

A microscopic image of skin cells and bacteria, rendered in shades of blue and white. The background shows a complex network of branching structures, likely representing the skin's surface or internal layers. In the lower-left quadrant, there is a distinct cluster of small, spherical particles, which appear to be bacteria or other microorganisms. The overall image has a high-contrast, scientific feel.

A PUBLICATION OF DEFENSE SOAP LLC

AN INTRODUCTION TO

PREVENTING SKIN INFECTIONS AMONG COMBAT ATHLETES

THE STEP-BY-STEP GUIDE TO SKIN DISEASES
AND HOW YOU CAN PREVENT THEM.

BY GUY SAKO

A word about this book,

The information contained in this book is for informational and educational purposes only. It is not intended to offer medical advice or to offer medical diagnoses or to suggest treatments.

All of this information, the theories of skin biology, and prevention tips are derived from my own personal experiences as a youth wrestling coach for more than 20 years. During that time I have spent innumerable hours researching ways to keep my wrestlers healthy and ready for competition. The result of that is Defense Soap and this book.

All of this information is freely available on the Internet including such prestigious institutions as the Centers for Disease Control and The National Institutes of Health and even my own website. Additionally, there are hundreds of professional medical studies you can turn to.

Sharing anything in this book is highly encouraged. If you have any questions about skin infections or this book, I can always be reached at guy@defensesoap.com. I would be more than happy to share my experiences with you.

Good luck, and train hard.

Guy Sako



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Guy Sako, youth wrestling coach

Dear Parents, Coaches and Athletes...

Battling skin infections with your youth wrestler can be a daunting and frustrating task, but it doesn't have to be. With a little education, the proper hygiene regimen and swift action when an infection occurs your youth wrestler will spend more time on the mats rather than being benched by a preventable disease.

At one point or another, wrestlers will come into contact with ringworm or some other sort of skin infection during their training careers. With all of the contact comes some very real risks, ones that can be serious but are avoidable.

Much of the information you're about to dive into here may be rather technical, but the takeaways are what matter most. And so we urge you not only to look at the unsightly images of the various skin infections, but to stare at them and burn them into your memory. Perhaps they will serve as a reminder each time you leave the the wrestling room.

Your skin health is not only important for your own well-being, it will keep you on the mats and ready for competition season after season. More importantly, skin health is a team effort; it only takes one single infection to cause an outbreak.

