

# FUNGUS

# KEY

# PRO



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## I. Word from the author – Dr. Wu Chang

My name is Dr. Wu Chang and I am the author of Fungus Key PRO. I would like to congratulate you on making the decision to purchase this e-book. It took me a lot of work, effort and all my years of expertise to put this book together. It's my way of helping and I want to thank you for giving me the opportunity to do so.

However, I need to tell you that purchasing the product is only the first step of the journey. In order for this to work out, you will also have to read it carefully and stick to the program. As the saying goes "Knowledge without practice is useless". Practice without knowledge is dangerous". Therefore, you will have to absorb the information and then apply it consistently until the problem goes away. But, before we go into the topic at hand, please allow me to give you a little information regarding my background and expertise.

I was born in Saigon, on the 19<sup>th</sup> of August 1948, during the First Indochina



War. One of the outcomes of the war was that Vietnam gained its independence from French governance. What resulted, were two countries divided by an artificial border, committing genocides and atrocities in order as means of combat and repressing opposition. The reason I am telling you this is that I want you to have good understanding of my background and the environment I grew up in. Luckily, my parents took very good care of me and I only realized later what challenges they had to face.



## My parents

My father was a doctor and my mother was an English teacher. My father was born in Macau, China, in 1911. His father before him studied and practiced Traditional Chinese Medicine and they had a small business. It actually ran in the family for generations. That's how things used to be back then. Sons would learn from their parents most of their skills and most of the time got involved in the family business. If they had such an opportunity, they will continue the business and pass down their skills and knowledge from one generation to another.

After learning everything that he could from my grandfather, whom sadly I've never met, my father went to the University of Hong Kong to study medicine, in 1929. Having spent many years learning and practicing traditional Chinese medicine, he managed to blend what he's been taught with what he learned at the University, while also having the opportunity to study western medicine. It was there that he met my mother. After finishing his studies he continued to work for a while with his parents in Macau and would meet with my mother in Hong Kong as much as possible.



My mother was born in Hong Kong in 1917 into a family of tradesmen. She grew up there and did her studies at the University of Hong Kong. It was during her time at the University that she met my father and they decided to get married. After my older brother was born, she started spending more time at home, taking care of him. She later managed to spend a lot of time teaching English to all of us while at home. Somehow, this would turn out to be one of the most important skills I have learned so far.

Living in Hong Kong used to be very interesting and exciting back then, as my parents would tell me. The area was growing extensively due to the trade and

commerce that was going on between China and the British. However, the internal crisis in mainland China weakened the area against potential attacks from Japan or other neighbouring countries. This intensified throughout the 1920's and 1930's, culminating with WW II. Luckily, my parents got married in 1935 and my family had already moved to Vietnam, by 1937. The conflict between China and Japan was already escalating and they wanted to look for a safer place for their family.



## Moving to Vietnam

They decided to move to nearby Vietnam, in the southern area of the country, as far away from conflict as possible. My father would work as a doctor while my mother would work in the public school system. However, as my brother Jian came along in 1939 and my sister, Li Ming in 1946, she started spending more time at home and less at work. Since the country was at war with the French governance, there was a high demand for doctors.

Jian stands for strong and healthy; however, he was a sickly child. My father managed to take very good care of him and treated him. Everything worked out fine by the time he was an adult, but my parents would rarely mention it. He eventually joined the military service and fought to overthrow the communist Northern government. He worked closely with the U.S Forces that were sent to Vietnam, but unfortunately was killed during the conflict.

Li Ming means beautiful spirit and it definitely suits her nicely. She was very patient, kind and quite shy. She went on to become a nurse and worked closely with my father. Luckily, when I came to the U.S., I managed to bring her with me. The U.S. soldiers were kind enough to take us both with them upon their departure in 1975.

My father became well known for his expertise and managed to fit in quickly. While not becoming famous, he was respected in his field. This helped keep us relatively safe from political quarrels, since he was really contributing a lot to people's lives, while maintaining a low profile. Even after gaining independence from European powers in 1954, there was an escalating conflict between North Vietnam and South Vietnam. This culminated with the Soviet Union, Chinese and U.S. interventions into what soon became a proxy war.

## Growing up

Like I said before, I grew up in an environment beset by conflict. I kind of got used to being in such a place. However, I made sure that I did my best to study, learn and help out as much as I could. Living in such harsh conditions meant everyone had to contribute. As a kid, I would have little time for myself as there was always something to do. There was always a chore or something I could help out around the house.



Being the youngest, I spent most of the time helping my mother around the house. This was a great opportunity for her to teach me English. Ever since, I've always been thankful to her. As it turned out later on, being able to communicate with U.S. soldiers and personnel saved both me and my sister from certain death. The communists were very well known for eliminating, decapitating or imprisoning anything that resembled a potential threat. Both I and my sister would have been otherwise sentenced to death for helping and aiding so many U.S. soldiers.

My father used to show me all kinds of plants and I would remember and recognize them. It was like a game to me, but it greatly paid off afterwards. He had a way of making a story out of natural phenomena, the food chain and how matter transforms in time. He really loved his work and had a way of explaining biology and human anatomy so that I could easily understand it, as I was growing up.





I started going to school and after I turned 8, I also started helping out my father even more with his work. I would be his assistant as much as possible. I felt very proud being able to stay at his side as he was healing people. I got introduced to many of his friends, patients and fellow doctors. It was so fulfilling that I decided right away that I would spend my life doing the same thing. Helping people regain their health. The joy he brought into the hospital room was crucial to his success. He had a way of making the patients feel comfortable and safe every time they talked. I and everyone around me seemed to appreciate him and I was thrilled at the opportunity to learn from him. In my practice as a medical doctor, I believe I have always done my best to replicate his character and professionalism.

Both my parents were great models for me and my siblings. They didn't smoke, do opium or any other drugs that used to be popular back then. It seemed like a waste of time, money and health. My father never smoked cigarettes. However, he did enjoy a cigar on his birthday, when he had the possibility to do so. This happened very rarely, since most of the time he was busy working and we didn't have much money anyway. As a doctor, there were many desperate people trying to buy his time or offered favours in exchange for it. He did his best to refuse any kind of special offerings and didn't offer any special treatments.

Every now and then, there were some people who he simply couldn't refuse. However, this rarely happened and he never accepted anything if it seemed to him that it was too much. Although he had always regarded health as being one of the best things to wish and be grateful for, he never equated his service with money or other possessions. In a way, he made health seem priceless, which in turn helped me stay away from vices and bad choices.

Although the country was divided by conflict and political orientations, the education system was somewhat homogeneous. An education reform took place starting in 1954. Until I was old enough to start going to school, a new system was implemented. It now took 12 years to graduate and it was very similar to the French education system.

Later on, I realized that my path was very similar to my father's. We both received very good traditional Chinese medicine training from our parents and we both had the opportunity to access western medical training. Initially, the Vietnamese used the same writing as the Chinese. However, they pronounced it very differently and the way characters were written would evolve in a unique pattern.

## The war

In 1959, communist North Vietnam declared war on the South. By 1961, conflict escalated and the communists began to infiltrate South Vietnam. China and the Soviet Union also started contributing with weapons, tactical and military training, and soldiers. In the fall of 1961, there were a series of guerrilla attacks in which my brother was wounded. He got hit by some grenade shells. The grenade fell within a few feet from him and one of his friends was right next to it. They looked each other in the eye as his friend jumped on the grenade.

However, he was a second too slow and the grenade managed to wound a few men. My brother was among them. He got sent home and my father managed to heal his wounds in a few months. After a year or so, he returned in service. However, ever since the day that grenade exploded, Jian would never be the same. I understood later the meaning of survivor's guilt, in one of the worst possible ways, but I'll come back to this a bit later.



It was 1965 and I was 16 years old when I saw the first U.S. soldier in Saigon. I have met many Europeans before, such as French, British, Dutch, but nobody from America. Up until then, I've only heard about Yankees, cowboys, Indians (Native American, of course) and I knew some stories from history lessons. His name was John Paulsen and he was from a city called Memphis. We didn't talk much, but I will never forget his face, posture and equipment. He had a distant, cold gaze hinting that he'd seen his share of the dark side of human nature.

War tends to bring out the worst of people. Seeing countless men butchering each other and fighting like animals for their survival can have an impact on you. Even more so, if you've done it yourself. He smoked cigarettes and he drank every time he could get the opportunity to do so.

Most U.S. soldiers smoked marijuana and tobacco. However, in the second half of the war, heroin and opium became increasingly popular. Many would mix them into combinations in order to sleep better or to unwind from the constant stress of being at war in a foreign country, thousands of miles away from home.

I enjoyed spending time with American soldiers. Although I wouldn't catch all the jokes, they got used to me and I befriended some of them. I never had much "spare" time. I had a lot to do, all the time. However, I still managed to make some friends.



## Casualties of war

In 1968, the North launched a series of attacks in which my brother was killed. The news struck us all cold. Ever since he got wounded, he became increasingly distant and depressed. He started fooling along with U.S. soldiers doing stupid things and making wrong decisions. He used to smoke occasionally and had also tried some of the stronger drugs a few times. None of it turned into a habit though. Needless to say, we were all stunned in grief. However, when you're at war, there is seldom time for grief, so we had to move on and focus on surviving. I think the news were mostly devastating to my parents. There is no greater sorrow than that of a parent who has to bury his child.

