavus.

**Eucalyptus Lemon Oil** comes from Eucalyptus Citriodora and is an antibiotic, antiseptic, antiviral and antifungal. Great for dandruff, Sores, Candida, fungal infections, cradle cap and skin infections. Not to be confused with Eucalyptus Oil and Eucalyptus Radiata Oil.

**Geranium Oil** comes from the Pelargonium Gravolens plant and helps reduce scarring, promotes regeneration of new cells and helps the skin normalise the output of the oil and therefore is great for balancing both dry and oily skin. Geranium oil can also be helpful to treat bruises.

**German Chamomile Oil** comes from the flower of Matricaria Chamomilla. A soothing, calming and anti-inflammatory oil and is great for dermatitis, psoriasis, eczema and for sensitive, red or dry skin.

**Jojoba Oil** comes from the Simmondsia Chinensis plant and is pronounced "Ho-ho-ba". It is usually used as a base or carrier oil and as it has fungicidal properties. Jojoba Oil is actually not an oil but a wax and has a very high absorption rate making it highly recommended for use in fungal scalp infections. It is also great for use on skin elsewhere on the body to treat sores, cuts, bruises and burns.

**Karanja Oil** is excellent for skin, psoriasis, eczema and dandruff. Karanja oil is also known for its excellent wound healing properties and as an added bonus it soothes the itch.

**Lavender Oil** is a very soothing oil. It calms the senses both emotional and physical, and great for burns, cuts, inflammations, eczema, dermatitis, sores, ulcers, acne and boils. Many people like lavender oil for its fragrance and you can mix it with many oils to make the mix smell nicer. You can put a couple of drops of lavender oil on your pillow to fall asleep better at night.

**Lemon Myrtle Oil** has anti-microbial, antibacterial and antifungal properties. Toxic if undiluted.

**Manuka Oil** is a New Zealand version of Tea tree and has many powerful properties such as antifungal, antibacterial and anti-inflammatory.

**Melissa Oil** is good for fungal infections, ulcers, herpes and sores. Also brings down blood pressure.

**Myrrh Oil** is an antiseptic, deodorant, stimulant, and fungicide.
**Neem Oil** is used for skin diseases such as sores, ulcers and ringworm. Neem oil is also effective against itching skin.

**Neroli Oil** regenerates skin and minimizes scar tissue. It is an antidepressant and a sedative. Neroli oil is often called **Bitter Orange Oil**.

**Olive Oil** moisturizes skin. Good for healthy hair, adds gloss to it. A deep conditioner and controls dandruff.

**Palmarosa Oil** balances moisture in skin. This oil is cooling, anti-inflammatory and, good for eczema and dermatitis. It is also antiviral and antifungal.

**Patchouli Oil** is used as hair conditioner for dreadlocks. Reduces acne, eczema, fungal infections and dandruff.

**Rosemary Oil** from Rosmarinus officinalis is a very invigorating oil. It is helpful in keeping you alert when studying and has a reputation for improving memory. Rosemary is effective for circulation problems, pain relief for the muscular system and decongests the respiratory tract. This is due to its content of a-pinene, borneol, b-pinene, camphor, bornyl acetate, camphene, 1,8-cineole and limonene. Most importantly is that Rosemary increases circulation to the scalp and encourages hair growth.

**Tamanu Oil** is an oil from the South Pacific republic of Vanuatu. It comes from the tamanu tree’s nut kernel and is rich, dark green and luxurious. Pacific Islanders has used tamanu oil on cuts, sores, burns, blemishes, rashes, bites and stings for generations. The oil contains novel inflammation modulators and anti-microbial compounds and promotes the formation of new, healthy skin tissue. The oil can be applied to the skin in a 50% Tamanu oil and 50% Jojoba oil dilution.

**Tea Tree Oil** is one of the most effective oils in combating fungal scalp infections. This is due to its high content of the antifungal property terpinen-4-ol.

**Ylang-Ylang Oil** soothes itching and helps protect against dandruff.

Soothing Scalp Remedy is a Remedy available at DryItchyScalpRemedies (www.ringwormremedys.com/recommends/dryitchyscalpmedies) and it contains lavender, grape seed oil, rosemary, jojoba oil, neem oil, tea tree oil. They also have available shampoo and conditioners containing these oils to help fight scalp problems.

