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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!

Vicks Vapor Rub For Nail Fungal Infections

By Vincent Abrugar

Vicks Vapor Rub is a product that is commonly known to fight colds and to help an individual to breathe easier. While there are no medical studies or findings to support theories, some nail fungus sufferers have reported success in using Vicks Vapor Rub for nail fungus. This medication is available at any supermarket or most retail stores and is fairly inexpensive. There is no prescription required; however it is recommended that an individual speak with his/her doctor prior to using Vicks Vapor Rub for nail fungus.

Individuals who have used Vicks Vapor Rub for nail fungus have reported applying it directly to the affected toenail area. Because this product is rumored to discolor the nail area, it is not typically used on fingernails. As with most medicines, it is important to keep this product away from the eyes and is for external use only. This is another reason that it is not commonly applied to the hands because, throughout the day, we eat with our hands, rub our eyes, etc. It is not clear how using Vicks Vapor Rub for nail fungus actually aids in removing the fungus, but some have reported success.

After applying Vicks Vapor Rub on the toenail, it may be a good idea to wear socks to bed in order to keep the medicine from rubbing off on the sheets. It is also a good idea to wear cotton socks because of the fabric's breathable nature and this will prevent the medication from rubbing off onto other surfaces during the day. It is important to note the frequently changing socks will help to prevent the toenail fungus from worsening.

While there have been individual reports of success with using Vicks Vapor Rub, it is not clear how accurate these findings are. Before applying any medication to the infected area, the sufferer must read all of the general use information and warning label, if any, on the product packaging.

If left untreated, nail fungus can be a very painful ailment and can also lead to more serious complications. The possibility of permanent nail damage and spreading the bacteria to other nails is always a concern with nail fungus. However, in some cases, a more serious infection may develop if nail fungus is not treated quickly and accurately. There are a number of rumored home remedies for nail fungus, with Vicks Vapor Rub being one of them.

Vincent Abrugar is the webmaster of

<http://www.cure-nail-fungus.com>

a useful information website

about nail fungus and nail fungus treatment.

Understanding And Treating Your Nail Fungus

By Dave Robinson

Nail fungus is an awful condition that can really be bothersome. It is a condition in which a fungus invades the skin in and around the nail bed. It can happen in either the toes or the fingers and can be quite uncomfortable as well as noticeable. But, there are several things that you can do to fight off these nail fungus problems and it starts with an education about them.

Symptoms Of Nail Fungus

There are several ways to know if you have nail fungus. Nails will change in some way as an indication that there is a problem. Brittleness and discoloration are evident. You will find that nail fungus can also cause a thickening of the nail or even a distortion of the nail's actual shape. The nail could lose its shine and luster and will often begin to loosen. If you have these conditions, you will want to seek the advice of your family doctor. The doctor will probably simply tell you and begin treatment for nail fungus but a culture will tell for sure if you have a nail fungus.

The Causes Of Nail Fungus

Nail fungus is caused by a number of different microorganisms. Most of the time, bacteria or fungi are the main culprits. While a small amount of these organisms is actually good for the body, some will grow quickly and then form infections that lead to conditions such as nail fungus. They feed off of the dead tissues that are found from the hair, nails, and on the skin.

Fungal infections can be caused by mold like fungi. These could be such conditions as athlete's foot, jock itch, and ringworm. Other fungus is yeast like fungi and would include such conditions as diaper rash, oral thrush and genital rashes. Most of the time, nail fungus happens on the toes and recurs often. It can be picked up from public areas such as swimming pools or shower rooms. Those individuals who sweat a lot have an increased chance of getting and keeping nail fungus infections because they thrive on wet, moist areas.

Treating Nail Fungus

Unfortunately, treating nail fungus is difficult and often is impossible. Many people start with creams thinking that they will work, but unfortunately, they have little chance of fighting off the infection. Oral medications are available to help. Sporanox and Lamisil are two that are commonly given but the side

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effects of these medications often cause them to be not worth the risk. And, they often will take several months to show any improvement. Still, reoccurrences will happen. The only way for it to be cured is for new, non infected nails to grow in place of the badly infected ones.

It is wise to contact your health care provider to talk about solutions to your nail fungus problems. They can offer input in how to treat and how to overcome these conditions. Complications of nail fungus include permanent damage to the nail itself, skin infections which are secondary as well as the common recurrent nail fungus infections.

The best prevention of nail fungus is proper hygiene. Keeping the skin in the area of the nail fungus clean and dry will help to alleviate some of the inflammations. Take care of the nails and always wash

and dry your hands after you have touched the affected area of the body.

For more information on nail fungus visit our site:

<http://www.livingright.info>

You'll also find other great

health related information.



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