The next year, North Vietnam started another series of military plans against the South. The next family tragedy came in 4 years time. In 1972, North Vietnam launched the Easter Offensive. This was an attack on certain key South Vietnamese military and civilian locations. During that time, me and my father were north of Saigon, at a U.S. military camp mending soldiers. I was checking some soldiers on the other side of the camp, when all of a sudden the ground started shaking. A roaring sound resonated in the distance.

The roaring turned into a rumble as the North Vietnamese troops were approaching and in a matter of seconds everyone was running around, getting ready to fight. In the ensuing chaos, I couldn't find my father. I assumed he would stay behind the lines to help as he could. He didn't have a death wish. He just couldn't leave when so many were in need. I had considerably less gear and equipment than most people so I could move quite easily. I was looking for him everywhere, when I finally found one of his colleagues that recognized me. Blood rushed from his face as he looked me in the eyes. He just stared at me, not knowing what to say, when I asked him if he'd seen my father. That's when he realized that I had no idea what had happened.



He was in the same tent with my father when the attack started. A Vietnamese soldier came in and started shooting at the medical staff. My father was closer, so he got shot first. One of the wounded soldiers we were mending eventually reacted and shot the intruder. Pretty soon, explosions and bombing got closer and he was forced to flee the scene. Luckily, that's how he'd managed to get away. Before running, he managed to check my father for any vital signs, but he was already dead. He had little choice but to leave his body there. Needless to say, I was stunned at the news. It took me a couple of days to get back home.

I came home only to realize the situation was even worse. As I entered the house, I met my sister crying desperately. As soon as I came in, she lunged to hug me and make sure that I was alright. We were both very glad to see each other. However, the joy only lasted a few seconds. We looked each other in the eyes and simultaneously said the same phrase: "I've got some really bad news for you". We immediately understood what that meant and broke out in tears. I went on first to tell her about what happened during the attack. She then told me what happened to our mother.

My mother was visiting some friends for a couple of days in one of the towns that got hit by an air raid. A bomb fell directly on the house they were in, right in the living room. Nobody survived the explosion. As soon as the attack stopped, my sister went to the hospital to help out. One of the doctors that came in with some patients was a friend of ours and told her the horrible news. She took the day off and went home. A few hours after she was back I arrived and that was the end of it.



The next part was even more challenging, mostly emotionally. I never would have imagined how difficult it can be to identify and transport someone's body, in order to bury it. You can only imagine how frustrating, painful and emotionally challenging it can be to search for your parent's bodies. I wish no one ever has to go through this. We managed to arrange the whole ordeal and many friends, doctors and colleagues came to pay their last respects.



## **A new beginning**

Soon after that, the U.S started recalling their troops. I and my sister made a firm decision not to remain there. We've heard great stories about "the land of opportunity", "the greatest country in the world" and "the American dream", so we decided we would do whatever we could to get out of this warzone and into a civilized, safer country that values hard work and freedom of the individual above all other things.

There were a couple of American generals that greatly praised both my own and my father's work. Most of them knew us to some extent. However, a couple really respected us. Truth be told, we have been able to help them with many of their wounded troops. Whenever they had a critical case, we would be the first to call. I realized later on that it also made sense to call us, since they reach 2 medical personnel with one phone call. After my parents died, they wanted to make sure that we were alright. They genuinely offered their help and I will forever be grateful for it. After I have explained my situation, they would agree to try to help me out. Fortunately, they were kind enough to include my sister in the plan.

We arrived in L.A. in April 1975. We were overwhelmed by the cultural differences, but we decided to adapt. We managed to do so very nicely and within a few months have already begun working around Los Angeles. Within one year, our business finally started growing and we could afford an office. This made everything much easier and we were very happy to help, mend and heal more and more people

every day. We decided to focus mainly on treating nail fungus. There were many cases that needed our help and it seemed like the best way to serve our patients and bring our contribution to the area.

We managed to meet a lot of people every day from all sorts of backgrounds. Moreover, I actually befriended some of them, on very rare occasion. Matt Stephens is precisely that. He came in as a patient, but left as a dear friend, and I'm glad to have met him. He came in with a very bad case of nail fungus that we managed to treat over a few months. His condition was really bad, but you'll hear more about it later. During the treatment, we got to see each other every day and he offered to help me with my taxes. This was great news since I had real trouble finding someone who was both competent and trustworthy. It was Matt who actually convinced me to write this book.



A few years after he'd got rid of the infection, we had a conversation. I mentioned that I was fulfilled and happy with my career so far. However, it seemed like there's always more work. It seemed like there's no way of helping enough people. This was thrilling at first, since it meant we were in business. However, our purpose was to help people and contribute to society. I felt like there would be a way in which I could reach even more people. Matt then asked me: "Why don't you write a book?" While I am not particularly tech savvy, I never considered writing as a profession or a skill. It was something I had to do every now and then and let's say that my handwriting wasn't even that good. So, Matt offered to help me out with this and we managed to find all the support we needed. I understood afterwards that it was his way of saying thank you. I've included his fungus story in the book, hoping it will inspire or help you somehow. Getting rid of the infection is a battle that can wear out your spirit and enthusiasm. Knowing that there are others that have gone through the same thing can make a difference.

Thank you for allowing me to introduce myself. I hope my story didn't bore you. I can't wait to get back to treating the fungus, so I'll let Matt give you a quick overview of his story and then we'll jump right in!

## Matt Stephens' Fungus Story

From my experience, I can tell you that most people take their feet for granted, until pain or problems such as, fungi, blisters or calluses develop. But, take my word for it, it's important to be kind to your feet and take care of them. Also, treat existing problems before it's too late. Untreated or neglected foot-related diseases can and will compromise your entire life!

You can trust me when I say that your feet are of major importance. I, like you and many others, have taken my feet for granted when they needed me the most. You see, I'm from California – the land of sun and fun. As usual, I was going every week to the beach. But, in my ignorance I did not care for the well-being of my own feet. Call it karma if you will, because in a shocking little time I was in intensive care, barely recovering from blood poisoning.



There I was, living the life. Until I woke up with oxygen tubes inserted in my nostrils. The doctors were simply pumping antibiotics in me; I was basically a lost cause! Apparently, I fainted on the sidewalk on my way to the beach, when my body temperature reached 103.5 F. Fortunately for me, I'm here sharing my story for you guys, so that you can have a chance. Don't neglect your feet as I did. This was a life changing experience for me, and I think I want to repay the Universe, if you will, for giving me a second chance. This time I am going to do it right!

Toenail fungus has destroyed my health back then. This happened over time, and I was too blind to see, or admit it actually. I always knew my feet had some issues, but I thought "Hey, they're just feet, I'll be fine." However, in my ignorance I

forgot the importance of the human body; our feet touch the ground whenever we are standing, walking or running! They are extensions of the legs that we move; actually, our feet are a marvel of biological engineering!

Going back to the real issue – fungus - you must know that it slowly attacks your immune system. I for one learned that on my own. Take it from me, toe and nail fungus can turn your life into a living nightmare; it's a silent killer that needs to be put to sleep immediately! You need to stop this microscopic pest from spreading to other parts of your body, because, if left untreated, your toes and nails are just the tip of the iceberg. Soon, you may find swollen, pus-filled lumps under the surface of your skin. Don't underestimate the little pest's capacity, as it can also affect your face skin, leaving you with scars that never heal.



Here's what I want to share with you. The first thing I noticed is that my nails were changing their color and becoming brittle. I then thought that a good scrubbing and changing socks and shoes would do the trick. Well, for a time it seemed to work, at least the infection appeared to slow down. However, this didn't pay off; I'm a tax consultant by the way, and as work piled up I had less and less time to properly take care of my feet, my well-being in general to be correct.

I'm going to be honest about this: at that time, I didn't leave the office for 2-3 days sometimes. Soon, I measured the gravity of my infection and finally I took a logical step and went to a podiatrist.



After a brief examination, the doctor recommended Lamisil as the best oral medication to treat the mold, yeast, or fungal portion of the infection. As any treatment, I assume, it seemed to work at a first glance. However, the side effects kicked in so soon I couldn't believe it! I was experiencing fever and sudden chills, then joint pains and I couldn't stop the sores in my mouth and throat. Soon enough, as I took the damn pills, I started losing weight and patches of my skin were turning purple.



The moment I experienced upper stomach pain, loss of appetite, dark urine and, believe it or not, jaundice, I went out of my mind! What was this horrible drug and why haven't I stopped the treatment sooner?! I was in terrible shape, so, I decided to turn my life around... or not. I chose not to care for pills anymore, and just go out there and live my life. Without fixing the problem? Yes, I went insane, if you will. I just wanted a nice, warm day at the beach, because of the treatment I had to stay indoor so that my feet won't be exposed to any other pests.

I always felt like every new drug or gel is just a rip off... and that it will never cure me. Now I know why!

The next thing I knew, I woke up in a hospital bed. At that point I didn't know what was worse: the fungus or the treatment? I was so frightened, I dreaded going back to Lamisil, and to be honest, I thought that was the end of me.

Of course, I refused any oral medicine that they tried to force down my neck, and one day, as I was lying in the hospital bed, a nurse approached me out of pity, I'm sure. She recommended that I visit a small natural treatment center on the outskirts of Los Angeles. Her sister was treated there and had her toenail fungus removed permanently.