**Unripe Papaya**, or Pawpaw as it is known as in some countries, has also been reported to be effective against ringworm. Take a slice of papaya and rub it on the ringworm infected area a couple of times a day.
**Black walnut** has a long tradition of being used for skin problems from ringworm to psoriasis. The hulls are rich in tannins and also contain a compound called juglone that has antimicrobial and antifungal activity. Pick a Black Walnut and peel the green hull off around it. Rub the inside of the hull on the ringworm infected area once or twice a day. You will find that your skin gets a brown stain where you have applied it due to the tannin content so probably not the best remedy for your face, but certainly worth a try in covered up areas.

**Vicks VapoRub** is another remedy worth a try. It contains menthol, camphor, eucalyptus and turpentine/terpenoids. These are all common antimicrobial natural substances. Test on a small area to see how it feels. If there is no sting or you feel you can cope with the sting then this could be another natural remedy worth trying.

**Apple Cider Vinegar** has been reputed to be effective against ringworm. Soak a paper towel, face cloth or bandage in apple cider vinegar and cover the ringworm infected area for 15 minutes. This is said to help dry out the ringworm infection. It may also sting a bit to start with, so once again start with a little bit to test your tolerance to the stinging.

**Ginger**: Ginger contains a lot of antifungal compounds. You can prepare a strong decoction by adding one ounce of chopped ginger root to a cup of boiling water. Simmer for 20 minutes and use a cotton ball to apply it directly to the affected areas twice a day.
Nutrition and a Balanced Diet

Your body is much more prone to ringworm infections if you have a weakened immune system. People who suffer from conditions like psoriasis, diabetes and other skin disorders are also more likely to get ringworm. Medicines like prednisone and other immune suppressors are designed to suppress the immune system and while you are taking this type of medication, you are more likely to get ringworm.

Eating a balanced diet, high in fruit and vegetables is the key to a healthy and well functioning immune system. If you are feeling energy depleted, running on your reserves, tired or a bit sluggish, chances are that your immune system is either fighting something or not supported well enough through your nutritional intake. Poor nutrition can lead to a lowered natural resistance and make us more susceptible to attacks by molds and fungi such as yeast and ringworm infections.

The good news is that by paying close attention to our diet and making some changes to our eating habits, we can give our immune system the best chance to fight off any nasties that might come our way.

If your immune system is running on the reserves, then it is not going to be as effective as it could be in fighting infections such as ringworm infections, yeast infections, bacterial infections and viral infections as it could be. By boosting your immune system, you could be giving your own body the support it needs to fight off any infections successfully. This can be done by paying close attention to the vitamins and minerals that our bodies need to maintain that optimal health.

Garlic (Allium Sativum) is a well known and long established health booster. It was used both as food and medicine in many cultures for thousands of years, dating at least as far back as the time that the Giza pyramids were built. The list of health benefits of garlic is very long and among the medicinal properties garlic is renowned for, antibacterial and antifungal is at the very top of the list. Garlic contains Allicin which is a very powerful antibacterial and antifungal ingredient. In fact, to say that garlic contains allicin is slightly incorrect. Garlic produces allicin when it is injured to protect itself from insects, bacteria and fungi. Garlic is so potent that it has the ability to kill 60 types of fungi and yeasts.

This is why regular consumption of garlic acts as a natural systemic fungicide and is particularly important if the ringworm has infected finger or toe-nails.

Eating raw garlic is the most effective way of receiving these benefits and due to the pungent smell many people choose to use the oil capsules that you can buy in many supermarkets and health shops. Allicin is generated when garlic is chopped and crushed, and the finer it is chopped or crushed, the more allicin is generated. Allicin starts to break down straight away, and often disappears during cooking. This is why I believe it is much more effective to eat fresh raw garlic, rather than the capsules or cooked garlic. You can achieve this by adding lots of crushed garlic to your food at the end of cooking and the flavour will be somewhat disguised in the rest of the food while only being cooked to a minimal. Chewing fresh parsley at the same time as
eating the garlic has been known to reduce the smell on the breath of garlic eaters. I
tend to crush a clove and put it in the food just before serving to get the maximum
benefit, with the minimum complaining from the rest of the family.

You can also rub garlic directly on to the affected area. To do this, cut a clove in
half, grab it with your fingers and simply rub the cut side directly onto your ringworm.
This can cause a bit of stinging, particularly if your skin is broken, and if you over do
it, you can end up with blisters, so try a little bit and see how your skin reacts. If you
don’t have any problems, then this can be a very effective natural treatment of
ringworm.

