

Treating and Preventing Athlete's Foot

Treating Athlete's Foot with Vinegar Soaks:

To effectively treat athlete's foot using vinegar soaks, please follow these steps:

Items Needed:

- White or Apple Cider Vinegar
- Lukewarm water
- A basin or foot soaking tub
- Towel

Instructions:

1. Mix a solution:
 - Fill the basin or foot soaking tub with warm water, enough to cover your feet comfortably
 - Add 1 part white or apple cider vinegar to 4 parts lukewarm water. For example, if you use 1 cup of vinegar, add 4 cups of warm water
2. Soak your feet:
 - Submerge her affected foot into the finger and water solution
 - Soak feet for 15-20 minutes. This helps kill the fungus and relieve itch.
3. Gently dry your feet:
 - After soaking, carefully pat your feet dry with a clean towel. Make sure your feet are completely dry, especially between the toes
4. Repeat as needed:
 - Perform this soak 1-2 times daily until your athlete's foot symptoms improve, typically for about a week. After the first week, you can perform this soak once or twice a week maintenance.

Preventing Recurrence:

To prevent athlete's foot from coming back, follow these tips:

1. **Keep Feet Dry:** Moisture promotes fungal growth, so ensure your feet are thoroughly dry, especially between the toes, after showering or bathing.
2. **Choose Breathable Footwear:** Wear shoes made of breathable materials like mesh, knit, or canvas sneakers. A supportive sandal is also an option. Avoid shoes that trap moisture.
3. **Rotate Shoes:** Give your shoes time to air out between use. Consider having multiple pairs and rotating them.
4. **Wear Moisture-Wicking Socks:** Opt for socks made from synthetic fibers such as nylon or polyester or merino wool that wick moisture away from your feet.
5. **Use Antifungal Powders/Sprays:** Apply over-the-counter antifungal foot powders or sprays to your feet and inside your shoes daily.
6. **Avoid Walking Barefoot:** In public areas such as locker rooms, pools, and communal showers, wear flip-flops or protective footwear to prevent infection.