As you would expect, I said yes to this advice. What did I have to lose? My life? Yeah, basically, but that one important keyword, “natural”, made me trust the possibility of regaining my health and happiness. I owe that nice nurse my life! So, I went to this natural treatment center where I met Dr. Wu Chang.

Dr. Wu Chang was such an inspiration for me. Let me break it down for you, this amazing doctor was born in South Vietnam, in 1948, and when the war came he worked at a hospital taking care of our wounded soldiers. Besides the horrible wounds of war that he saw every day, something else caught his eye. It was very common among the patients at the hospital, named “jungle rot” by our soldiers. This horrible condition was the result of going through mosquito infested swamps and jungles under the tropical sun.

An even more aggressive fungal strain than anything we have now in the US! These nasty infections of the skin and nail flourished on the feet of soldiers stuck in moist, tropical environments for days without rotation. This, along with the fact that they couldn’t wash and change their socks, lead to pure carnage for their toes and feet. However, the Vietnamese soldiers seemed to be coping with it easily, and it had nothing to do with genetics. You see, Vietnamese people had to deal with such conditions for hundreds of years, and that is why when the troops were rotated, Dr. Wu Chang volunteered to treat soldiers suffering from jungle rot.

He did this without using any modern medicine technique, only traditional remedies, developed over a hundred of years and passed down from generation to generation in Vietnam. As you might expect, our doctors and nurses shunned this approach. But in time Dr. Wu Chang’s treatment proved to be a lot more effective than what they were using. Incredibly in a short period of time our field doctors were using local treatments in favor of what was brought from home.



The best part of his treatment is that it has no harmful or potentially deadly side effect because everything comes from Mother Nature. Chang treated American soldiers until the final months of the war. He knew that when the communists would overrun the south they would seek to punish anyone who had helped the Americans. This would most likely mean torture and death for him, so he appealed to the soldiers he had helped. They worked together to repay him and for his service he was granted US citizenship and was aboard one of the last ships that evacuated people from South Vietnam.

He came to the US and opened a small traditional remedy store and he claims that his natural treatment can get rid of the nasty fungal infections. He used common household items to permanently solve an issue modern medicine has not been able to. "Does it really work?" you might ask yourself. I'm the living proof that his methods don't fail his patients.

But, to be honest with you, at the beginning I was also skeptical about natural treatments. I thought everything besides our mainstream medical facilities was just a scam. Since I had already tried this option and it did more harm than good, I was willing to try something else and it saved my life. I met Dr. Wu Chang exactly at the right time and managed to turn my life around. I will forever be grateful and he will always be a close friend to me. According to him there are all natural treatments for toe nail fungus lying right now inside your home; the only thing is that you have no idea what a Godsend these are for your toes and nails. Dr. Chang has shown me how easy it is to permanently erase every trace of the persistent fungus that keeps coming back.

In this book you will find out the secret that Big Pharma tries so hard to hide from you. The following chapters will save you from any oral treatment that can do serious harm upon your well-being. Any fungus you may have, this natural method will surely conquer it and permanently destroy it.

## II. One Foot in Front of the Other



Have you ever thought about how important your feet are in your daily life? They touch the ground whenever you are standing, walking or running and they are extensions of the legs that help you move. But of course, feet are much more than that... Your feet are a marvel of engineering!

Together, your two feet contain more than 50 bones, 60 joints and about 200 muscles, tendons and ligaments that hold them together. They also have a whopping 250,000 sweat glands. That may seem like a lot of anatomy coming in small package, but then again, your feet have the extremely important task of supporting the entire body.

Just think of all the activities that are stressful to them. Your job may require that you stand or walk around for hours at a time. Your choice of exercise, like running, can have a tremendous impact on them, as well.

From my experience, I can tell you that most people take their feet for granted, until pain or problems such as, fungi, blisters or calluses develop. But, take my word for it, it's important to safeguard your feet and take good care of them. Also, address existing problems before it's too late. Untreated or neglected foot-related diseases can and will compromise your entire life!



## Foot Health: Don't Tiptoe around Its Importance



When people ask me what is the best way to take care of their feet, my first advice is simple: treat them in any way that feels good. Soak them in warm water. Allow them to breathe. And most important, let your feet touch the earth once in a while. The truth of the matter is that feet are surprisingly susceptible to injury and diseases – from everyday calluses and corns to more serious problems, like fungi and diabetic neuropathy. But let me start with some general information about feet and some common mistakes people often do.

Of course, foot anatomy plays an important role in foot function. For example, do you know how many arches each foot has? If you answered one, you answered like 95 percent of people do - incorrectly. Each foot actually has three arches: one on the inside of the foot, one on the outside and one across the ball of the foot. These arches are all important and must all be functioning properly to facilitate healthy movement and weight-bearing. So, footwear becomes most important in our modern society.

To begin with, women often wedge their feet into shoes that don't give them the support and room they need. They keep wearing floppy sandals or shoes that seem irresistible, even though they're a lot smaller than their actual size.



As far as men are concerned, they appreciate shoes that are comfortable, and that's a good thing. However, they seem to be oblivious to the quality of the shoes they are wearing. Remember the sweat glands I have mentioned? Scientists think that back in the days when we didn't yet have shoes, our feet would get hot from walking on the warm ground. The multitude of sweat glands allowed them to cool them off more effectively.

Well, feet have to breathe and unless the material your shoes are made of allows them to cool off, you're in trouble. You should know that it is not actually the sweat that makes your feet smell, but the bacteria that develops in the moist environment it creates. The bacteria on your feet give off a kind of gas as they eat the minerals and toxins in your seat, which is the source of your problems. They are more abundant in men's feet and can be responsible for many fungus diseases, too!

Here are four important reasons why you should take care of your feet and how to do it:



## 1. Quality of social and emotional life

Foot health is very important for the quality of your life. In ancient times, feet were given important consideration. A host would even provide water for guests to wash their feet. This was a symbol of friendship and servitude.

Feet-washing appears to be found in the hospitality customs of ancient civilizations, especially where sandals were the popular choice of footwear. This ritual is mentioned in several places in the Old and the New Testament of the Bible, but is specific of other faiths, such as Sikhism. Feet-washing would encourage constant remembrance of God in one's life, honest living, equality among the sexes and classes, and sharing of the fruits of one's labors with others.



Even today, the symbolic act of foot-washing is practiced in Sikhism as part of ritual cleanliness. Furthermore, in the predominantly Hindu culture of India, touching the feet of others is seen as a sign of deep respect.



The examples are numerous in almost every culture and religion and most of these services appear to be quite moving to the participants. Each foot is placed one at a time into the basin of water, is washed by cupping the hand and pouring water over the foot, and is dried with a long towel.

Among many groups, foot washing is a normal custom. First, some reserve it to be a practice of hospitality or a work of necessity. Secondly, some see it as a dramatic lesson acted out in front of everyone.

I have emphasized these symbolic rituals, as I find them most suited to illustrate how important feet really are. These symbols also underline the core concept of respect among people. So, no wonder you feel depressed when your feet have to suffer.

I truly believe that anyone can learn from these practices, as they are a good example for the way we should care for one another. In addition, there's another important aspect deriving from here: it is only after you have come to terms with your condition that your healing can truly begin.

The quality of your life is directly related to your ability to be relaxed and self-sufficient—capable of doing activities of daily living, such as walking, shopping, visiting friends and family, working and playing. If your feet hurt or you have other foot problems, you are unlikely to function at your best.





## 2. Productive work

It goes without saying that good foot health is important, especially if your job demands that you be on your feet for any significant amount of time. Even if you spend a lot of time at your desk, you still have to get up occasionally. In fact, to avoid neck and shoulder pain associated with sitting at a computer, and to prevent blood from pooling in your feet, it is vital that you do stand up and walk around at least once an hour. Poor foot health can harm work performance, resulting in lost time, lost productivity, and lower job efficiency.

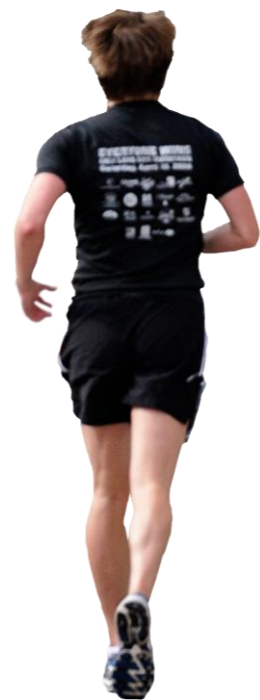
## 3. Regular physical activity

A large body of research confirms the importance of physical activity to overall health, especially as we get older. The latest recommendations for all adults (including those 65 and older) who have no limiting health conditions is, at the least, 150 minutes of moderate-intensity activity every week. Resistance training on two or more days a week is included. For many people, that's daunting enough without adding foot problems to the mix.

Of course, any amount of physical activity is better than none, but with poor foot health, you may be less likely to engage in even a minimal amount of physical activity. As you will see in the upcoming chapters, I've been there and I know how it feels like to have your physical ability limited to the point of convalescence, over and over again.

I can assure you that the less you do, the less you can do! The result:

- ✓ Anxiety and depression
- ✓ High blood pressure
- ✓ Loss of muscle and skeletal mass
- ✓ Reduced endurance; poor immune system
- ✓ Higher risk of diseases related to a sedentary lifestyle (diabetes, heart disease, and even cognitive decline)
- ✓ Obesity and elevated cholesterol levels



## 4. Foot care and hygiene

I was just thinking the other day about one of the great ironies of personal grooming. Men will happily spend twenty minutes or more fiddling with their hair, but are reluctant to give their feet anything more than a cursory, once over with a showerhead. A few months ago, I remember seeing a survey that suggested that three quarters of men never purchase any foot grooming products whatsoever.