If rubbing garlic directly on to the ringworm infection causes you problems, then you
can try a milder way. Crush a few cloves of garlic and put into a piece of cloth. Put
the wrapped up garlic over the ringworm once or twice a day until it has gone.

Selenium is a trace mineral necessary for good health. It is a potent booster of the
immune system, and without it our immune system may become a bit sluggish and
you can become more susceptible to infections. Normally you would get your
selenium form your diet, but if you are selenium deficient then you can obtain
selenium through vitamin supplements. Brazil nuts’ content of selenium is quite high
so you must be careful not to eat too many as too much selenium can cause
selenosis.

D3 Vitamins has been found to be a great booster of the immune System. It works
by activating the T-cells and has been compared to a battery charger. Without D3s,
the T-cells simply can’t spark into action and the T-cells are the body’s good fighters
that go out there and fight all sorts of nasties from infections to cancers. Recent
research is showing that the recommended daily intake of D3’s may be far too low
and researchers are starting to recommend a much higher dose.

Nature’s way of ensuring a decent dose of Vitamin D3 is through sunshine. Fish is
another way to gain D3’s, especially Cod liver oil has a high content. These days
with our high awareness of the suns damaging effect on our skin, we seem to cover
our bodies with either clothes or sunscreen or both, when we go out to enjoy the sun.
Both of these protective measures can cause a decline in the amount of D3 that we
absorb and so we need to ensure we get our D3’s in a different and safe way. You
can get your D levels checked through a blood test. If you find that you are running
low and decide to take d supplements, it is important to ensure that it is D3 Vitamin
you take rather than D2’s.

Colloidal Silver is a suspension of silver particles in a colloidal base. It is a
controversial remedy and does come with a heavy warning. Though it has been
reputed to be great against a variety of ailments, including ringworm and yeast
infections and said to be a booster for the immune system, it has not made it past
the US Food and Drug Administration, (FDA)’s list of banned products due to the
lack of scientific evidence of its effectiveness or lack thereof. In fact, it is not allowed
to market colloidal silver as having health benefits at all. In particular is the concern
that colloidal silver can cause Argyria, a permanent condition where the skin turns
blue or grey all over. This is not reversible and there are people whom have to live the rest of their lives being blue or grey! The bottom line is that it is your responsibility to investigate any remedy you choose to use, so that you can make an informed decision.

**Zinc** is essential to a healthy immune system and is second only to Iron in its concentration in the body. This doesn’t mean that you need loads. The average adult needs 11mg for men and 8 mg for women. Zinc is important for production of certain hormones, wound healing, bone formation, and clear skin and zinc supplements are reputed to increase the body’s resistance to fungal infection. For Vegetarians, eating [Pumpkin Seeds](#) and [Chick Peas](#) is a natural way of increasing your intake of zinc. However, nothing beats [oysters](#) when it comes to zinc. They are by far the highest containing food source of zinc around.

**Citrus Seed Extract** is said to possess antibacterial, antiviral, and anti-fungal properties. It is commonly made from grapefruit seeds so sometimes it is called [Grapefruit Seed Extract](#). A lot of the claims are anecdotal, but hey – guess what – before the medial industry took over our natural ways of healing all natural remedies were found through anecdotal evidence.
Some crazy cures to avoid

Nail polish has been reported to be effective in combating ringworm. I am not sure it is such a good idea to put chemicals as strong as nail polish on what is essentially skin already under considerable stress. It may block the oxygen to the ringworm, but it also blocks the oxygen to the skin and allows the skin to absorb chemicals that were never intended for the skin. I would strongly advise against using nail polish.

Chlorine or bleach is another agent I would avoid. It may be one of the strongest cleaning agents for mould and mildew, but it is so strong, that it will kill any organic matter it comes into contact with. Well, guess what, we are made of organic matter too, so bleach continues to be very toxic to us as well, ringworm or no ringworm. In fact, bleach is so toxic that the fumes themselves can cause considerable harm if you are exposed to them. Clorox, a common brand name, has this health hazard data listed on their material data sheet for one of their bleach products:

CORROSIVE to the eyes. Injures eyes, skin and mucous membranes on contact. Harmful if swallowed; nausea, vomiting, and burning sensation of the mouth and throat may occur. No adverse health effects are expected with recommended use. Occasional clinical reports suggest a low potential for sensitization upon exaggerated exposure to sodium hypochlorite if skin damage (e.g. irritation) occurs during exposure. However, clinical tests conducted on intact skin using a product similar to Clorox® High Efficiency Bleach Cleaner found no sensitization in the test subjects. Although not expected, heart conditions or chronic respiratory problems such as asthma, chronic bronchitis or obstructive lung disease may be aggravated by exposure to high concentrations of vapor or mist.

