



# Natural Antifungal Powder

Fungi grow and thrive in hot, moist areas, which is why fungal infections often occur in the groin area, armpits, between the toes, or under the breasts. To prevent jock itch, athlete's foot, or other fungal infections, make sure you wash the area with soap and water and then dry thoroughly. Apply this antifungal powder as needed.

## Ingredients:

- ½ cup baking soda or cornstarch
- 12 drops tea tree oil

## Directions:

Put the ingredients in a jar, stir vigorously, and shake well to mix the tea tree oil and baking soda. Make your powder in small batches to preserve the power of the essential oils. Optional: If you live in a hot, humid area, add ½ teaspoon of rice kernels to the powder to prevent clumping.

## How to Use:

Shake some of the powder into socks and shoes daily. You can also apply this powder under your breasts or to the groin area after showering.