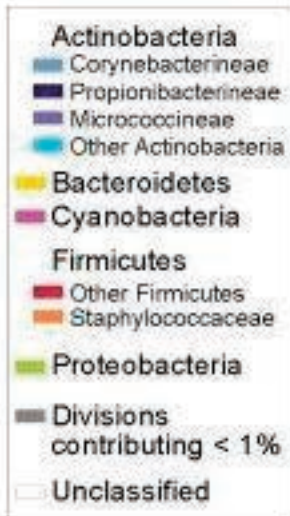
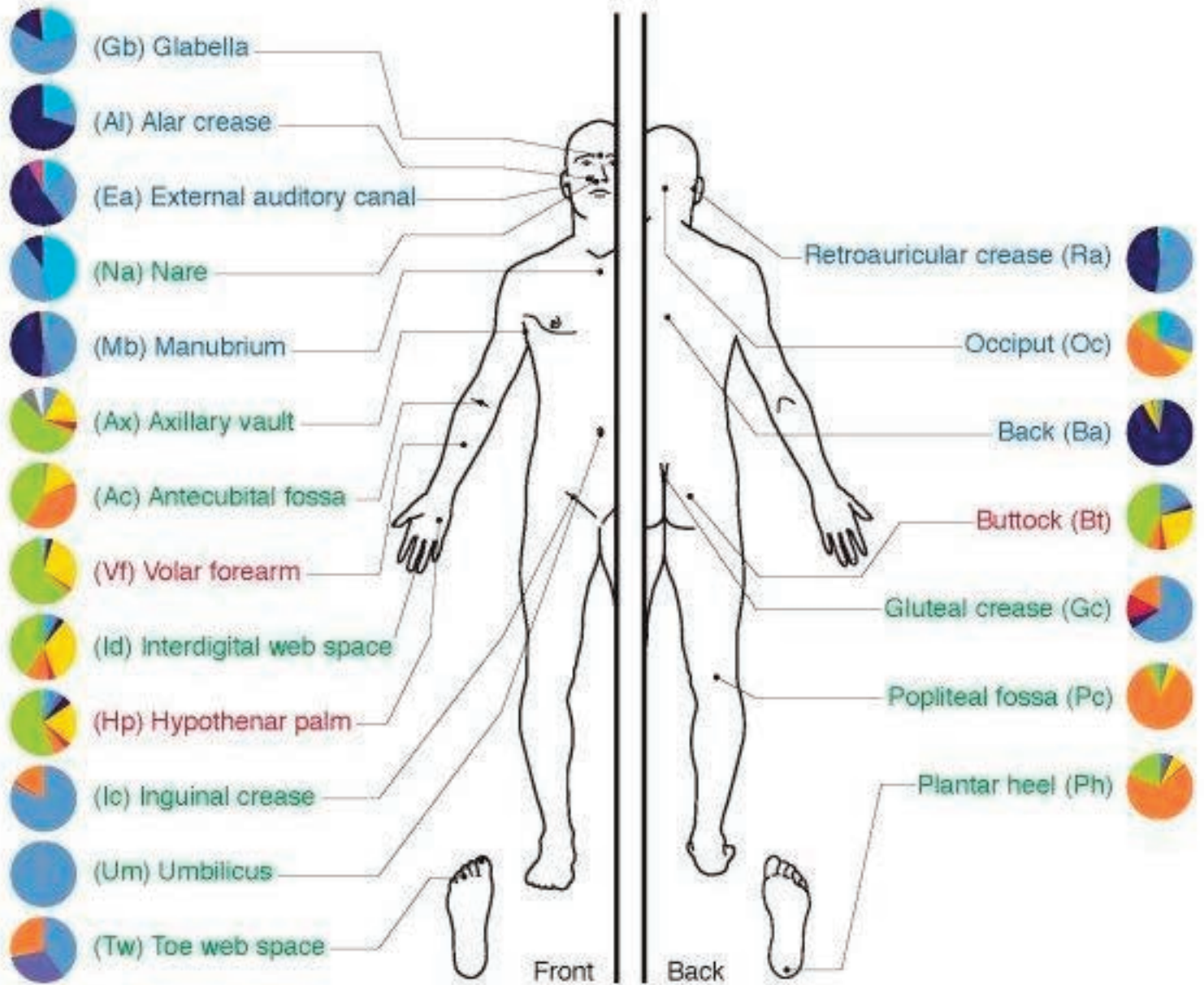
As they say, "knowledge is power", once you've gained an understanding of the causes, symptoms and prevention, you'll see how easy it is to minimize your risk and stay clean both on and off the mats.

As parents and coaches we will drive or fly our kids all around the country, spend thousands of dollars on camps and tournaments, spend countless hours on the mat seeking perfection and all for a tremendous cause. Shouldn't we take ten extra minutes to learn something as simple as how to prevent a skin infection?

Guy Sako,

Head Coach, Westshore Wrestling Club out of Lakewood OH and St. Eds

CHAPTER ONE





Healthy Human Microbia

How the healthy bacteria living on us already works as our first line of defense against invading organisms.

Human skin flora— also referred to as skin microbiota— are the microscopic organisms that live all over our skin. Most of them are classified as “healthy or good bacteria.” It is estimated that there are more than 1 trillion of them happily coexisting with us—in fact, protecting us.

Most of these important organisms are found on the epidermis, the outer surface of our skin and in our hair follicles. Having a healthy balance of skin flora is critical to our health. These bacteria provide the benefit of preventing harmful (pathogenic) organisms from colonizing on our skin’s surfaces. They perform this amazing task in three ways:

- They compete for the same nutrients as the invading organisms
- They can secrete chemicals against them
- They will stimulate the skin’s immune system

However, invading organisms picked up from skin-to-skin contact or coming into contact with infected equipment and clothes are not the only problem. Even “resident” bacteria can enter our blood stream through broken skin, abrasions or wounds. Potentially life-threatening diseases can occur, especially if your immune system is suppressed.

Hygiene is critical to preventing antibiotic-resistant infections and for the overall health of the skin’s good bacteria.

The rest of this e-book is dedicated to providing information, prevention strategies and proper hygiene.



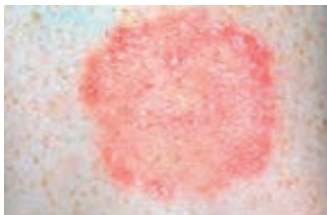
Defense Soap. Defend what you have built.



