

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Hard Bodies And Toe Fungi

By Jason Murphy

Most guys want better bodies. Specifically, bodies that ripple with muscle and physiques that rival those of superheroes. It's easy with the many gyms and fitness centers that have sprouted everywhere. But, there are also things that these gyms give for free. These gyms are breeding grounds for different fungi that cause a variety of toe disease. The sweaty, humid, and damp environment encourages the growth of every known specie of toe fungus. No one is safe, not even the most hard-bodied studs.

Contacting these fungi is not a walk in the park. Trust me, you want to avoid being a fungi breeding ground. Even though the ladies dig your muscles, toe infection is sure to send them running in the opposite direction. Why? Because the symptoms of toe fungal infections are really bad especially for someone with good vision and keen sense of smell. Yep, these lesions, rashes, and pus formed by these fungi are unsightly and downright icky. Think your feet smell funky after a workout? Multiply the stench by ten and throw in a dead rat — that's how bad your feet will smell with fungal growth. No sane person will play footsie with someone who has a diseased toe nail.

Luckily for you gym fans, there are several ways to avoid toe fungi without using bubble suits. These are simple additions to your active lifestyle that won't cramp your workout routine. Damp places keep fungi happy so before hitting the gym, apply foot powder between your toes. This will keep them dry even when you're sweating it out on the treadmill. Second, wear clean and proper footwear. Change your socks daily and use at least two pairs of trainers alternately. This gives your shoes time to dry out. Third, change footwear immediately after working out. Wear flipflops to give your feet time to air out. Fourth, hit the showers and walk around locker rooms wearing your flipflops. Shower and locker rooms are high-risk fungi areas, with all those steam and sweaty socks lying around. These fungi are contagious and don't die easily. If there's even one of your gym buddies who have fungal infection, you are definitely at risk. Just imagine every inch of the bathroom floor covered in fungi. Lastly, don't wear your trainers after bathing. Instead, dry your flipflops and wear them. Your shoes are still sweaty and damp, which make them perfect for breeding fungi.

Prevent toe disease by following these simple tips. You don't want to waste all those efforts to bulk up. Trust me, you will feel better in your new body if you don't have to worry about hiding toe fungus

infections.

To know more about latest treatments on toe fungus and toe fungi, checkout

<http://www.fungustoe.com>

Do Athletes Suffer More From Nail Fungus?

By Darry J.Oswald

Toenail fungi, the same bugs that cause athlete's foot, squeeze under toenails and hide. Foot sweat combines with the toe jam and toenail fungus to form a damp festering jelly which is an unstoppable force. This is a toenail–fungus patient memoir.

In fact, athlete's foot is one of the most common toenail fungus infections. Often, toenail fungus follows athlete's foot. Almost anyone who wears tight–fitting shoes or tight hosiery is more likely to develop toenail fungus, especially if they also practice poor foot hygiene. Use different towels to dry off the infected skin area. For athlete's foot and toenail fungus, keep your feet and shoes aired and dry. This will reduce your risk for getting athlete's foot, toenail fungus, bacteria or warts, but it isn't foolproof.

Foot surgery should always be a last resort for fungus toenails, but if needed, it is absolutely done right in the podiatrist's office. For further information or to schedule an appointment to evaluate and treat toenail fungus, consult with your dermatologist.

The medicines used to treat athlete's foot are normally totally ineffective against fungus toenails infections. The drug is used in the United States to treat toenail fungus, and several kinds of thrush as well as cryptococcal meningitis. Treat athlete foot regularly as it can progressively lead to a condition of toenail fungus.

To treat toenail fungus apply tea tree oil to all areas of the toenail and toe that are affected by the fungus. Due to the well known fact that it is difficult to treat or eradicate toenail fungus, it is a good idea to try to prevent it. Fungal infections can affect the fingernails as well as the toenails, but toenail fungus is more difficult to treat because toenails grow more slowly.

Fortunately for all of us now, toenail fungus is a relatively easy to treat condition. Most of the medication for nail fungus on the market is excellent for home use, and nail fungus can be treated in the privacy of your own home! To view the many excellent products to treat fungus and fungal toenails, please view our range of product information on this website!

Nail fungus is the most common cause of discolored, thick, and deformed toenails. Find out more about Nail Fungus at

<http://www.eabout.info>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!