

■ 10-Day Athlete's Foot Protocol

■ Morning

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| • Wash feet with mild soap, dry well (especially between toes). |
| • Spray or dab with diluted apple cider vinegar (1 part ACV : 2 parts water). Let air dry. |
| • Apply diluted tea tree oil (3–5 drops in 1 tsp coconut or olive oil). |
| • Put on fresh, clean cotton or bamboo socks. |

■ Afternoon / Mid-Day

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| • Remove socks, let feet air out for 10–15 min. |
| • Optional: Colloidal silver spray on feet + in shoes. |

■ Evening

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| • Foot soak (every other night): 2 cups warm water + 1 cup ACV + 2 tbsp Epsom salts. Soak 10–15 minutes. Dry thoroughly. |
| • Apply oregano oil (diluted): 1 drop oregano oil + 1 tsp carrier oil on affected areas. (Alternate nights with tea tree if skin is sensitive). |
| • Dust feet & shoes with arrowroot + baking soda + a pinch of tea tree oil (absorbs moisture + antifungal). |

■ Daily Internal Support

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| • Garlic: 1 raw clove daily (or garlic capsules). |
| • Coconut oil: 1 tbsp/day (antifungal support). |
| • Probiotics: With meals. |
| • Low sugar diet (avoid refined carbs, sodas, excess fruit). |
| • Full candida cleanse. |

■ Environmental

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| • Rotate shoes daily (let each pair dry fully). |
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• Wash socks in hot water + vinegar.
• Disinfect showers/bath mats weekly with vinegar or hydrogen peroxide.

■ Most see improvement in 7–10 days, but keep going 2 weeks past symptom clearance to prevent recurrence.