CHAPTER TWO

A GUIDE TO COMMON SKIN INFECTIONS

The most important step we can take toward preventing and curing skin infections is to educate ourselves.



RINGWORM

Fungal infection characterized by itchy, red, raised, scaly patches that may blister and ooze. These patches often have sharply-defined edges. They are often more red around the outside with normal skin tone in the center, which may create the appearance of a ring. Bald patches may appear when your scalp or beard is infected.



IMPETIGO

Bacterial infection characterized by skin lesions on the face or lips, or on the arms or legs, spreading to other areas. Typically these lesions begin as clusters of tiny blisters which burst, followed by oozing and the formation of a thick honey- or brown-colored crust that is firmly stuck to the skin.



MRSA

Highly resistant bacterial infection characterized by skin abscesses, drainage of pus or other fluids from the site, and fever. Warmth is common around the infected area.



HERPES

Viral infection characterized by skin lesions or rash around the lips, mouth, and gums. Small blisters (vesicles) form, filled with clear yellowish fluid, on a raised, red, painful skin area. These blisters then break, and ooze yellow crusts that slough to reveal pink, healing skin. Often, several smaller blisters merge to form a larger blister.



SCABIES

Microscopic parasites burrow underneath the skin, causing itching, especially at night.



MOLLUSCUM CONTAGIOSUM

Viral infection characterized by small (2 - 5 millimeter diameter), painless lesions, often with a dimple in center. Initially, the lesions are firm, flesh-colored, pearl-like and dome-shaped. Later they become softer, gray, and may drain their central cores of white, cheesy or waxy material. Common locations on the body include genitals, abdomen and inner thighs.

A photomicrograph showing several large, spindle-shaped macroconidia of the dermatophytic fungus Epidermophyton floccosum. The conidia are arranged in a chain, with some showing a distinct thick wall and a central dark spot. The background is a light, slightly grainy texture.

CHAPTER THREE

FUNGUS

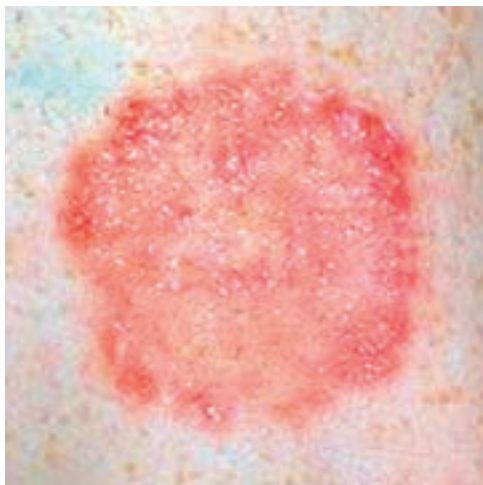
This photomicrograph reveals a number of macroconidia of the dermatophytic fungus *Epidermophyton floccosum*.

Epidermophyton floccosum is known to be a cause of dermatophytosis leading to tinea corporis (ringworm), tinea cruris (jock itch), tinea pedis (athlete's foot), and onychomycosis or tinea unguium, a fungal infection of the nail bed.

Content Provider(s): CDC/Dr. Libero Ajello Creation Date: 1972. Copyright Restrictions: None - This image is in the public domain and thus free of any copyright restrictions.

Ringworm

Ringworm is a contagious fungal infection that can affect the entire body including the scalp, the groin, the feet, and the nails.



Ringworm of the body

Despite its name, it has nothing to do with worms. The name comes from the characteristic red ring that can appear on an infected person's skin. Ringworm is otherwise known as Tinea.

WHAT IS THE INFECTIOUS AGENT THAT CAUSES RINGWORM?

Several different fungal organisms can cause Ringworm, all of which belong to a group called "dermatophytes." Different dermatophytes affect different parts of the body and cause the various types of ringworm.

WHERE IS RINGWORM FOUND?

Ringworm is widespread across the globe. The fungus that causes ringworm of the scalp lives in both humans and in animals. The fungus that causes ringworm of the body lives in humans, animals, and in soil. The fungi that cause ringworm of the foot and ringworm of the nails live only in humans.



Ringworm of the scalp

HOW DO PEOPLE GET RINGWORM?