FIRST AID:
EYE CONTACT: Immediately flush eyes with water for 15 minutes. If irritation persists, call a doctor.
SKIN CONTACT: Remove contaminated clothing. Flush skin with water. If irritation persists, call a doctor.
INGESTION: Drink a glassful of water. DO NOT induce vomiting. Immediately contact a doctor or poison control center.
INHALATION: Remove from exposure to fresh air. If breathing problems develop, call a doctor.

You can find the data sheet by following this link:

My recommendation is to avoid using bleach on already injured skin, as it can injure your skin even more, causing you serious discomfort, if not long term health problems. Some people have even ended up with second degree burns from using bleach on their skin. To put it simply: it is not worth the risk!
Wasabi is another product that has been reported to be effective against ringworm. Though this is a natural product, it is likely to sting and cause pain where the skin is affected by ringworm. Use with caution and avoid if possible.

Lastly I have heard of people using the residual oil left on a plate after burning paper. How on earth somebody thought of that is beyond me! I do not know if it is effective or not, but it sound a bit crazy to me when there is such good natural effective products available.
Is Ringworm Contagious?

So just how contagious is ringworm? Not only can ringworm be very stubborn to get rid of, ringworm also has a high level of contagiousness, which leaves ringworm sufferers feeling helpless as it takes its hold on the entire family.

It is not only the two-legged members of the family who are prone to this fungal infection. Furry pets are not only prone to ringworm, but are often the source of this nasty and highly infectious problem. As a fungus living in the outer layer of the skin, it spreads very much like other fungi, by spreading its spores on everything that it comes into contact with. The spores even spread through the air and can travel through unfiltered air vents.

Ringworm spores can spread in four different ways:

- **Person to person:** This is when a person comes into direct physical contact with a ringworm infected person. The spores on the ringworm infected person transfers through the touch to the other person and sets up a new home.
- **Animal to person:** family pets such as dogs, cats, guinea pigs and rabbits, can become infected, and the infection can be passed on by petting or stroking the pets. Other animals that are known to carry ringworm include cattle, horses, and pigs which is why farmers can be prone to ringworm.
- **Object to person:** both animals and people can leave traces of ringworm spores on objects and surfaces such as towels, clothing, bed linen, toys, combs, or brushes. The spores can be transferred to you when you come into contact with an infected surface or object.
- **Soil to person:** People can get ringworm infection after exposure to infected soil. It is much more common that your pets develop ringworm from contact with soil and then spread the infection to you. After all us humans don’t roll in the dirt as much as our cats and dogs do. 😊

One of the major battles with ringworm is the recontamination. You get rid of ringworm just to find that a couple of weeks later, it is back with a vengeance. And then it starts all over. Back to the doctor, back on treatment, back to the itching...

What often happens is that we clear the ringworm from our bodies and totally forget about the environment. If you have spores hanging around the surfaces of the house, such as on bathroom floors, carpets, toys, towels, bedding etc, then your house is just a ticking time bomb of ringworm waiting to go off again and again.

One of the most common ways of spreading ringworm is through towels and sheets and scalp fungus can easily be spread by sharing hair brushes and hair ties.

Towels will transfer ringworm of the feet, or athlete's foot, to other parts of the skin, including the scalp and the groin. Ringworm sufferers must take the utmost care to avoid cross-contaminate not only to themselves, but to the rest of the family.
Bare feet on bathroom floors are another way ringworm spreads easily and ringworm of the feet can be rife within sports team for this very reason. Wrestlers seem to be particularly prone to ringworm of the groin and this can be so serious that in some countries they are banned from competing while fighting off this contagious ringworm.

Other problem areas to look out for is soft toys, with children cuddling up to their teddy bear, and surprisingly, ringworm spores can easily transfer through touching hard plastic toys as well.

One type of ringworm spores can easily be detected by using a woods lamp. This is a black light bulb that many families can find in their box of Halloween supplies. Some forms of ringworm will shine up luminescent green, but be aware, not all types of ringworm are that easy to detect. If you think you have ringworm, have a go at shining with this light cause if it does show up, then it will make the battle against ringworm easier as it will pick up this ringworm on people, animals and in the environment.
De-contaminating your house

Wiping bath surfaces, especially floors with a mold remover such as borax or bleach will be one of the first steps in stopping the spread of ringworm. As explained earlier, chlorine is quite toxic and it is highly recommended to use a natural alternative. Borax is the natural alternative to bleach and is very effective against mould and mildew. Washing sheets, blankets and towels is also necessary to get rid of ringworm and using white sheets and towels is a great trick as it allows you to use borax or bleach in the wash without damaging the colors which is an amazing help in getting rid of ringworm.