Please note that taking care of your feet now, can help prevent foot problems further down the road. If you already have foot problems, good foot hygiene will help keep those problems in check, and may help some of them disappear altogether. Here's what you can do:

- ✓ Inspect feet daily. Look for cuts, bruises, blisters, red spots. Feel for lumps or bumps.
- ✓ Wash feet daily. Rinse off soap completely and dry your feet thoroughly, especially between the toes.
- ✓ Trim toenails straight across and not too short. Don't cut or dig at corners.
- ✓ Do not trim, shave or use over-the-counter medications to dissolve corns or calluses; see a foot specialist instead.
- ✓ Wear clean socks and change them every day; if you sweat profusely, to help avoid athlete's foot, wear padded socks made of natural fibers for their moisture-wicking properties.
- ✓ To help ensure that your feet are optimally protected, wear only properly selected socks with shoes with non-slip outsoles, recommended by a doctor or foot health professional.



All these things will be discussed in detail in the present book and I can only hope you will make the best decisions about foot care. When it comes to the dreadful fungi, prevention is the best solution in the whole world! Take my word for it.



I promise to share with you the secret natural formula to wipe out toenail fungus in less than 10 minutes! And help you forget all about hiding your feet every summer! I'll show you how to **keep your toes and nails beautiful and completely fungus-free.**

- ✓ Without inefficient creams that never seem to work.
- ✓ Without expensive laser treatments not covered by your insurance.
- ✓ And without painful surgery that'll make you walk in crotches for weeks.



## **The 3 Areas around Your House Where Nail Fungus Feels Like Home**

Nail fungus thrives in warm, damp, and dark places. Moreover, its favorite place to grow is in your home. This means that you need to make sure that your house is far from being the perfect environment for maintaining fungus alive.

## **There are 3 areas of your house where nail fungus tends to congregate:**

**1. Your bedroom** – you probably spend a lot of time barefoot in your own room, which only helps fungi grow.

**2. Your bathroom** – you are likely to be barefoot in the bathroom, not to mention the fact that the shower provides moisture and that the level of humidity is higher than in any other room in the house.

**3. Your laundry room** – socks and clothing can contain nail fungus. Moreover, the washing machine can provide all the moisture that fungi needs.

These are the most dangerous areas of your home when it comes to fungi. If you think that your house is perfectly dry, you are wrong. You may not be aware of it, but your house is far from being a safe zone if you are currently suffering from nail fungus. You cannot see it, but I can assure you that it is there. Therefore, you need to start by drying out the 3 key areas mentioned above. For this part, you are going to need a dehumidifier (preferably 2). If you do not have one, I highly recommend that you buy at least one as soon as possible.

**This [here](#) is a good value for money dehumidifier that can cover a lot of surface area:**

[http://www.amazon.com/gp/product/B001QTW6KQ/ref=as\\_li\\_ss\\_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001QTW6KQ&linkCode=as2&tag=sleerequ-20](http://www.amazon.com/gp/product/B001QTW6KQ/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001QTW6KQ&linkCode=as2&tag=sleerequ-20)

If you truly want to get rid of nail fungus for good, you really need to have a dehumidifier. Investing in one is going to save you a lot of time and headache in the future.

Don't forget about your laundry room. Think about it - Your socks touch the toenail fungus all day long. You come home, take off your socks and place them in your hamper. Then, you take your clothes hamper and you dump the pile of clothes into the "needs washing pile". The socks (infested with nail fungus) go into the washing machine. The machine starts washing your clothes.

Obviously, during this process, not only have you contaminated ALL your clothes and the washing machine with nail fungus... but you've now served up a reliable source of moisture on a silver platter. So yes, you'll typically want to let your dehumidifier run for a couple of days at a time in there. Always keep in mind that dry air is your best friend!

## **Nail Fungus' Second Worst Enemy – Light**

Believe it or not, light is one of the worst things that could happen to nail fungus. So, take advantage of this and leave the lights on in all the crucial areas of your house whenever you leave. Simply leaving your lights on for an extra 12-16 hours per week can reap serious havoc on any nail fungus lingering around in your home.

Furthermore, nail fungus is extremely vulnerable to UV light. Open your window curtains and let the sun shine down its powerful UV rays to fry fungi on the spot.

## **Rapid Temperature Change: Killing Fungi Found in Clothing**

You already know that your clothes are highly infected with fungi. But do not worry about it; there is a solution for everything. Nail fungus is vulnerable to rapid temperature changes: going from cold to hot, or the other way around within a short period of time can decimate fungus on the spot.

Unfortunately, you cannot do this on a large scale. However, you can use this tactic to nuke clothes items and bed sheets.

### **There are 3 things your toenail fungus comes in contact with every day:**

- 1.** Your bed sheets & comforter
- 2.** Your socks
- 3.** Your shoes

These items can be saturated with nail fungus and it is highly important that you address them right when you start the treatment.

### **Here's what you need to do:**

Get 3 large zip lock bags and 1 black large kitchen-size trash bag (to fit your comforter in). Take your socks and put them in 1 zip lock bag. Then, take your shoes and place them in one of the other zip lock bags.

After that, take the bed sheets off your bed and shove them into the last remaining zip lock bag. Then, cram your comforter in the larger kitchen trash bag. Seal all the bags and then cram them into your freezer for 8-12 hours straight.

The freezing process damages the fungus spores. However, you may need to do this multiple times if you don't have enough room in your freezer. Now that your items are completely frozen, take them out and immediately run them through a dryer. I strongly suggest that you check on the drying process every 5-7 minutes to make sure that none of your clothes are dangerously hot. And this is how you alternate between extreme cold and heat to get rid of fungi.

### III. Toenail Fungus, the Monster beneath Your Nails



First of all, you should know that fungal infection of nails is actually common. The infection causes thickened and unsightly nails, which may become painful. But why is this infection so threatening? Well, a rosy and good-looking nail is a sign of health. Take a look at the image above: the toenails look thick, discolored and disfigured! I'm sure this is not something you want to see on your feet. Maybe the infection you have hasn't spread yet, but give it some time and you'll see how menacing it can be. But don't worry; I won't let this happen to you!

Here is some information on these vicious little monsters that can ruin your life. Fungi (*tinea pedis*) are plant organisms such as mold and mildew and grow best in conditions that are moist. Bacteria may thrive as a secondary infection, which worsens the symptoms of the disorder and makes it more difficult to cure. **A fungal infection is one of the most difficult nail and foot conditions to treat.**

It is common to catch such fungi from other people who have it by walking on floors that are moist or wet (e.g. at swimming pools and in shared bathroom facilities). Such conditions are also much more common in people who tend to have moist feet. Most fungal infections can also be spread by sharing other people's shoes or personal care items such as towels and wash cloths.

Often the infection is just in one nail, but several may be affected. At first the infection is usually painless. The nail may look thickened and discolored (often a

greenish-yellow color). Commonly, this is all that occurs and it often causes no other symptoms. However, it can look disgusting.

**Other symptoms include:**

**1. On the skin:**

- ✓ Reddened, cracked, and peeling skin
- ✓ Some bleeding
- ✓ Itching
- ✓ Burning
- ✓ Stinging sensation
- ✓ Development of small blisters (Blisters often lead to cracking of the skin. When they break, small raw areas of tissue are exposed, causing pain and swelling. Itching and burning may increase as the infection spreads. In severe cases the skin may thicken and begin to scale.)

**2. On the toe nail:**

- ✓ Change in color (yellow or brown)
- ✓ Nail gets thicker
- ✓ Bad odor
- ✓ Debris collects beneath the nail
- ✓ White marks on the nail

**Toenail Fungus Can:**

1. Be Painful
2. Cause Odor
3. Be Embarrassing
4. Develop Into Bacteria Infection
5. Spread to Other Nails



6. Affect Surrounding Skin
7. Affect Other Members of You Family

## What do the statistics say



People all over the world are cursed with having to deal with the embarrassment caused by the toe nail fungus. In America alone, there are six to nine million people affected by this nasty looking and pain-inducing fungus. Unfortunately, if you do not care for your nails, you risk developing toe nail fungus over time.

Toe nail fungus has been discovered to affect 2-18% of the worldwide population. Some studies have shown that this number means that up to 35 million people worldwide have experienced fungal infections. It usually affects adults and the probability of getting it increases as you age. Did you know that 25% of adults will experience some type of nail fungus by the time that they are 40 years old? As you get older, the statistics are even higher; that is why senior citizens face a 50% probability of having some type of toe nail fungus.

Toe nail fungus is much more common than hand nail fungus, simply because fungi love to live in dark, warm places and your feet create a more prolific environment for them to grow. One dermatology study in the U.S. discovered that almost 50% of the people who came into a doctor's clinic were coming for fungus related problems. Surprising isn't it? But, don't get discouraged. Many drugs and ointments have failed, but I promise you that your case will be a success.

Statistics also show that the people who are most prone to nail fungus are seniors, those with diabetes, poor blood circulation and others, such as athletes, who tend to sweat a lot around their feet and walk barefoot in possibly infected locker rooms. Researchers have found that, while it's true that certain people are more prone to fungal infections, certain activities also create these infections.

