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

Toenail Fungus Remedy

By Sharon Hopkins

Fungal infections are common on both fingernails and toenails. Toenails are more prone to be affected by fungus, as these living organisms thrive in dark damp environments available on the foot than on hand.

When inflicted with toenail fungus, the nails can turn yellowish or have brownish discoloration. They may become thick or brittle over time and break or shed on own. Such kind of nails is unsightly, disfiguring, embarrassing and painful most of the times. Toenail fungus can happen to any one. It is a contagious disease that spreads on contact too...

Abnormal pH level of the skin, trauma to the nail, unhygienic feet and decreased immunity of the body permit this disease.

Avoiding toenail fungus –

- The fungus thrives in warm moist areas like spas, swimming pools, showers or locker rooms. If you step on a warm puddle or wet floor, you can pick up the infection. After using such public places, it is ideal to wash your feet thoroughly and dry them well.
- Wear cotton socks to absorb moisture from the feet that happens from sweating.
- If your socks are damp, take them off and dry your feet before wearing a fresh pair of dry socks.
- Wear shoes that have a comfortable fit and allow plenty of air and moisture to pass through.
- Avoid sharing towels, washcloths, shoes or any other personal items of those people who have already contracted this disease.
- Wash and dry your feet thoroughly every time. Use a towel vigorously to remove any dead skin and improve circulation.

Toenail Fungus Remedy

- Keep your nails cut short, and don't use nail polish.
- Trim your toenails regularly. Trim them into a straight line and then smooth the edges with a nail file.

Toenail fungus remedy -

- Tea tree oil is a potent natural antiseptic and fungicide that will help fight your fungus. Apply undiluted tea tree oil with olive oil to the affected toe nail. Alternatively you can put few drops of tea tree oil on toenails and rub it thoroughly every day.
- Soak your toes in Listerine mouthwash. The powerful antiseptic leaves your toe nails looking healthy.
- Soak your toenails for 15 – 20 minutes in basin full of warm water and natural apple cider vinegar

mixed in equal proportion. When done, dry your toenails thoroughly. Use a hair dryer on warm setting to absorb all the moisture in and around the toes.

- Put equal amount of tea tree oil and lavender oil on a cotton ball or swab. Dab it under the top edge of the toe nail and surrounding area 2 or 3 times a day. Tea tree oil is natural antibiotic and lavender will help fight the infection and prevent skin irritation.
- Blend 2 drops of Oregano essential oil with a tsp of olive oil. Apply this mixture on the affected area daily for NOT more than three weeks. Oregano essential oil has antiseptic, antibacterial, antiparasitical, antiviral, analgesic and antifungal properties.
- Until the growth of the new nail is complete, apply apple cider vinegar 2 or 3 times a day.
- Lather AHA creams onto your feet before going to bed. This will flush the rough scaly skin from your feet that is more prone to growing fungus.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader, not the site, and the writer.

Sharon Hopkins has been managing a number of natural home remedies websites such as

<http://www.home-remedies-for-you.com>

, which have a lot of information on home based natural cures for some of the most common illnesses and health problems.

6 To 9 Million Americans Has Toenail Fungus!

Toenail Fungus Remedy

By Jerry Hall

Six to nine million Americans are affected with toenail fungus and athletes tend to be affected at a higher rate.

Toenails can become thick due to: genetics, fungus infections, some systemic diseases, poor circulation, natural aging process, or injury. The toenail fungus creeps underneath the nails and causes ugly discoloration and crumbling. It's the same fungus that causes athlete's foot, jock itch and toenail fungus, but it generally affects the scalp, body, feet, or nails. One of these complications is when the fungus toenail is allowed to become abnormally thick. If your toenail fungus is so bad that your nails are 1/4" thick and curling, you will need to have them surgically removed.

Keeping toenails clean and trim is important because fungus can make a home under the toenail. While there's no sure way to prevent growth of toenail fungus, be sure to keep your feet dry and clean. It also may be necessary to discontinue using toenail polish as it can trap moisture under the polish and encourage the growth of fungus. As the fungus grows, it will continue to spread until the entire toenail becomes thick and yellow with crumbling edges.

Fungus Home Treatments Infection with nail fungus occurs more often in toenails than in fingernails because toenails are often confined inside dark moist socks and shoes. It is best to treat toenail fungus or nail fungus from the inside out. Garlic powder can also be used to combat toenail fungus. Tea tree oil has recently received much attention for its ability to combat toenail fungus. Sporanox is the first advance in the treatment of toenail fungus. More often than not, a month of daily effort is needed to rid yourself of the toenail fungus.

But like most topical agents, the toenail fungus ointment alone has never proven effective against persistent nail fungus. The best form of treatment is prevention and preventing the fungus from spreading to other toenails may be the best treatment option. A medical professional can prescribe powerful drugs for treating toenail fungus the most common of which is: Lamisil™ (terbinafine hydrochloride tablets).

A nail fungus can affect the appearance of toenails, making them unsightly. Come find out more about Toenail Fungus at

<http://ToenailFungus.eabout.info>

The Ultimate Rose Garden– Neighbors envy, owners pride!



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