Borax is a much safer alternative to bleach and can be used both in your laundry as well as for cleaning your house. Borax is known to combat mildew and fungus, so it is the perfect alternative, when you need the heavy guns out to battle the ringworm spores, but want to avoid the chemical toxins that bleach contains. The recipe below is from the Dr. Oz show and uses peppermint oil for fragrance. I use the above Ringworm Remedy instead to make it a much more ringworm targeted cleaning agent.

**Borax Ringworm Cleaner:**

Mix together:

1 tbsp of Borax powder (find it in the laundry aisle of your supermarket)
3 tbsps of white vinegar
2 cups of water
1 tablespoon of dish soap
1 drop of essential oil such as peppermint for fragrance (optional) – you can increase this up to 10 drops if using the Ringworm Remedy due to its high content of Jojoba Oil.

Pour it into a spray bottle you bought at the hardware store, give it a shake, and you are ready to clean. You can use to spray onto most normal surfaces around the home, but if you are worried about the vinegar interacting with your surfaces, then do a small test in a hidden place.

**Natural Window Cleaner:**

For windows, use white vinegar wiped down with newspapers, and to disinfect toys and other kids’ products fill a spray bottle with non-chlorine bleach (3% hydrogen peroxide) and wipe with a paper towel. I recommend not using the Ringworm Remedy for cleaning windows as it will leave oily stains and streaks.
**Floor Cleaner:**

In a half bucket of warm water add a third of a cup of Borax and a teaspoon of earth friendly dishwashing detergent. Once again you can add 20 drops of Ringworm Remedy to make the cleaning agent more ringworm potent.

**In the Laundry:**

To pre-soak your laundry add one tablespoon of Borax per gallon of water. Allow to soak for 30 minutes

Add half a cup of borax to your detergent for a brighter wash and to boost your washing detergent’s cleaning power. In fact, you can make your own detergent from scratch:

**Homemade Laundry Powder:**

To make laundry powder you need:

1 kg Borax  
1 kg Washing Soda  
500g Soap Flakes (you can also use grated block of soap)

Mix and store in a dry place in a plastic or glass container with a lid. In top loading machines use 1/2 cup to 1 cup for light to average loads, use 2 cups for heavily soiled loads. In front loading machines use approximately 2 tbsp.

**Mold and mildew:**

For outdoor furniture and bathroom tiles, mix one teaspoon earth friendly dishwashing liquid and one teaspoon borax with one quart warm water. Pour in a spray bottle, spray on furniture/tiles, allow to sit, rinse and then air dry. You can once again add a few drops of Ringworm Remedy to this.

To remove mildew from upholstery and other fabrics, soak a sponge in a solution of 1/2 cup borax dissolved in 2 cups hot water, and rub it in to the affected areas. Let it soak in for several hours until the stain disappears, then rinse well. To remove mildew from clothing, soak it in a solution of 2 cups borax in 2 quarts (2 liters) water.

**Air filters:**

Air filters are often forgotten in the battle against ringworm. The spores can be hiding in there just waiting to come into contact with skin and bingo – it is back! But that is a good thing because you will catch spores as they travel through your house, preventing them from re-contaminating your family. You will need to clean out any air filters in your house from your hoover or vacuum cleaner to your air-conditioning unit, heating system and range hoods. You can use the above mentioned cleaner to clean
the filters and just simply change the filters that you don’t need to clean and dispose of vacuum bags.

**Insect Control:**

An additional bonus of using borax is the metabolising effect it has on certain organism. This makes borax useful in controlling insects, bacteria and fungi (not only ringworm) both inside the house and outdoors in the garden.
Seven Steps to Reduce Spreading

Here are seven steps you can take to seriously reduce the spreading ringworm:

- Washing bedding and towels often
- Washing bathroom floors, bathtubs and showers often
- Wearing flip-flops instead of bare feet
- Vacuum the carpets often
- Washing hairbrushes
- Using separate towels on ringworm infested parts of body
- Wearing socks in your shoes. (It’s much easier to wash socks than shoes!)

These seven simple steps will reduce the likelihood of ringworm spreading like a wildfire through your family.