If you often walk barefoot in wet places or wear heavy work boots for long periods of time, chances of getting the disease increase considerably. Working somewhere where your hands are often wet - such as a dishwasher in a restaurant or as a housecleaner - also raises the possibility of you getting these infections.



If you find yourself in one of the high risk groups for toe nail fungus, then it's important to pay attention to the preventive methods that you can use to avoid it. While people of a certain age are more likely to get infected, and people with certain immunity issues are more at risk, there are definitely ways that you can work to prevent this problem, as you shall see in the upcoming chapters.

For instance, if your lifestyle forces activities in sweaty shoes, or keeps you in contact with others who have infections, then you run the risk of catching the disease. Nevertheless, once you do have an infection, you should know that you are not alone. This is a highly common problem in America and around the world, but one that can be treated!

Most doctors can see their patients' frustration when they come back for treatment. Thus, a patient not only needs to treat the infection, but also break the cycle of re-infection.

The first sign of toenail fungus is itchy and scaling skin between the toes. To prevent this kind of infection, also consider:

- Try to avoid injury to nails, which may increase the risk of developing a nail infection.

- Use footwear such as flip-flops in public places (communal bathing/shower places, locker rooms, etc.)
- Avoid towel sharing.
- Consider replacing old footwear, as this could be contaminated with fungal spores.

## Nail Fungus in Medical Terms

**Onychomycosis** is a medical term for this common nail disorder, popularly referred to as toenail fungus or a mycotic nail. This ailment is caused due to various fungi types and leads to considerable nail damage. As the fungus grows, it will continue to spread until the entire toenail becomes thick and yellow with crumbling edges.



The fungus develops in dark and damp surroundings, so people wearing tight and closed shoes or women applying multiple nail coats of polish (which trap moisture under the polish and encourage the growth of fungus) are more prone to toenail fungus. That is because the fungus, once formed, thrives by gnawing away at the toenail protein called keratin.

Approximately one half of all nail conditions are the effect of fungus, making Onychomycosis the most common nail disorder. Onychomycosis can affect both the fingernails and toenails; however, the toenails are the most likely targets.

Closed and plastic shoes are therefore **ideal environments** for these organisms, making it easier for them to infect the feet and toenails. As mentioned before, these kinds of infections occur to people whose hands have been exposed to water for long periods of time. A solution would be wearing double gloves, cotton on

the inside and latex or vinyl on the outside; if they come in contact with water, they will help prevent developing these conditions.

## **Facts about Onychomycosis:**

- 1.** Onychomycosis accounts for up to 30% of all skin infections.
- 2.** Nail fungal infections can affect 5% of the general population, 20% of people over 60, and 50% of individuals over 70.
- 3.** Conventional treatment methods to fungal infections are effective in 14% of all cases.
- 4.** It is the most popular toenail fungal infection, caused by dermatophyte fungi. (Dermatophytes are one of the most common sources of human fungal infections. Annually they affect millions of individuals and are estimated to the toll of \$800 million each year, for treatment alone.)
- 5.** Men usually contract toenail fungus more often than women.
- 6.** Working in damp areas raises the risk of infection.
- 7.** Risk factors include age, poor circulation, nail thickening, diabetes, psoriasis, immune system disorders, and excessive perspiration.
- 8.** One third of diabetics have Onychomycosis.
- 9.** Smokers and people with psoriasis have a 57% higher risk for nail infection.
- 10.** People may have a genetic susceptibility to nail fungus However, scientists don't know yet.

It's frustrating to see how millions of Americans suffering from this malady think that it is insignificant and does not require urgent treatment. Probably it is not

yet considered a dreadful problem, but the fact that the fungus is contagious and can spread from one foot to the other should be worrying enough. Plenty of remedies are said to exist, but I can tell you for sure that none of them are certain. And the one considered most effective, the drug Lamisil, is associated with many cases of liver damage.

So it is no surprise that many people would consider covering up their feet and turning a blind eye to the problem. Most healthy young adults who ignore it will probably not notice any immediate issues. But over time, as the fungus progresses from the tip of the nail toward the cuticle, it can make the nail thick and look just like a monster's. Pain and inflammation are what follow next and your whole life will be a nightmare.

It's a shameful truth for many that can deny coming forward and telling the truth about their condition. This secretive state is not one you should follow, but I already know you've made a massive decision to change your life, since you're here, reading about how you can get rid of this horrible disease.

How does it feel to know that unless you treat it, you will have an organism living in your nail that could spread? In most people, it probably won't go beyond the foot. But there are some people who are at risk of getting it in the fingernails and other places, too (like the hands, back and legs). The longer you wait, the harder it is to treat!

## **Know the Causes and Symptoms**

"Knowledge is power" – Trust this quote and set it as a personal guideline that will give you confidence and will lead you to prevail, no matter what. Always be one step ahead of the fungus and learn what are the causes and symptoms that trigger the infection. This way you'll know everything you need to stop the potential dominating repercussions. You don't have to become a victim if you act promptly and effectively.





## What can cause your infection?

Nail fungal infections are caused by microscopic organisms - called fungi - that do not require sunlight to survive. Most commonly, a group of fungi called dermatophytes is responsible for nail fungal infections. However, some yeasts and molds also cause these infections.



Thus, fungal nail infection is caused by three main classes of organisms:

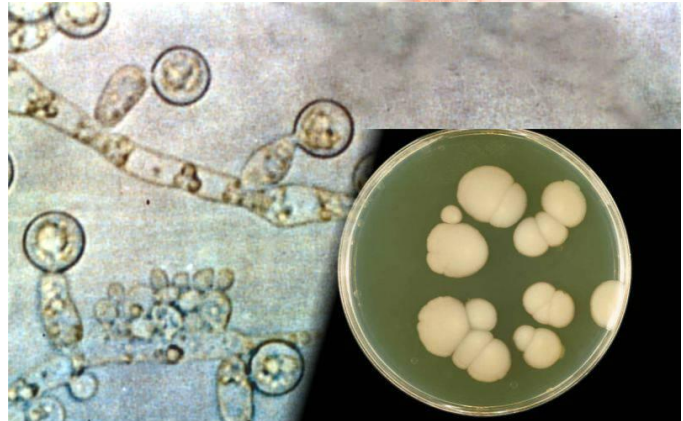
- 1. Dermatophytes** (fungi that infect hair, skin and nails feeding on dead skin and nail tissue).
- 2. Yeasts** (microscopic fungi, consisting of single oval cells that reproduce by budding, such as *Candida*).

**3. Non-dermatophyte molds** (fungi which are commonly found in nature, as soil saprophytes and plant pathogens. They can be causative agents of Onychomycosis).

All three types cause the very similar early and chronic symptoms or appearances, so the visual appearance of the infection may not reveal which class is responsible for the infection.



Although fungal nail infections are not life-threatening initially, they are associated with secondary bacterial infection, chronicity of disease, therapeutic failures and disfigurement - like hyperkeratosis (abnormal thickening of the out layer of the skin). Not to mention discoloration of nail plate, and brittle nails. As you can see, they can inflict a lot of damage!



## Understanding fungus

Pay very close attention! This information is crucial for the effectiveness of the treatment. Missing out on this point could compromise all of your efforts.

Fungus and its spores are literally everywhere around us and inside of our bodies. We have colonies of *Candida albicans* and other types of fungus helping us digest food and function properly. Fungus and mold for this matter are nature's great decomposers. We have some of them in our intestines and around other areas of our body. Our immune system is doing a wonderful job in controlling fungal growth. However, it does have ups and downs. Depending on your lifestyle choices, you are helping or putting additional strain on your body. The same principle applies for fungus, both inside the body and on the skin. If you live in a stressful environment, or have other factors affecting your physical, mental or emotional well-being, the infection will develop quicker.

## Important: Monitor your case!

It's tremendously important that you carefully monitor your case. The body's chemistry changes depending on your response to your environment. For instance, if you get scared or threatened, a "fight or flight" response will be triggered by your defense mechanisms. This simply means that in a split second, your body makes some substances that will allow you to overcome the danger. You'll get a lot more hormones and proteins pumping through your bloodstream. While this is a rather extreme example, it illustrates the point well enough. The fact is your body's chemistry changes even from what you eat and think.

One of the limitations of medical doctors is rooted in their schooling. MD's have little if any nutrition courses. Somehow, memorizing drug dosage and concentrations seemed more important. Of course, if one can eat properly, they would get sick less often, so the MD and the Big Pharma giants will profit less. Instead, you can make everyone prescribe a product that has side effects cured by other products, and so on and so forth. However, this is not our main concern. The main point that you should take away is that nutrition is important for such infections and you can greatly aid the healing process by making some better lifestyle and nutrition choices.

