

Athlete's Foot

Athlete's Foot is a fungus, generally picked up by bare feet in public showers, such as those found in a locker room. Like any other fungus, it likes moist conditions so keeping your feet as dry as possible is a good first step. Powder some dried Goldenseal and mix in equal parts with cornstarch. Dust your feet with this mixture prior to dressing and again at bedtime. Goldenseal is antifungal.

Wearing natural fiber socks will help your feet breathe and keep them dry. If your feet sweat a lot, consider changing your socks a couple of times per day. Try not to wear plastic or rubber shoes and never wear the same pair of shoes two days in a row. Switching off allows your shoes to dry thoroughly. If you must be in wet public places (such as at a pool or in the locker room at your gym), wear waterproof flip-flops while walking around and in the shower.

Mix two parts Echinacea, one part Goldenseal and one-half part Poke Root. Powder well and take 1/3 teaspoon in water three times per day before meals.

If your feet have become infected, make a decoction of Black Walnut. Soak your feet in this twice per day. Alternatively, in a small pan of hot (as hot as you can tolerate but not boiling) water, add 2-3 drops of Myrrh, Tea Tree or Thyme oil, soaking your feet in the liquid two to three times per day. This will not only help kill the fungus, it will calm the itching.

Applying a Comfrey Root poultice for one to two hours each day will kill the fungus. Rubbing a cut garlic clove on the offensive area accomplishes the same thing.

Boosting your immune system will help you avoid future episodes. Add plenty of Garlic to your diet; or take 2-4ml of a combination Echinacea/Goldenseal tincture three times per day; or take 2-4ml of an Oregano tincture two times per day.

Depression Management

Herbs that raise endorphin levels can be used to combat depression on a magical level.

Try either Passionflower or St. Johns Wort in a charm bag made of red fabric.

Passionflower is specific to combating addiction so if the depression is related to someone going through drug withdrawal, I'd use Passionflower.

Lemon Balm has a very sunny fragrance and taste and can be used to elevate the mood.

For an interesting twist on things, steep one cup (tightly-packed) fresh Lemon Balm leaves in one quart of white wine for two weeks, shaking the container daily. Strain, and use the wine as part of your ritual or spell.

An infusion of Eyebright can be used as a personal eye wash to "brighten one's outlook".

For a spell related to someone else's depression, bind a fomentation of Eyebright around the eye area of a poppet for the same results.

Put a piece of Celandine root in a charm bag and carry it with you to lift your spirits.

(Many people may experience irritation when handling Celandine, hence the charm bag to keep it away from your skin.)

Medicinally, Oat is used to help depression. It works well in spells, too. You can take a bath: there are a couple of Oat bath products on the market today used for skin issues but they can be used magically, as well. Use Wood Betony in the bath alone or in combination with Oat.

The word "lunacy" comes from the French word for moon, "lune". Use the power and light of the moon to relieve depression. Make a Thyme infusion with rainwater collected during the full moon. Use this infusion to bathe both your head and hair to provide light to your thoughts.