

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

Sarah & John Vaughter

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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. The water should not be too hot! (approx. 30° C/ 85 F°) At no point, the spores should be exposed to hot water.
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><b>Repeat this procedure two more times, two weeks to one month apart, depending on the severity of the symptoms.</b></p> <p><b>All in all you take six foot baths and use 6 grams of spores.</b></p> <p><b>Every time you use the foot bath, use a tampon to soak up some bath water and drip it into your footwear.</b></p> <p><b>Let that dry by itself over night.</b></p> <p><b>You do not need to buy more spores - you received 6 grams.</b></p>	

- The spores only "work" (eat harmful fungi on your skin) when they are moist or wet.
- Wash the foot with oil-free soap before treatment and rinse well.
- Remove nail polish and do not use nail polish during the entire treatment period.
- 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.
- Except for standard hygiene, do not use any skin care products within 12 hours after each application.
- Keep out of reach of children. Not intended for oral use.
- Do not use any other kind of antifungal treatments 3 days before to 2 weeks after treatment.
- **Do not use Lufenuron 1 month before treatment to 2 weeks after treatment.**

If you have any questions, email us at [sarah@owndoc.com](mailto:sarah@owndoc.com)

## Pythium oligandrum against nail fungus (against Onychomycosis - Tinea unguium)

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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. The water should not be too hot! (approx. 30° C/ 85 F°) At no point, the spores should be exposed to hot 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><b>Repeat this procedure two more times, two weeks to one month apart, depending on the severity of the symptoms.</b></p> <p><b>All in all, you bandage the nail nine times and use 6 grams of spores.</b></p> <p><b>When treating 1 or 2 toes, you do not need to buy more spores - you received 6 grams.</b></p> <p><b>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.</b></p>	

- The spores only "work" (eat harmful fungi on your skin) when they are moist or wet.
- Use a nail file to remove as much of the nail as possible to facilitate penetration. Also the top.
- Wash the foot with oil-free soap before treatment and rinse well.
- Remove nail polish and do not use nail polish during the entire treatment period.
- 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.
- Except for standard hygiene, do not use other nail care products during the entire treatment period. Classic nail polish containing no anti-fungal products may be used.
- After successful application, the attacked parts of the nail may disintegrate! However, a new and healthy nail will grow back.
- Keep out of reach of children. Not intended for oral use.
- Do not use any other kind of antifungal treatments 3 days before to 2 weeks after treatment.
- Do not use Lufenuron 1 month before treatment to 2 weeks after treatment.

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

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Revision: February 5, 2010 / A

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. The water should not be too hot! (approx. 30° C/ 85 F°) At no point, the spores should be exposed to hot 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.
<b>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.</b>	

- The spores only "work" (eat harmful fungi on your skin) when they are moist or wet.
- Wash the affected skin area with oil-free soap before treatment and rinse well.
- 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.
- Except for standard hygiene, do not use any skin care products within 12 hours after each application.
- Keep out of reach of children. Not intended for oral use.
- Do not use any other kind of antifungal treatments 3 days before to 2 weeks after treatment.
- Do not use Lufenuron 1 month before treatment to 2 weeks after treatment.

If you have any questions, email us at [sarah@owndoc.com](mailto:sarah@owndoc.com)