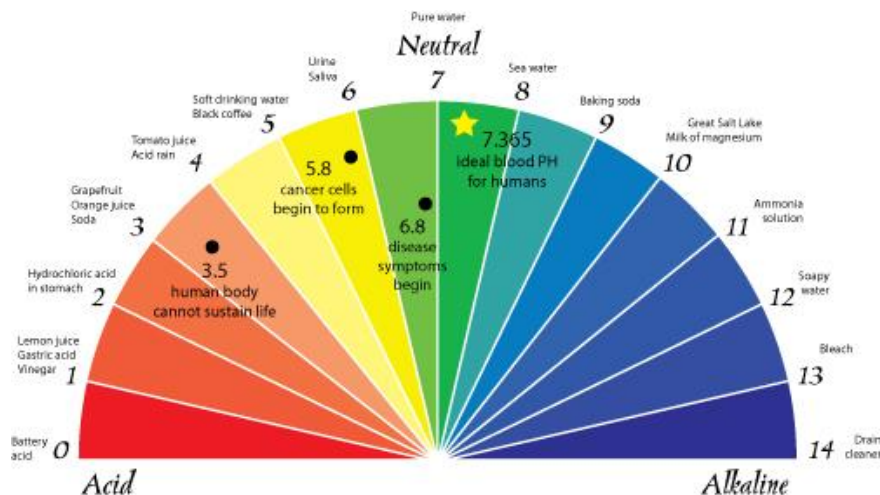


So, we have some major nail fungus types that we'll discuss later on. However, as you'll see, they can vary extensively from one case to another. An infection is usually a combination between some of the following factors: yellow, grey or dark coloring; brittle, crumbling, painful, bloating, smelly, and the list goes





This is also why all variations on the treatment that we discuss in this book act towards raising the acidity of the infected areas. It will still depend on the particular type of fungus you are developing and how your body is responding to it. I can usually recognize what treatment works best for specific types of fungus. However, I also use some tests and occasionally have to work with labs to



understand tissue samples. You should do all that you can to understand and monitor your infection.

The pH of an environment is a very important piece of information. Your body is home to numerous synergetic environments that work in perfect equilibrium and harmony. Disease arises when this balance is broken. Growing nail fungus needs an appropriate environment and the relevant amount of exposure to the spores. If your body isn't balanced properly, you'll lose the fight and the infection will start growing.

Your lifestyle choices directly impact this process. If you are eating the wrong things and maintaining an unhealthy environment, your immune system starts wearing out. Without the appropriate nutrition, you become weaker against all kinds of threats. This is also why it is very possible to develop a form of fungi while undergoing treatment with antibiotics. Just as the name suggests, they kill a wide range of targets. In the process, they kill a lot of good cells, too, which weakens your immune system.

They actually act as a trigger. They bring a little harm to your body, which in turn triggers a more effective response that will probably wipe out the problem thoroughly. Indeed, it is a gamble. As it turns out, antibiotics are not processed well



by a lot of people. While they may work for some, there are countless others that are actually worse off after taking them. Consequently, your body builds up tolerance to these types of drugs.

Antibiotics vary greatly in terms of what they kill. There are some which cover a wider range, while others are more specific. If you have been taking one with a larger scope, you will likely build up tolerance to it. This means that your body will become less responsive to it. You will have to take larger doses, which can have horrible effects. You might never fully recover afterwards. What is more, tolerance doesn't cover just the one antibiotic you are using, it covers more. Simply put, by taking antibiotics you are attacking your own body. Your body reacts by becoming less responsive to medical treatment. This in turn, causes all following treatments to be less effective.



This is very important if you really wish to understand your problem.



## Are your symptoms pointing at fungal infections?

Of course, there are a number of symptoms (as the ones discussed earlier) which apply to most cases of fungus infections, but in what follows you will recognize the symptoms of Onychomycosis. The most visible symptoms of an infected toenail are its yellowish or brown color and its unnatural thickness. A malodorous pile of dirt settles within and as the situation worsens, the nail becomes brittle and dry and ultimately peels off.



Thus, as soon as either of these syndromes become increasingly obvious, it's crucial to get a diagnosis and an opinion from a specialist. The doctor will consider various factors like your occupation, the type of shoes you wear, foot hygiene habits, chronic illnesses etc. to ensure that the condition you are suffering is indeed toenail fungus and not psoriasis of the nail (which might have the same symptoms). Samples of your nail will be scrutinized via a lab test for the fungi. The only time I advise you to go to the doctor is to detect whether or not you have this nasty fungus affecting your toenails.

The fungus does not heal by itself, but stays on for a very long time until the nail falls off. However, in most cases even the newly growing nail is infected as well. Beware! This kind of fungus is naturally anaerobic. It means that they thrive in an environment with less supply of oxygen. As you've seen, it belongs to the dermatophytes family, which also causes athlete's foot, ringworm, psoriasis and jock itch among others.

These fungi thrive in soggy areas and can penetrate our nails through contact with an infected nail or improper hygiene. At first, the fungus is just a white or yellowish spot under the nail. It then chomps through the keratin compound of the nails and spreads. Soon, you will start feeling pain while your nail gets brittle and thick with the ugly discoloration. In some cases, the infected area bleeds and develops a goeey discharge.

If you are not diabetic, you are lucky. People with diabetes have a hard time treating the nail fungi, due to their weak immune system and blood circulation conditions. A mild infection leads to greater damage along the way. This is the case also for patients diagnosed with leukemia.

Note that no drug on the market can guarantee your nails to be fungi-free forever. Most of the times, they reoccur, especially if you do not respect the hygiene rules.

## Common symptoms and signs:

- Fungal nail infection typically does not cause any symptoms (it's painless) unless the nail becomes so thick it causes pain when wearing shoes. People with fungal nail infection usually go to the doctor for cosmetic reasons, not because of physical pain or problems related to fungal nail infection.
- As the nail thickens, however, fungal nail infection may restrict you from standing, walking and exercising. You don't want that to happen to you!
- Paresthesia (a sensation of pricking, tingling, or creeping on the skin, usually associated with injury or irritation of a nerve), pain, discomfort, and loss of agility (dexterity) may occur as the disease progresses. But I can assure you, these are nothing compared with the loss of self-esteem, embarrassment, and social problems that are most likely to develop.

Fungal nail infection is divided into subtypes that can be identified based on where the infection appears and the form it takes.

## Learn how to identify your own infection by going through the following:

- In **Distal Lateral Subungual Onychomycosis (DLSO)**, the nail plate is thick with a cloudy appearance (opaque), the nail bed underneath the nail thickens and hardens (nail bed hyperkeratosis), and the nail separates from the bed underneath (Onycholysis). The nail can be discolored and appear in a range from white to brown. The edge of the nail can erode and may become crumbly.



- In **Endonyx Onychomycosis (EO)**, the nail plate has a milky white discoloration, but unlike DLSO, the nail does not detach itself from the bed. The area under the nail (subungual area) does not thicken or harden (no hyperkeratosis). With this infection, nail plate surface and nail thickness are normal. The pathology shows a contrast between the great number of fungal hyphae (filaments that make up a fungus) visible in the nail plate and the absence of fungal elements in the nail bed.



- **White Superficial Onychomycosis (WSO)** is usually confined to the toenails. Small white speckled or powdery-looking patches appear on the exterior of the nail plate. The nail becomes rough and flaky.



- In **Proximal Subungual Onychomycosis (PSO)**, an area of white spotting, streaking, or discoloration (leukonychia) develops near the nail fold and may extend to deeper layers of the nail. The nail plate becomes white near the cuticle and remains normal at the end.



- In **Total Dystrophic Onychomycosis (TDO)**, the nail is thickened, opaque, and yellow-brown and/or greenish-brown to black. The entire nail plate and matrix are affected.



- **Yeast infection (*Candida albicans*)**, while affecting the nail, it can appear with additional signs. Candidal infection can arise in the toenails and the fingernails but may also infect the tissue that surrounds the nail. The nail crease becomes inflamed (Erythematous), or the plate separates from its bed (Onycholysis). The nail bed thickens and hardens (nail bed hyperkeratosis), and inflammation of the nail fold is observed in chronic mucocutaneous disease (disease of mucous membrane and regular skin). The affected fingers or toes begin to look rounded on the ends, like drumsticks, and, sometimes, the entire thickness of the nail becomes infected.

## Don't Confuse Your Infection!

If you've discovered which type of affection you have, I'm glad I could be of help. However, you should know that there are some other conditions that are similar to the nail fungus and you might easily confuse them. The one thing you don't want to happen is to treat yourself for a whole different infection.

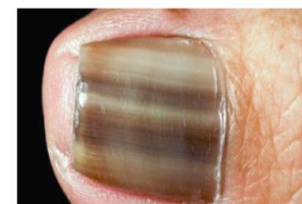
**1. Lines and ridges:** These are common and are usually considered normal. They may degenerate during pregnancy. A large groove down the center of the nail can be caused if you're biting your nails frequently.



**2. Senile nails:** As you age, the nails become stiff, develop ridges and separation of the nail coatings at the end of the nail. To avoid this, try to keep them as clean as possible, and don't soak your nails in water too often.



**3. Red or black nails** due to a hematoma, or blood under the nail, usually occur from trauma (like hitting yourself over the nail accidentally). The discolored area will grow out with the nail and can be trimmed off as you trim your nails. Nevertheless, if you discover a black spot under your nail that was not caused by trauma, you may want to consult a doctor to be sure that it's not a melanoma.



**4. Green nails** are caused by *Pseudomonas* bacteria, which grow under a nail that was partially separated from the nail bed. You treat it by cutting the nail short every four weeks; don't clean it, but you can polish it if you want to hide the color, and wait two to three months. It is also advised to avoid soaking the nail in any sort of water and to always dry the nail after bathing.



**5. Pitted nails** may be associated with psoriasis or other skin problems that affect the nail matrix, the area under the skin just behind the nail. This is the area from which the nail grows. Nails affected by psoriasis can also be tan in color.