Ringworm is spread by either direct or indirect contact. People can most easily contract ringworm by direct skin-to-skin contact with an infected person or pet. People can also get ringworm indirectly by contact with objects or surfaces that an infected person has touched, such as kimonos, belts, tatami mats, gym bags, shower stalls, and wrestling mats.

WHAT ARE THE SIGNS AND SYMPTOMS OF RINGWORM?

Ringworm of the scalp usually begins as a small pimple that becomes larger and larger, leaving scaly patches of temporary baldness. Infected hairs become brittle and break off easily. Yellowish crusty areas sometimes develop. Ringworm of the body shows up as a flat, round patch anywhere on the skin except for the scalp and feet. The groin is a common area of infection. As the rash gradually expands, its center clears to produce a ring. More than one patch might appear, and the patches can overlap. The area is sometimes itchy. Ringworm of the foot is also called athlete's foot. It appears as a scaling or cracking of the skin, especially between the toes. Ringworm of the nails causes the affected nails to become thicker, discolored, and brittle, or to become chalky and disintegrate.

HOW SOON AFTER EXPOSURE DO SYMPTOMS APPEAR?

Ringworm of the scalp usually appears 10 to 14 days after contact, and ringworm of the skin generally appears 4 to 10 days after contact. The time between exposure and symptoms is not known for the other types of ringworm.

HOW IS RINGWORM DIAGNOSED?

A health-care provider can diagnose ringworm by examining the site of infection and can confirm by conducting a lab test.



Ringworm of the foot

WHO IS AT RISK FOR RINGWORM?

Anyone can get ringworm. Ringworm of the scalp often strikes young children; outbreaks have been recorded in schools, day-care centers, and infant nurseries. School athletes are at risk for ringworm of the scalp, ringworm of the body, and athlete's foot. It's common to see outbreaks among high school wrestling teams. Children with young pets are at increased risk for ringworm of the body.

WHAT IS THE TREATMENT FOR RINGWORM?

Ringworm can be treated with fungus-killing medicine. The medicine can be taken in tablet or liquid form by mouth or as a topical cream or essential oil applied directly to the affected area.

WHAT COMPLICATIONS CAN RESULT FROM RINGWORM?

Lack of adequate treatment can result in an infection that will not clear up.

IS RINGWORM AN EMERGING INFECTION?

Although health authorities do not track ringworm, infection rates appear to be increasing steadily. Early recognition and treatment are essential in the effort to slow the spread of infection and to prevent re-infection.

HOW CAN RINGWORM BE PREVENTED?

Simply put, ringworm is difficult to prevent. The fungus is very common, and it is often contagious even before symptoms appear.

IF I AM EXPOSED TO RINGWORM, DOES THAT MEAN I WILL GET IT?

Not necessarily. Ringworm is a living fungus and needs to be healthy and have the proper environment to live. A weakened spore that is in a hostile environment has less of a chance of survival.



Ringworm of the toenails

IF I USE AN ANTIBACTERIAL SOAP AFTER PRACTICE, WON'T THAT PROTECT FROM RINGWORM?

No. Ringworm is a fungus not a bacterium. Antibacterial soaps will help protect you from impetigo and MRSA, not ringworm.

HOW ABOUT DANDRUFF SHAMPOO, WILL THAT PROTECT ME FROM RINGWORM?

Dandruff shampoo has been known to be effective against ringworm because there are chemicals in the shampoo that weaken the ringworm spores. Like Ringworm, dandruff is caused by dermatophytes. Therefore using a dandruff shampoo will help in your battle with ringworm but offers no

protection from bacterial infections such as impetigo and MRSA.

HOW WILL I KNOW WHICH STRAND OF RINGWORM I HAVE AND WHICH ANTIFUNGAL MEDICATION TO BUY?

Unless you are a microbiologist with specific equipment, you will not be able to tell which specific strand of Ringworm you have. Buying the most effective over the counter medicine for your Ringworm is essentially a one in four chance, as there are four distinct strains of the fungus. This is why a particular medication may work extremely well in one case, and then may take weeks to work in another.

ONCE I DON'T SEE MY RINGWORM ANYMORE IS IT GONE?

No. Don't be fooled; it may have disappeared and might have even stopped itching, but fungus is most likely still alive below the top layer of skin. An infected area needs to be treated for approximately three weeks after clearing up.

