

HOROPITO FOR FUNGAL SKIN CONDITIONS

The topical application of Horopito is a natural way to help treat fungal skin infections such as *Candida albicans*, Athletes Foot, Jock Itch and Ringworm.

For educational purposes only



HOROPITO PSEUDOWINTERA COLORATA

only grows in New Zealand. This ancient shrub is a member of the primitive Winteraceae family. Surviving in New Zealand's rainforest it has built up defences to survive in damp, dark conditions where fungal overgrowth is common. It is this unique ability that makes Horopito special today.

NEW ZEALAND HOROPITO PSEUDOWINTERA COLORATA

Polygodial is the active constituent in Horopito and has been subject to much research. It has been shown to exhibit significant antifungal activity with research demonstrating the ability of polygodial, isolated from Horopito, to inhibit the growth of the fungi *Candida albicans*. Polygodial compares favourably to pharmaceutical antifungals and can be used to help treat infections such as thrush¹. Alongside its antifungal actions, Polygodial has been found to have anti-bacterial², anti-inflammatory and anti-allergic properties³.

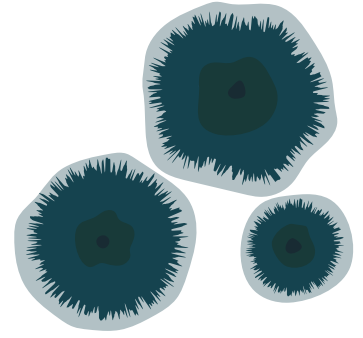
Horopito is considered one of the stars of Rongoā Māori (the traditional healing system of Māori). It has been used traditionally to treat skin diseases such as the fungal infection ringworm⁴ and used for digestive conditions like diarrhoea & stomach-ache.



Polygodial stability can be easily affected by a number of factors including harvesting, storage and formulation excipients therefore care must be taken in the production of Horopito herbal products. Polygodial is not stable within alcohol solutions.

FUNGAL SKIN INFECTIONS

A fungus is a microorganism such as yeast and moulds as well as the more familiar mushrooms. Fungi naturally live in the air, soil & water and in the human body too. Fungal skin infections are quite common and can occur when an invading yeast like *Candida albicans* penetrates an area of the skin, nails or mucus membrane. If the immune system isn't able to keep the fungi in check, then an overgrowth and infection can occur.



TYPES OF FUNGAL SKIN CONDITIONS

Candidiasis of the skin (cutaneous candidiasis)

Candidiasis is a general term for yeast and fungal infection and in cutaneous candidiasis the skin is infected most commonly with *Candida albicans*. It often occurs in warm, moist folds of skin such as the armpits, groin, between the fingers and under the breasts. It's also prone to infecting the nails, the corners of the mouth, and the vagina – the most frequent cause of vaginal yeast infections. Nappy rash is also a common form of cutaneous candidiasis.

Tinea/Ringworm fungal skin infections

Tinea is a common and contagious fungal skin or nail infection. Tinea refers to an infection with a dermatophyte (ringworm) fungus. The tinea fungus thrives in warm, moist environments, so areas like the groin, feet, toenails and under the breasts are ideal places for the fungus to grow. A few common tinea infections include:

- **Athlete's foot (tinea pedis)**

Tinea pedis is a fungal foot infection and is particularly prevalent in hot, tropical, urban environments. Features of athlete's foot are itchy and scaly skin on the feet that can crack or blister, especially between the toes.

- **Jock itch (tinea cruris)**

Tinea cruris, also known as 'jock itch', is a fungal skin infection affecting the groin, pubic region, and adjacent thigh. It presents as an asymmetrical itchy red rash that can spread to the buttocks and abdomen. Jock itch can be exacerbated with exercise and in hot humid weather.

- **Onychomycosis (tinea unguium)**

Onychomycosis is a fungal infection that affects the fingernails or the toenails. It causes brittleness and thickening in the nails, as well as discolouration of the nails.

TYPICAL SYMPTOMS

- An itchy, burning rash
- General redness and irritation that gets worse with heat and moisture
- Dry, scaly skin or splits in your skin
- Blisters and/or swelling

RISK FACTORS

- Gyms, pools and bathrooms are a breeding ground for fungi
- Warm, humid weather
- Obesity
- Gut dysbiosis – microbiome imbalance
- Imbalanced blood sugar – poor diet
- A weakened immune system
- Dermatitis and psoriasis

NATURAL MANAGEMENT

- Keep skin clean, dry, and exposed to the air. Dry between toes and skinfolds. Change out of activewear after exercising.
- Wear cotton clothing. Avoid clothing made of synthetic fabrics, especially underwear.
- Avoid sharing towels, bedding, clothes, and shoes.
- Wear jandals at the gym, pool and public showers.
- Supplement with a probiotic/and or **Horopito** to help restore the natural balance to the gut microbiome.
- Use a topical cream made with antifungal herbs, like **Horopito** and Tea Tree.



References

1. Chopra V, Marotta F, Kumari A, Bishier MP, He F, Zerbinati N, Agarwal C, Naito Y, Tomella C, Sharma A, Solimene U. Prophylactic strategies in recurrent vulvovaginal candidiasis: a 2-year study testing a phytonutrient vs itraconazole. *J Biol Regul Homeost Agents*. 2013 Jul-Sep;27(3):875-82. PMID: 24152852.
2. Kubo I, Fujita K, Lee SH, Ha TJ. Antibacterial activity of polygodial. *Phytother Res*. 2005 Dec;19(12):1013-7. doi: 10.1002/ptr.1777. PMID: 16372365.
3. da Cunha FM, Fröde TS, Mendes GL, Malheiros A, Cechinel Filho V, Yunes RA, Calixto JB. Additional evidence for the anti-inflammatory and anti-allergic properties of the sesquiterpene polygodial. *Life Sci*. 2001 Nov 30;70(2):159-69. doi: 10.1016/s0024-3205(01)01387-x. PMID: 11787941.
4. Riley, M. (1994) *Maori Healing and Herbal: New Zealand Ethnobotanical Sourcebook*. Paraparaumu, New Zealand: Viking Sevenses, p146