



Knowledge is
your secret
weapon to good
health.

IMMUNE HEALTH

Fungal Infection (Skin)

It is estimated over 1 billion people currently suffer from skin, hair, or nail fungus; athlete's foot, jock itch, ringworm, yeast infections, and nail fungus are all common presentations. Fungal infections can be tricky to deal with and often respond best to a combination of external and internal factors, especially when recurrent or chronic. Most fungal infections have similar symptoms: Inflammation, burning, itching, scaling, cracking and blistering can be signs a fungus is present. Nail fungus can present as thickening of the nails, brittle/ragged nails, white/yellow/brown discoloration and a slightly foul odor can all indicate infection.

Contributing Factors

Lowered immune function, diet high in sugar and/or refined foods, parasitic infection, improper personal hygiene habits, dehydration, food intolerances/allergies, chronic stress, poor digestion/elimination, hormonal imbalance/overloaded liver

Lifestyle Recommendations

- Eliminate or reduce sugar intake and rule out food allergies/intolerances. Fungi thrive on sugar and should therefore be avoided. Added sugar and refined carbs are going to be your worst offenders! If your fungal infection is chronic or recurrent, you should also investigate the possibility of food allergies or intolerances.
- Keep the affected area clean and dry. Moisture will encourage the fungus to grow. Use gentle, fragrance-free soap to clean the area, pat dry, and let air get to it as much as possible.
- Manage stress levels. Chronic stress lowers immune function and can allow a fungal infection to develop. Do what you can to keep it in check. Take time for yourself, walk in nature, journal, meditate, whatever helps you to relax!

Product Recommendations

- Use a topical anti-fungal agent 3 times daily: Tea Tree Oil (diluted in distilled water or carrier oil: 6-18 drops tea tree oil per ounce of carrier), Citrus Essential Oils (diluted in argan oil using same ratio as tea tree), Colloidal or Ionic Silver, Oregano Oil, Nature's Aid Skin Gel
- Consume anti-fungal herbs: P'au D'arco, Goldenseal, Thyme, Olive Leaf, Oregano, Garlic (Find them in a supplement or depending on the herb, a tea format. For supplementation, take as directed. For tea, drink 3 cups per day)
- Support your immune system: Probiotics (Taken 2 hours apart from antibiotics and/or your anti-fungal herbs), Vitamin C, Vitamin D, Zinc, Multivitamin/Mineral, Omega Fatty Acids (Fish Oil, Flax Oil, Borage Oil)
- Improve your digestion: Full Spectrum Digestive Enzyme (with Betaine HCl if necessary), Fibre, Gut Repair Nutrients (L-Glutamine, C-NAG, Zinc L-Carnosine)
- Consider a cleanse: Whole Body Cleanse, Candida Cleanse, Parasite Cleanse, Liver Cleanse
- Consider an estrogen balancing supplement (high estrogen has been linked to greater occurrence of chronic/recurrent fungal infections): Indole 3-Carbinol, DIM, Calcium d-Glucarate

Book a free 15 minute consult with a GNN Product Advisor!

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