Don’t forget to clean the cat flap, dog bed and other areas in your environment that can harbour ringworm spores.

Using borax to clean your home has many benefits. Firstly it is totally natural so you are not coming into contact with toxic chemicals. Secondly, you are not pouring those toxic chemical down the drain with the dirty water so you are being a lot kinder to the environment. Thirdly, because you are making your own, you are probably re-using a lot of the containers and spray bottles, cutting down on the amount of plastic containers going to waste.
Growing your hair after scalp ringworm

Once you have tackled ringworm of the scalp, you may be left with unsightly bald patches and you are probably quite motivated to get the state of your hair back to its former glory. For some people it just grows back naturally, but for others, the scalp has been so traumatised by the ringworm that it will take a bit of tender, love and care to get the hair growing again.

Hair follicles can be damaged or a bit sluggish after a bout of ringworm and need a bit of a helping hand to recover properly.

A gentle massage of the scalp will increase blood circulation, which will be beneficial to the healing process. I can’t stress enough that it has to be gentle. After what your scalp has been through, the last thing you want to do is causing more stress to the follicles and new hair growth.

Jojoba Oil is great for the scalp as it is very light and easily absorbed. Using this as your carrier oil, you can mix in other oils with complimentary benefits.

**Rosemary Oil** encourages hair growth and increases blood circulation. When combined with **Clary Sage Oil**, together they become quite powerful hair growth remedy.

**Lavender Oil** is great for the scalp, treating dandruff, itching skin and hair loss. It regulates sebum production (natural oil) and so if the hair growth is due to over active sebaceous gland, then lavender oil can be a great help.

**Tea Tree Oil** is beneficial in so many ways, and for me the outstanding fungus fighting properties cannot be over looked. If there is any lingering ringworm, then Tea Tree oil should most definitely be added to the mix as an essential ingredient.

Use the following mix to encourage new hair growth:

<table>
<thead>
<tr>
<th>Percentage/Amount</th>
<th>Or</th>
<th>Percentage/Amount</th>
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<tbody>
<tr>
<td>80% Jojoba Oil</td>
<td></td>
<td>80 drops Jojoba Oil</td>
</tr>
<tr>
<td>7% Lavender Oil</td>
<td></td>
<td>7 drops Jojoba Oil</td>
</tr>
<tr>
<td>5% Rosemary Oil</td>
<td></td>
<td>5 drops Jojoba Oil</td>
</tr>
<tr>
<td>5% Tea Tree Oil</td>
<td></td>
<td>5 drops Jojoba Oil</td>
</tr>
<tr>
<td>3% Clary Sage Oil</td>
<td></td>
<td>3 drops Jojoba Oil</td>
</tr>
</tbody>
</table>

All these oils can be mixed together in these proportions.

**Important:**

Do not mistake Clary Sage Oil for Sage Oil as Sage Oil can be quite toxic.
Being comfortable while dealing with ringworm

There are a couple of things you can do to make yourself more comfortable while dealing with ringworm.

Here are five simple recommendations that will help you be more comfortable:

- Wear loose fitting clothes
- Wear clothes made from natural fibres such as linen, cotton and hemp
- Avoid synthetic clothes such as polyesters and nylon
- Avoid being too hot – sweat will aggravate the itching
- Apply talc powder to sweat prone areas to help stay dry
LINKS

Mia Wadsworth (www.ringwormremedys.com/recommends/dryitchyscalpremedies) has written many articles about general scalp problems such as Scalp Seborrheic Dermatitis, scalp eczema, psoriasis, dandruff and allergies towards ingredients in common shampoos. Mia has included an awesome scalp remedy wizard (www.ringwormremedys.com/recommends/scalpremedywizard) on her web-site that helps you work out what type of oils you need for your scalp condition. Mia’s guide “Beautiful Hair & Healthy Scalp Secrets & Remedies” is a really great help for people suffering from other scalp conditions including dandruff, psoriasis, eczema or a general scalp itch.

I also recommend reading Hiroko Kobayashi’s manual on hair loss, www.ringwormremedys.com/recommends/MiracleHairRegrowth for more information on how to stimulate your hair growth if your hair seem a bit reluctant to re-grow.

Amazon, www.ringwormremedys.com/recommends/amazon has not only many books on the subject of both aromatherapy and ringworm. Amazon also sells a lot of oils. If your local drug store or health shop does not stock the oils you are after then try www.ringwormremedys.com/recommends/amazon. You will be amazed at what you can find there.