**6. Swelling and redness of the skin around the nail** is called paronychia. This is an infection of the skin at the bottom of the nail (cuticle). If the infection is acute (develops rapidly), it is usually caused by bacteria.



It may respond to warm soaks but you normally need a doctor to drain it. A chronic paronychia occurs when a cuticle becomes inflamed or irritated over time. Be careful because sometimes, yeast will take advantage of the damaged skin and infect the area as well. Therapy starts by keeping the skin dry and out of water. Sometimes a steroid cream such as hydrocortisone can be used with success. If the problem continues, a physician should be consulted.

**7. Chronic nail trauma**, such as repeatedly starting and stopping, kicking, and other athletic endeavors, can cause damage to the nails that can seem like fungal nails. This type of consecutive trauma can also occur with certain types of employment or wearing tight-fitting shoes.



## Are Fungal Nails Contagious?

**Yes, toenail fungus is contagious.** Even if it might seem that it appeared out of nowhere, you have to catch it from somewhere. If you've got toenail fungus, then you've come into direct or indirect contact with someone else who is infected.

While not all fungi might be classified as "highly contagious", toenail fungus can be easily spread from one person to another, typically through sharing objects that have come into contact with the infection, think shoes, socks, nail polish, nail tools, etc. In terms of spreading the fungal infection from one person to another, one of the most common places for an infection to spread is at a nail salon.

If a person who has a fungal infection has a nail treatment and the tools are not properly sterilized between treatments, or even a bottle of nail polish is used on an infected person, it can easily be spread to other patrons at the salon. So, ladies, I strongly advise you to ask beforehand about their sterilization techniques and practices or just bring your own nail polish!

For most people, the fungus that has infected their toenails started off as a case of athlete's foot (for which I have dedicated a special place in the upcoming

chapter, together with a set of preventive methods). This is typically spread from person to person by walking barefoot in the showers at your gym or at your local swimming pool, which is why you should always wear flip flops or sandals when in any damp/wet area. Left untreated, this case of athlete's foot will continue to mature and spread across the sole of your feet and onto your toes. Then, it will level up and infect your toenails without you even knowing.

Usually, this is the result of some kind of trauma to the nail that will make it susceptible to the infection, such as when someone steps or drops something on your toes; or it could be the repetitive trauma on your toenails from wearing shoes that don't fit accordingly. If you play certain sports like baseball, tennis, racquet ball or netball you may be more susceptible to a fungal toenail infection because of the sudden stopping movements that cause the foot to slide inside the shoe.

As you've already seen, the toenail fungus will at first appear as a small patch of discoloration on one of your toe nails, typically white or yellow. Many people will think that it is a scratch or mark and ignore it, until it has truly had a chance to take control over your nail, and turn them into an unsightly, thickened yellow/white brittle mess.



Once you have one infected toenail, it is a lot more probable to spread from one toenail to another on the same foot or even jump to your other foot, being spread by everyday items like your socks. Remember, just washing your socks won't be enough to fully prevent this; you need to do something in order to kill the bacteria or fungus. This could include soaking your socks in eucalyptus oil or bleach before washing.

Always ensure that proper hygiene is maintained until your nail fungus is truly cured. Nowadays, many non-toxic, all-natural formulas help eliminate toenail fungus or fingernail fungus, while allowing the nail to continue growing. Based on this type of thinking, I'll be providing you with the best natural plan for your treatment.

## IV. Dreadful Nail Fungi and Prevention Methods

It's imperative for you to know not only to prevent fungal infections, but also to stop them from recurring. As I've already told you, these types of diseases are more widely spread in toenails rather than in fingernails because toenails are often confined inside dark moist socks and shoes. They also grow much slower.

Athlete's Foot, Ringworm, Jock Itch and the most spread infection, Onychomycosis can be stopped using some simple hygienic rules. Every time you think the infection might take over your body, just open this course, take a look at these easy procedures and put them to the test.

If you've visited a doctor by now, you probably heard of Sporanox. Like most topical agents, this toenail fungus ointment alone has never proven effective against persistent nail fungus.

That is the reason why I am very keen on preventive methods, because they not only prevent you from catching the disease in the first place, but also play an important role in breaking the cycle of recurrence.

Prevention and stopping the fungus from spreading to other toenails may be one of the best options. Of course, treating a single toenail is easier than treating ten toenails. Moreover, if you take action before it becomes aggressive, you can cure it naturally, without pumping your body with all sorts of chemicals.



The fungus usually does not heal by itself, but stays on for a very long time until the nail falls off. Yet, in most cases, even the newly growing nail is infected as well. The best way to avoid the mess is to take appropriate preventive measures. Even if there are some that are common to most fungal infections, you're about to learn how each type can be prevented separately, so that you'll get the most effective results.

Unfortunately, toenail fungus is difficult to treat if your feet are warm, or contained in a dark, moist environment on a daily basis. So, always ensure that your feet are dry and your shoes are not damp on the inside! One easy method to do so is by letting them dry in the sun. This works amazingly well, as the sunrays will not only help dry your shoes well, but will prevent any fungus from growing in them too. Fighting against the fungus naturally is one great thing the sun will help you with and you should keep that in mind and use this trick whenever necessary.

## Athlete's Foot (Tinea Pedis)

Embarrassing medical symptoms shouldn't keep you from talking to people about them. Believe me when I tell you that there is no topic that is too uncomfortable for us.



That's why I enjoy covering this topic, and I know how hard it is for you to open up. And I hope to help. Athlete's Foot is one subject that will cause many people to squirm. When you develop Athlete's Foot, you have infection very near your nails. If you do not treat the Athlete's Feet immediately, the fungus will find a way to enter your nails. Once the fungus enters the nail, it will spread fast. **Six to nine million Americans are affected with toenail fungus. 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. Things become





complicated 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.

Toenail removal can be partial or complete. In either case, it is not the procedure as such that is that painful, but once you're no longer under an anesthetic, you will experience a horrible burning sensation that can go on for days on end.

The procedure involves the destruction of the nail matrix – the layer of cells at the root of the nail that produces keratin (the material the nail is composed of). If the toenail is allowed to grow from a matrix that has been damaged in this way, it may not adhere properly to the nail bed. In other words, your nail will never look healthy again.

Destruction of the nail matrix can also be performed chemically. Chemical cauterization of the nail matrix may be necessary in cases in which the patient's condition is so severe (or has gone so long without treatment) that the orientation of the nail matrix has been permanently altered by scarring, making it impossible for another nail to ever grow properly.

After your toenail is removed, you will most likely wear a bandage or a Band-Aid for two weeks, during which time your mobility will be extremely limited.

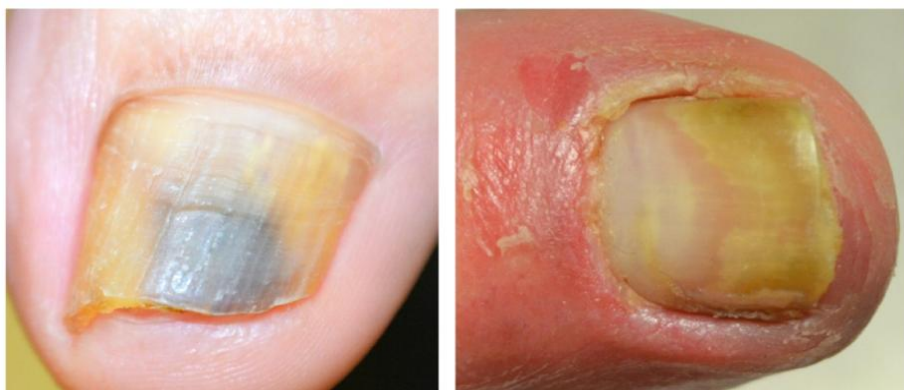
## **Prevent getting athlete's foot**

Keeping toenails clean and trim is important because athlete's foot can make a home under the toenail. 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 this fungus. Here are the main ways to prevent getting athlete's foot:

- ✓ Wash your feet regularly using soap and water.
- ✓ After washing your feet, dry them thoroughly, paying particular attention to the areas between your toes.
- ✓ Wear clean cotton socks.
- ✓ Change your socks and shoes regularly to help keep your feet dry, particularly after exercising.

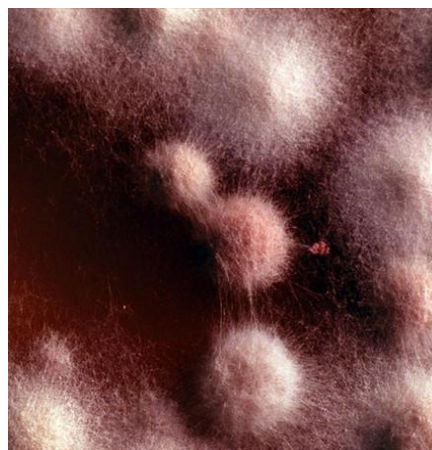
- ✓ Don't share shoes or other personal care items, such as towels. Also, wash your towels regularly.
- ✓ Choose footwear that allows for the circulation of air.
- ✓ Keep the floors in shared facilities clean and dry.

