

Health Report

Disease: Fungal infection

Description: Fungal infection is a common skin condition caused by fungi.

Precautions:

- bath twice
- use detol or neem in bathing water
- keep infected area dry
- use clean cloths

Medications:

- ['Antifungal Cream', 'Fluconazole', 'Terbinafine', 'Clotrimazole', 'Ketoconazole']

Diet Recommendations:

- ['Antifungal Diet', 'Probiotics', 'Garlic', 'Coconut oil', 'Turmeric']

Workout Suggestions:

- Avoid sugary foods
- Consume probiotics
- Increase intake of garlic
- Include yogurt in diet
- Limit processed foods
- Stay hydrated
- Consume green tea
- Eat foods rich in zinc
- Include turmeric in diet
- Eat fruits and vegetables