Jock Itch

A form of ringworm that mostly affects male athletes, but anyone can get it.



Jock itch on the inner thigh

Jock itch is a fungal skin infection that is sometimes also referred as ringworm of the groin. Damp conditions are best suited for thriving by fungus that causes jock itch.

JOCK ITCH SYMPTOMS

As the name for this rash implies, symptoms include itching and / or a burning feeling usually in the areas of the groin, thighs, or folds in the skin. It may even involve the genitals. These rashes may appear reddish, tan, or brown, with flaking or cracking skin.

WHO GETS JOCK ITCH?

Nearly everybody gets a jock itch rash at some point in life. Owing to genitalia, boys and adult men are more affected by jock itch rash than women. Jock itch in men occurs due to prolonged wetness in the groin area and friction with clothes or skin. Similarly, female jock itch occurs due to excessive sweating; and sometimes the jock rash appears even beneath the breasts.

An athlete's foot infection can also cause jock itch if the same towel is used to dry feet



Jock itch on the inner thigh

and then the groin area. People with compromised immune systems (HIV/AIDS, cancer), overall health issues (diabetes, obesity), and other predisposing skin conditions (eczema) are more prone to jock itch.

Jock itch in women is less common. Still cases of female jock itch are prevalent.

IS JOCK ITCH CONTAGIOUS?

Most cases of jock itch are not contagious; however cases caused by an infection may be transmitted through skin or sexual contact. Sharing of apparels, locker room towels and other public amenities (which may be contaminated) can cause jock itch rash. Fungal jock itch also transmits

through close skin contact. Though easily curable, some uncommon cases of prolonged jock itch may not be curable. These resistant cases may be controlled with proper medication and treatment. Usually jock itch rash clears itself completely without any treatment.

JOCK ITCH COMPLICATIONS

An infrequent complication can arise if jock itch rash spreads past the groin onto the thighs and genitals. Secondly, scratching or rubbing of skin can uncommonly deepen the infection, causing cellulitis or abscess formation.

Athlete's Foot

Athlete's foot is caused by a fungus that grows in warm, wet places, such as the area around the toes.



Athlete's foot on top of the toes

Athlete's foot is a contagious fungal infection caused by several types of fungi closely associated with ringworm. These fungi thrive in the warm, moist environments between the toes and usually flare up during warm weather. Generally, the infection caused by these fungi results in mild scaling around the toes. If not treated quickly serious scaling, itchy red rashes and blisters can proliferate to cover the toes and even the sides of the feet. Left unchecked the skin can crack, which can lead to more severe bacterial infections. Worse, if the fungus spreads and takes root under the toenails, it can be extremely difficult to eradicate.

Because the fungi thrive in the warm moist areas, especially in locker rooms and gyms, it is important to keep the feet clean and dry. Washing with Defense Soap is also a good idea because the active ingredients are a natural remedy for fungal infections.

CHAPTER FOUR

BACTERIA

Staphylococcus aureus, 50,000x, USDA, ARS, EMUPublic Domainview terms

Eric Erbe, Christopher Pooley - Original source (dead link), a U. S. Department of Agriculture server.[1] The image was published in NSF's newsletter.[2] It was also published in: Davenport, R. John (2007-10-09). A shifting threat (PDF). Infection Research. Hemholtz and Stifterverband. Retrieved on 2009-03-31.

Impetigo

Impetigo is a skin infection caused primarily by the bacterium streptococcus pyogenes.



Impetigo on the face

Impetigo is a skin infection caused primarily by the bacterium streptococcus pyogenes, also known as Group A Beta-hemolytic Streptococci (GABS). Sometimes an other bacterium, staphylococcus aureus, can also be isolated from impetigo lesions.

WHAT ARE THE SYMPTOMS OF IMPETIGO?

Impetigo begins as a cluster of small blisters that expand and rupture within the first 24 hours of infection. The thin yellow fluid that drains from the ruptured blisters quickly dries forming a honey-colored crust. Impetigo develops most frequently on the legs, but may also be found on the arms, face and trunk.

WHO GETS IMPETIGO?

The infection is most common in settings where there is crowding or activities leading to close person-to-person contact such as in wrestling academies. Impetigo is caused by the same bacteria (streptococci) that causes strep throat. To help prevent the spread of impetigo sick individuals should not practice or train.



Bullous impetigo on the arm

HOW LONG DOES IT TAKE TO DEVELOP IMPETIGO FOLLOWING EXPOSURE?

