



Athletes Combat Sore Feet with Turmeric

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Orlando, FL ? February 3, 2016 - One of the most common skin infections that affect the soles of the feet and webs of the toes is known as athlete?s foot. There are quite a number of creams, lotions, and medications available for the condition. However, there are also home remedies for individuals who want to deal with the problem in a natural way.

Turmeric can provide a natural healing solution for athlete?s foot sufferers. This skin condition can be caused by a fungus, and when it does, it can spread to the groin, palms, and body. Author of ?The Way of Ayurvedic Herbs? Karta Purkh explains that ?Turmeric root is beneficial for the redness, swelling and pain of athletes foot.?

No athlete wants to be limited by sore feet. And the frustrating part is that many athletes cannot afford to take time of to rest their feet nor suffer side effects of a medication. "This is why natural supplements such as turmeric are a fantastic alternative for athletes" Catherine Stewart of Incredipure shares.

Turmeric is available to take in capsule form and can help with a number of other health conditions. ?Turmeric kills a wide variety of microbes, which could enhance your effort to kill the fungus? Parkh continues.

Tinea pedis is the medical term for athlete's foot. Various fungi can cause its development, and these fungi can be found in locker rooms, gyms, nail salons, swimming pools, and contaminated clothing and socks. Sufferers often experience pain, burning, itching, and scaling. It is also thought to provide a wide range of health benefits.

Turmeric for Health also shared many benefits of using Turmeric including the potential to help with inflammation which occurs in the feet. The article states that "turmeric has been studied for its potential as a safe anti-inflammatory. Curcumin which is the primary pharmacological agent in turmeric has the potency equivalent to several anti-inflammatory drugs like hydrocortisone and phenylbutazone."

The article also shared information and results of a study which tested 25 rats to find if turmeric could help fight the cerebral edema. This study found that a turmeric pre-treatment significantly reduced the symptoms on the test subjects. For more information on this study readers can view the turmeric for health article.

The therapeutic effects of this ancient, medicinal spice are thought to come from its phytochemical called curcumin. Curcumin contains a number of healing substances such as antibacterial, antibiotic, anti-septic, antioxidant, and anti-inflammatory properties.

Today, many people who want to increase their protection against a range of diseases, including skin conditions, use curcumin supplements. For skin conditions such as athlete's foot, turmeric can be combined with cold water to make a paste.

Applying turmeric paste is believed to help ward off infection within a few days and has been recommended by a number of home remedy websites.

Individuals who want to take advantage of the healing benefits of the spice may use turmeric powder or curcumin supplements. The most recommended curcumin supplements contain a black pepper extract, which increases curcumin absorption inside the body (www.amazon.com/Turmeric-Curcumin-C3-BioPerine-Capsule/dp/B0166KAW8M).

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