# Skin fungus – Athletes Foot

Baking soda, sodium bicarbonate, contains sodium. The skin uses sodium for it's protection along with the Central Nervous System, bone marrow and blood. Our common source is sodium-chloride or one of the things we call salt. The bad salt is sodium-glutamate or MSG, E621 or ALL SOY Products with no exceptions. The glutamate concentrates around the nervous system and tenderizes the tissues so that the fungi can feed on it and become chronic. These MSG are in all foods that are "Tender and Tasty". With the reduction in the tasty fats in "low fat food" we have no taste so the food industry is now putting MSG into everything from Coke to mustard and ketchup. All condiments and spices that are blended are banned from my kitchen and table.

The skin is healthy when it is acidic. The eyes, gums and skin have more ascorbic acid, vitamin C, than other body parts to be acidic. The liver, deep tissues and low skin layers use another carboxylic acid called acetic acid or vinegar. When we exercise the tissues make an other carboxylic acid called lactic acid. All of the carboxylic acids are easily transported through the blood and exhaled out the lungs. This is why we breath hard during exercise. The only way we can be too acidic is if we are compromised in breathing as found in bed ridden people and who might have pneumonia. It is not possible to become too acidic if we can breath normally. Panting will lower the blood acidic level and we pass out right away so that we stop hyperventilating.

Baking soda, sodium bicarbonate, will counter the acidic level of the skin. If you add baking soda to vinegar the result is plain water and nothing else. With prolonged use the baking soda will allow skin bacteria and/or fungi to grow. Although the baking soda robes the microbes from their protective calcium layer in the short term we need to replace the high electron acidic protective properties. You might have the baking soda bath and half an hour later rinse with white vinegar to restore pH levels for the night sleep. During our rest time the microbes are more active. We sometimes call this the lunacy of emotional problems where the moon or lunar phase affects us most. There is a magnetic component to the gravitation pull of the moon as it affects our electrons that are involved in the acidic and polar properties of molecules.

The body uses UREA throughout for the inhibition of bacteria and fungi. For protection of a growing fetus the amniotic fluid is very similar to UREA. Many cancers are caused by bacteria, viruses and fungi with a therapy used for deep tissues of hydroxyurea which is a precursor of urea.

If you consider urea and vinegar there is an old saying, "He is full of piss and vinegar" to indicate a person that is full of life and energy.

In the future I will have some USP Urea encapsulated to sell as a dietary supplement.

Ocean or sea waters contain a significant level of magnesium. The effect of magnesium in the body is to displace calcium. In an chronic infection with bacteria or fungi they coat themselves with a layer of calcium. This is seen as dental plaque, arterial plaque, cataracts, gall stones, kidney stones, fibro-myalgia, arthritis, bone spurs, neuritis, and the swelling of the prostate or ovarian cysts. Breaking up this layer is crucial for the body to penetrate immune cells and complement. Some of these include aspirin, citric acid, and in general all of the acidic compounds that are tolerated by the body. At a molecular level most of these are found on the right side of the periodic table and some are fluoride, chloride, bromide, iodide, nitrogen, oxygen, sulfur, and selenium to name a few. The fungal properties of dandruff are treated with selenium containing shampoos. The heart contains the highest levels of selenium in the body to protect it from fungal and bacterial invasion. The skin contains significant levels of zinc but it is 500 to 1000 times higher in the prostate than in the blood. Ocean foods contain significantly more iodine than land foods which supports the thyroid. Women have a larger thyroid to supply large amounts into breast milk for the immune complement to the baby. The lowest breast cancer rates are found in Iceland and Japan as they eat more sea foods rich in iodine.

The closest relative in DNA aspects to humans is not primates as we once thought. It turns out to be fungi that live in our body as a close cousin and appear as human cells to our own immune system. This is what makes getting rid of fungi so difficult. As a slow and steady fight against them we use pigments such as seen with color of hair, eyes, skin and the staining property of the blood. Half of the bloods ability to protect itself comes from lycopene. The highest level is found in watermelon but almost none is absorbed when we eat this. The absorption requires that the lycopene be heated in the presence of an absorbable animal fat such as butter, chicken skin or beef fat. These are attributed with the fact that men who live in Italy have the lowest rates of prostate cancer in the world. The consume regular amount of tomato lycopene simmered in the presence of an animal fat in sauces.

Other pigment benefits can be found with blueberries, red wine, chili oil and coffee. The berries are best when cooked into a preservative (jam) and the fermentation process helps to bind the pigments from red grapes in wine and the heating of coffee causes an increase activity in the natural oils found in the bean.

The fungi feed on fructose the easiest but can survive on anything from glucose to arginine if necessary. What they have trouble with are the grain alcohol sugars as found in the bark of the Birch tree called xylitol. This is put into chewing gum to stop the growth of the strep that causes dental plaque and then cavities (caries). The xylitol is why a Birch Bark Canoe will remain intact for years even with prolonged exposure to water. Microorganisms are attracted to xylitol as they sense it as easy food like other sugars. But when the consume it they cannot make the cell wall structure that glucose will. In plants the glucose is reduced to become fiber which is what paper is, a form of sugar. This cause the bacteria to fall apart in a similar way that penicillin's kill. Recent medical research finds that flesh eating bacteria can be stopped by using xylitol. In foods such as jam or chocolate the xylitol sweetens just like table sugar. It would stop the fermentation process in wine making or home made breads.