Impetigo may develop up to 10 days after the skin becomes infected with GABS bacteria. Impetigo may be treated with an oral antibiotic or by application of a topical antibiotic ointment.

HOW LONG IS A PERSON CONSIDERED INFECTIOUS?

A person with impetigo is probably no longer infectious after 24 hours of adequate antibiotic treatment. Without treatment, a person may be infectious for several weeks.

WHAT ARE THE COMPLICATIONS OF IMPETIGO?

Rarely, GABS may invade beyond the skin of a person with impetigo and cause more serious illnesses. Those with impetigo may also develop post-streptococcal glomerulonephritis or scarlet fever. Post-streptococcal glomerulonephritis follows roughly 10 days after the onset of streptococcal infection and results in temporary kidney malfunction or failure. However, the long-term prognosis is good. Scarlet fever is caused by a toxin produced by certain strains of GABS and is characterized by high fever, chills, sore throat, headache, vomiting and a fine red rash. Those with impetigo are also at high risk for developing strep throat.

WHAT CAN BE DONE TO PREVENT IMPETIGO?

Simple cleanliness and prompt attention to minor wounds will do much to prevent impetigo. Those with impetigo or symptoms of GABS infections should seek medical care immediately, and if necessary begin antibiotic treatment as soon as possible to prevent spread to others. Individuals with impetigo should refrain from training until at least 24 hours after beginning appropriate antibiotic therapy. Sharing of towels, clothing, and other personal articles should be discouraged.

WILL USING AN ANTIBACTERIAL SOAP PROTECT ME FROM IMPETIGO?

Yes, antibacterial soaps are designed to protect against impetigo, however using just an antibacterial soap alone will not protect you from fungus, which can lead to ringworm.

MRSA

Methicillin-resistant staphylococcus aureus is a strain of the staphylococcus aureus bacterium that has developed antibiotic resistance to all penicillins



Staph infection on a finger

Methicillin-resistant staphylococcus aureus (MRSA) is a specific strain of the staphylococcus aureus bacterium that has developed antibiotic resistance to all penicillins, including methicillin and other narrow-spectrum 3-lactamase-resistant penicillin antibiotics. It was first discovered in the UK in 1961 and is now widespread, particularly in the hospital setting where it is commonly termed a “superbug”. MRSA may also be known as oxacillin-resistant staphylococcus aureus (ORSA) and multiple-resistant staphylococcus aureus.

In the US there are increasing reports of outbreaks of MRSA colonization and infection through skin contact in gyms and academies, even among healthy populations. MRSA causes as many as 20% of all staphylococcus aureus infections in geographic regions that use intravenous drugs. These out-of-hospital strains of MRSA, now designated as community-acquired methicillin-resistant staphylococcus aureus, or CAMRSA, are not only difficult to treat but are especially virulent.

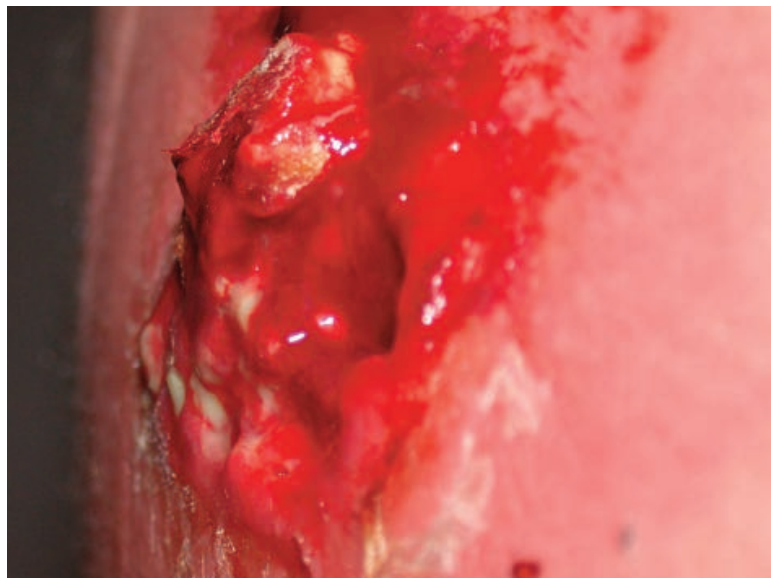


MRSA infection causing a boil

CAMRSA apparently did not evolve “de novo” in the community, but represents a hybrid between MRSA that escaped from the hospital environment and the once easily treatable community organisms. Most of the hybrid strains also acquired a virulence factor, which makes their infections invade more aggressively, resulting in deep tissue infections following minor scrapes and cuts, and many cases of fatal pneumonia as well.

