

Pythium oligandrum against Tinea infections (Trichophyton, Microsporum & Epidermophyton)

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General guidelines

- Do not use chlorinated water. If your water is heavily chlorinated, use de-mineralized or distilled water or boil it and let it cool before use. The antiseptic chlorine could negatively affect the Pythium spores.
- Except for standard hygiene with soap just enough to remove the natural oils on your skin, do not use skin- or nail care products such as nail polish during the entire treatment period. Many of those products contain antiseptic ingredients that could slow the growth of the Pythium spores.
- Keep out of reach of small children. Not intended for oral use because the spores are mixed with silica powder to keep them dry. Silica powder should not be ingested.
- Do not use any other kind of antifungal treatments (oral or topical) 5 days before to 1 month after treatment. Lufenuron should not be used an entire month before treatment with Pythium.
- The water should not be too hot! (approx. 30° C/ 85 F°) At no point, the spores should be exposed to hot water.
- The spores only "work" (eat harmful fungi on your skin) when they are moist or wet.
- Spray your footwear with used bath water, so that also the harmful fungi there get killed.
- The Pythium fungus lives on and in your skin and nails, eating Tinea fungus - the fungus causing nail fungus, athlete's foot and many other fungal skin infections. When all Tinea fungus has been killed and its protoplasm absorbed by the Pythium, the Pythium oligandrum vampire fungus also dies for lack of food.

<http://pythium-oligandrum.owndoc.com/pythium-oligandrum.pdf>

- The nails are made permeable for Pythium by keeping them moist long and often.
- If you need to store a Pythium solution, do it in the fridge. Better is to make a fresh one every time.
- The “messy method” described later involves keeping the feet wet for a few days. Inspect your feet regularly when using this method. When you notice any untoward effects (rashes, pimples, bad odors), wash your feet with soap, dry your feet and keep them warm and dry for at least a day before you continue the “messy method”.
- Minimize the use of any kind of chemical products such as soap and shampoo during the "fast and messy" treatment process, especially when treating the scalp. Pythium oligandrum is a living organism that normally lives in soil, and it can be negatively affected by any and all kinds of hygiene products.

Pythium oligandrum against Athlete's foot (against mycoses of the feet - Tinea pedis)

Required: 3 small packets of spores, 2 grams each.

1.	Stir 2 g (1 packet) of the powder into a small amount of lukewarm drinking water. Do this in the evening.
2.	Mix this solution into 2 liters (half a gallon) of lukewarm drinking water, to be used as a bath.
3.	Bathe the foot 40 minutes in the foot bath (such as a bucket). Take the foot bath in the evening, right after preparing it.
4.	Do not dry the feet - let them dry by themselves.
5.	Keep water from the old bath and, the next day, add 1 liter of warm water to this water. Use this water to repeat the foot bath as the day before in (3).
6.	Throw the foot-bath water away after this second bath.
<p>Repeat this procedure two more times, two weeks to one month apart, depending on the severity of the symptoms.</p> <p>All in all you take six foot baths and use 6 grams of spores.</p> <p>Every time you use the foot bath, use a tampon to soak up some bath water and drip it into your footwear.</p> <p>Let that dry by itself over night.</p> <p>You do not need to buy more spores - you received 6 grams.</p>	

Pythium oligandrum against nail fungus (against Onychomycosis - Tinea unguium) Method 1 - slow, less reliable.

Required: 3 small packets of spores, 2 grams each.

1.	Stir 0.66 grams of spores (roughly a third of one packet of the powder in one ziplock bag) into a small amount (approx. 25 ml or 1 fl. oz) of lukewarm drinking water.
2.	Dip a bandage or tampon into the solution and wrap it around the nail.
3.	Make sure as much skin as possible is wetted thoroughly everywhere. Cover the bandage with a plastic bag and a rubber band. Not too tight - ensure there will be sufficient blood supply to the toe or finger! Put a sock over the foot, when treating a toe.
4.	Keep this on the toe for the night. Remove it in the morning. Do not wash that hand or foot that day.
5.	Repeat this process on the evening of the second and third day with a new bandage and a new solution.
<p>Repeat this procedure two more times, two weeks to one month apart, depending on the severity of the symptoms.</p> <p>All in all, you bandage the nail nine times and use 6 grams of spores.</p> <p>When treating 1 or 2 toes, you do not need to buy more spores - you received 6 grams.</p> <p>If you're treating all toes, you'll need TWO courses and first do the Athlete's foot treatment, immediately followed by the treatment described above.</p>	

Method 2 - fast, more "messy", very reliable.

1.	Stir 2 grams of spores (one packet of the powder in one ziplock bag) into a cup of water.
2.	Pour approx. 10 mL in the toes of your shoes and then put on your socks and pour on sufficiently of the spore solution to get the toes of your socks wet, then put waterproof closed-toe sandals on. Alternatively, put plastic bags over the wet socks and use ordinary footwear.
3.	Re-wet the front of your socks and the tip of your shoes every morning and wear this for three days, but not during the night. Your skin will become soft and crumple and your nails will become permeable, allowing the Pythium to penetrate the nails. A customer was able to cure nail fungus like this using less than 2 grams. The footwear may have to be discarded after treatment because three days being wet can damage it.

Pythium oligandrum against ringworm (against skin infection with *Tinea corporis*)

Required: 3 small packets of spores, 2 grams each.

1.	Stir 0.66 grams of spores (roughly a third of one packet of the powder in one ziplock bag) into a small amount (approx. 25 ml or 1 fl. oz) of lukewarm drinking water.
2.	Dip a tissue or tissues into the solution and apply it to the affected skin.
3.	Make sure as much skin as possible is wetted thoroughly everywhere. Cover the wet tissue with plastic foil. Secure the foil by wrapping it fully around the limb or body. It will attach to itself.
4.	Keep this on for the night. Remove it in the morning. Do not wash that area of skin that day.
5.	Repeat this process on the evening of the second and third day with new tissues and a new solution.
Repeat this procedure two more times, two weeks to one month apart, depending on the severity of the symptoms. All in all, you apply the wet tissues to the skin nine times and use 6 grams of spores. You do not need to buy more spores - you received 6 grams.	