IS MRSA SOMETHING NEW?

MRSA is not necessarily new; however it appears to have evolved to resist most of our common medicines. You may have heard the common belief that as we use so many antibiotics in our lives, one day we will come across an infection that is immune to what we commonly use. Well, MRSA is that infection. MRSA is giving the medical field troubles in trying to come up with a cure.



MRSA cyst exploding by Jbtank-Wikicommons.org

MRSA Hot Spots.



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CHAPTER FIVE

VIRUSES

Yale Rosen
Herpes simplex infection

Hemorrhagic necrotizing pneumonia.

Herpes

The herpes simplex virus (HSV) is also known as cold sores, night fever, or fever blisters



Herpes simplex

The herpes simplex virus is a virus that manifests itself in two common viral infections, each marked by painful, watery blisters in the skin or mucous membranes (such as the mouth or lips) or on the genitals. The disease is contagious, particularly during an outbreak, and is incurable with present-day technology. An infection on the lips is commonly known as a "cold sore" or "fever blister," though this should not be confused with a canker sore, which appears inside the mouth and is not caused by the herpes simplex virus.

Herpes is contracted through direct skin contact with an infected person. The virus travels through tiny breaks in the skin or through moist areas, but symptoms may not appear for up to a month or more after infection. Transmission was thought to be most common during an active outbreak—however, in the early 1980s, it was found that the virus can be shed from the skin in the absence of symptoms. It is estimated that between 50% and 80% of new HSV-2 cases are from asymptomatic viral shedding.



Herpes simplex on the face

IS THERE A CURE FOR HERPES SIMPLEX?

Unfortunately once you are infected with the herpes virus, you have it for life. The virus lays dormant in your system until it is triggered. Once triggered it will appear on the skin. Herpes outbreaks are triggered by many things. Most common are stress and weakness of the body's immune system. Treating the Herpes outbreaks is all that we can do. Most treatments are topical in nature.



Herpes zoster on the back - Fisle-wikicommons.org

Herpes Gladiatorium

The herpes gladiatorum virus can “hide out” in the nerves and reactivate later, causing continued outbreaks



Herpes gladiatorum

HOW DO YOU GET HERPES GLADIATORUM?

This skin infection is spread by direct skin-to-skin contact. Sports that involve close contact with herpes gladiatorum lesions may spread this infection to other athletes.

WHAT ARE THE SYMPTOMS LIKE?

Generally, lesions (sores) appear within 8 days or linger after contact with an infected person.

When skin sores or lesions are visible, the athlete should see a physician for treatment. Athletes should not participate in practices or competition until the sores have healed completely.

ARE THERE SERIOUS COMPLICATIONS FROM HERPES GLADIATORUM?

Herpes gladiatorum infections can recur. The virus can "hide out" in the nerves and reactivate later, causing another infection. Generally, recurrent infections are less severe and don't last as long. However, a recurring infection is just as contagious as the original infection, so the same steps need to be taken to prevent infecting others.



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Identifying Skin Infections

Perform skin checks daily

- 1) CHECK SKIN WHERE HAIR GROWS** for the signs of infection in hair follicles. Infection of hair follicles can occur wherever on the body there is hair. These infections can produce acute inflammation with pain and swelling and edema of the skin. Furuncle and carbuncle are two types of infection that afflict the hair follicles. Furuncle is more superficial while carbuncle occurs in the subcutaneous layer of the skin.
- 2) BE ON THE LOOKOUT FOR REDNESS** and swelling in the face and scalp.
- 3) RECOGNIZE SORES**, particularly in the face, as a possible indication of a bacterial infection such as impetigo, which is caused by the bacterium staphylococcus aureus. This disease can spread to other sites of the body by scratching. This disease is contagious and is transmitted from person to person by skin contact.
- 4) CHECK THE GENITAL AND UNDERARM AREA.** The glands in these areas are characterized by their sweat secretion. Infection in this area also is usually caused by staphylococcus aureus bacteria.



Prevention

Personal hygiene for athletes is critical. Make these 8 essential tips part of your daily hygiene routine

- 1 Wash hands with Defense Soap™ and water frequently
- 2 Keep cuts and abrasions covered during practice
- 3 Avoid contact with other person's wounds
- 4 Don't share towels, clothing or equipment (like boxing gloves) with others
- 5 Bathe with Defense Soap™ or use Defense Wipes™ as soon after practice and play as possible
- 6 Change clothes frequently and don't leave wet, dirty clothes in the locker to incubate until the next training
- 7 Early reporting and proper treatment of skin lesions by an athlete is key to preventing it from spreading
- 8 Avoid using antibacterial soap

For more information please visit our "Learning Center" at DefenseSoap.com





The Problems With Antibacterial Products

The FDA finally got it right

In our daily war against harmful bacteria, triclosan has become the weapon of choice. Triclosan has been added to soaps, toothpaste, detergents, kitchen utensils, carpets and children's toys so they can be endowed with the "antibacterial" claim.

Nothing could have been more dangerous.

In 2014 the FDA has finally come out with much-needed warnings about the dangers of triclosan. In fact, some states have banned or are ready to ban the use of triclosan entirely.

The cancer causing effects of Triclosan notwithstanding, any kind of chemical placed on the skin—even alcohol— just makes it that much harder for our "healthy" bacteria to survive. Fortunately, there are natural products that do a much better and safer job.



Seeking Medical Advice

The information in this book is for general consumer understanding and education

The information contained in this booklet is for general consumer understanding and education, and should not be considered or used as a substitute for professional medical advice, diagnosis or treatment of skin infections.

When any of the symptoms described in this booklet develop, it is wise to seek medical care. Do not attempt to treat a skin infection by yourself; doing so could worsen or spread it to others. This includes popping, draining, or using disinfectants on the area. If you think you might have an infection, cover the affected skin, wash your hands, and contact your health care provider

The ingredients in Defense Soap are known to be effective against staph, ringworm, impetigo, herpes and jock itch as a natural remedy. Defense Soap is not a substitute for medical advice, diagnosis or treatment. It is not an alternative to prescription medication. If you are currently taking a prescription drug, consult your doctor before making any changes.



Defense Soap. Defend what you have built.



About Defense Soap



Defense Soap has been formulated for wrestlers and MMA athletes because of the consequences of skin-to-skin contact. These consequences include everything from contracting ringworm and staph to impetigo and MRSA. The natural active ingredients in Defense Soap have powerful antimicrobial properties and have been clinically shown to attack and destroy contagious bacteria, viruses and fungi. Unlike chemical based skin care products, Defense Soap will not deplete the skin's natural immunities.

The truth is that there has been a growing antibacterial resistance in organisms that cause infections. Antibacterial washing can change the ecology of the skin. It can



Defense Soap. Defend what you have built.



disrupt the delicate balance of the skin flora. When that happens, trouble follows. Therefore Defense Soap created a twofold strategy for itself: leave most of the normal skin flora alone yet also incorporate a blend of natural botanicals known to possess antifungal, antiviral and antibacterial properties.

Defense Soap is made with the purest pharmaceutical grade essential oils. It is not alcohol-based nor does it contain triclosan. In fact, it contains no chemicals whatsoever. After all, it's now well-established that infections have become ever more resistant to drugs. Defense Soap reflects today's far more advanced understanding of the needs of skin hygiene. It's the one soap whose all-natural ingredients have been clinically proven to kill fungi, bacteria and viruses. Without any assistance from chemicals.

[Click here to read the science behind Defense Soap.](#)

Defense Soap is being hailed for its extraordinary antibacterial, antiviral and antifungal benefits by major figures in the combat sports arena. They include:

- Terry Brands —2X world champion and Olympian
- Lee Kemp —3X world champion and 2008 Olympic freestyle coach
- Richard Bonacci —head wrestling coach for 36 years, Cleveland State University.
- USA world teams at the Colorado Springs Olympic Training Facilities

“Defense Soap has been so successful at lowering the rates of infectious outbreaks among our senior and junior teams, that we're now expanding the program across the entire Olympic Training Facilities”

Lee Kemp, three-time world champion, 2008 Olympic freestyle coach.



THIS STEP-BY-STEP GUIDE TO SKIN DISEASES
AND HOW YOU CAN PREVENT THEM IS A
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