## Do you have it?



If you are uncertain on whether or not you have foot fungus, here are all the symptoms specific to athlete's foot. Check the list below to make sure:

- ✓ Discoloration under the nail near the edge - usually green, yellow or white
- ✓ Soft and painful nails
- ✓ Unusually thick nails
- ✓ Nail that crumbles around the edges
- ✓ Smelly nails
- ✓ Distorted shape of the nail
- ✓ Redness or swelling in or around the nail area
- ✓ Nails that separate from the nail bed
- ✓ Rough texture and uneven nails



And maybe you are curious about how this fungus really looks like in reality. Of course, the infection will only let you see the terrible devastation of your skin and nails, but here is the microscopic view of cultured athlete's foot fungus:

Pay no worries because the treatment I am about to share with you will work great if you have a case of athlete's foot and will stop the infection from getting worse. Before getting to that, let's find out about some other dangerous fungi.

## Ringworm (Tinea Corporis)

Despite its name, ringworm has nothing to do with worms. A ringworm diagnosis does not mean that you have any worms crawling around under your skin.

The name relates to the rash that bears a resemblance to small round, reddish rings or patches on the skin. The patches are often redder around the outside, with normal skin tone in the center, similar to a ring. It belongs to the family of fungi (tinea) that also cause athlete's foot, but has some different characteristics.



The fungi that are usually responsible for **ringworm** are zoophile and are transmitted primarily through contact with animals. It is also communicable. The fungus that causes ringworm thrives in warm, moist areas, and is most likely to occur from sweating or from minor injuries to your skin, scalp, or nails. Ringworm is most common in children, and it can return multiple times.

Ringworm can be treated using essential oils, as you will see in the upcoming chapters. This fungus, as nasty as it is, will naturally clear up within four weeks once treated.

### Prevent getting ringworm

- ✓ **Skin:** keep your skin and feet clean and dry.
- ✓ **Scalp:** shampoo regularly, especially after haircuts.
- ✓ **Hygiene:** never share clothing, towels, hairbrushes, combs, headgear, or other personal hygiene items. And after use, be sure to thoroughly clean and dry.
- ✓ **Feet:** wear sandals or shoes at gyms, locker rooms, and public pools.
- ✓ **Pets:** avoid touching pets with bald spots, a classic symptom of ringworm in animals.

## Jock Itch (Tinea Crurais)

Actually, **athlete's foot** and **jock itch** are caused by the same fungus (called tinea), which leaves scaly patches on the skin. The conditions are named by the part of the body where they occur. On the feet, tinea infection is called athlete's foot. In the groin area, it's called jock itch.

It is a fungal infection that affects the genital area, inner thighs, and buttocks, but it can also appear on the skin of your toes. However, it will not affect your nails. It is the cause of an itchy, red, sometimes ring-shaped rash. It gets its name from athletes prone to the infection from excessive sweating.

Jock itch occurs mostly in adult men and teenage boys. Some people who have this infection also have athlete's foot and ringworm. The fungus that causes jock itch thrives in warm, moist areas and can be passed from one person to the next by direct skin-to-skin contact or contact with unwashed clothing.

But anyone, an athlete or not, can get jock itch. Although often uncomfortable and bothersome, jock itch is usually treated a lot more easily than fungus nail, though it could possibly be more serious for people with weakened immune systems.



### Prevent getting Jock Itch

- ✓ **Skin:** keep your skin around the genitals clean and dry.
- ✓ **Clothes:** don't wear clothing that rubs and irritates this area. Choose loose-fitting underwear.
- ✓ **Laundry:** wash all athletic clothes and supportive gear and garments frequently.
- ✓ **Hygiene:** if you're susceptible to jock itch, consider applying antifungal powders after bathing.

## Nail Fungus (Onychomycosis)

Besides what you have learned so far about this wicked fungus, you should know that many different approaches to solving the problem of nail penetration have been attempted recently. The efficacy of these treatments to eradicate the fungal infection has not been demonstrated.

Laser treatment, photodynamic therapy and iontophoresis (a technique of introducing ionic medicinal compounds into the body through the skin by applying a local electric current) don't work! Ultrasound treatment has also proved inefficient. One thing remains certain: this nail fungus infection is extremely difficult to treat and often recur. Therefore, prevention is important to keep your feet healthy. Let's go into some further details.



### Preventing Onychomycosis

#### Grooming

✓ Wash your feet regularly and dry them thoroughly with a clean towel to remove dead cells and improve circulation. If you already have Onychomycosis, use a paper towel and throw it away after drying the affected area. Do not share towels to prevent spreading the fungi spores.

✓ Trim your nails frequently and avoid cutting too close to the nail bed. Socks should be worn when you wear closed-toe shoes. This helps protect your feet from potential spores from your shoes.



## **Socks**

✓ Socks made of natural materials - such as cotton or wool - are preferred over synthetic materials such as nylon and spandex, for they have better ventilation and absorb moisture from your feet. When your socks get damp, remove them as soon as possible. Dry your feet thoroughly before putting on a clean dry pair.

## **Shoes**

✓ Nail fungus grows best in warm and moist areas. Keep your feet dry and well ventilated at all times with breathable shoes. As you will see in the chapters dedicated to hygiene, shoes made of natural materials with air-breather holes are most ideal.

✓ Clean your insoles regularly and dry them thoroughly before using them again.

✓ Store your shoes in a cool, dry place.

## **Public Area**

✓ Wear sandals or water shoes when you are in public areas like swimming pools, spas, showers and locker rooms. The warm, moist floor is the ideal breeding ground for fungus spores.

✓ Avoid touching the floor directly. After visiting these public areas, thoroughly wash and dry your feet.



I hope you're now starting to understand why your feet are so important and that they need a bit of pampering as well, to help maintain their beauty and prevent infections. As we have been protecting our feet from bad weather, over the millenniums, our feet have become more sensitive and prone to all kinds of infections. The real question is how you cure nail fungus.

All these diseases are certainly not conditions that you should leave untreated, as they can get worse and eventually become very painful and quite dangerous. The difficulty in treating nail fungus, for instance, is that there is no generally accepted cure and if you consult a doctor, you are likely to be told that there is no cure.

As you have seen, modern medicine addresses athlete's foot and toenail fungus with topical treatments, oral anti-fungal medicine, and in some cases surgical removal of the nail. These medications may possibly include some of the worst side effects that you can think of - all to get rid of fungus on your toenails.

You should understand from the start that you may need to try out a few different remedies until you find one that works for you. Your frame of mind is as important as the treatment that you choose. If you make a strong decision to "beat your nail fungus", then you certainly will! I call this an "easy choice" and in what follows next, I will do everything to keep my promise and to prove to you that life doesn't have to be about feeling scared or ashamed of your feet.

And that you don't have to believe the doctors who will only stuff you full of expensive, useless medication! You're about to discover an all-natural, safe and permanent cure for toe and nail fungus! That's right... it won't keep coming back and embarrass you. Not anymore! You will learn how to fight the root cause, head-on. For good!

## V. Strength Strategy for Healthy Feet



Now that you've grown accustomed to what defines the fungal infection, its causes and how to prevent it, I believe you're ready to discover the best natural method for the menacing fungus. You'll no longer find yourself feeling embarrassed in social situations; no more covering up your feet or avoiding the swimming pool. Feeling excited? Let's find out how to beat these intrusive infections.

To treat these undesired forms of fungus, I have developed a new strategy that contains a set of recipes, which are 100% sure to cure you. The best thing about these recipes is that you only need 10 minutes every day to apply them! Natural resources are the basis of all wealth, and since you have access to many of them, you will leave your doctor baffled by your quick recovery!

They have no side effects, they're extremely cheap and they aren't hard to find. After all, for many hundreds of years there was no such thing as a pharmaceutical industry, and using a natural remedy to cure an illness was the only way to go.

Many of these miraculous formulas will restore your toenail health. More than that, with every usage, your body will develop a stronger level of immunity, making it harder for the fungus to strike again.

## Acetic Acid and Fermented Alcohol Liquids

Acetic acid is a general term that stands for all types of vinegar. It is produced by the fermentation of ethanol by acetic acid bacteria. Vinegar is now mainly used as a cooking ingredient, so no wonder its treatment benefits are underestimated by many.

Historically, being one of the most readily available mild acids, it had a great variety of medical and domestic uses. Some of them are still used to this day and work wonders. I want to emphasize its value in the fight against nail fungi and this is the reason why I have chosen vinegar as one of the most effective methods of treatment.

But first, you should know that the vinegar you most probably have at home is produced either by fast or slow fermentation processes. In general, slow methods are used with traditional vinegars, and fermentation proceeds slowly over the course of months or a year.

A longer fermentation period allows for the accumulation of a nontoxic slime composed of acetic acid bacteria. This very slime is actually what the fungi hate most!

### 1. Apple Cider Vinegar Solution

#### How it works

Apple cider vinegar is probably the simplest antidote for fungus infections caused by insufficient air circulation and moisture. Apple cider vinegar is the fermented juice of crushed apples. It contains acetic acid and nutrients such as B vitamins and vitamin C.

These vitamins are responsible with tissue regeneration (the keratin in your nails included). Apple cider vinegar also helps lower blood sugar levels in people with diabetes, which is a second victory in the fight against nail fungus – as people suffering from this particular illness are more likely to develop any kind of fungal infection.

The benefits of vinegar are owed to its acid, which destroys the fungus fast. The vinegar that comes from apple cider is even more effective, due to its high acid concentration. Any vinegar will change the pH balance, but uncooked apple cider vinegar benefits from live enzymes, which help eliminate harmful organisms.



Because of the process it has undergone (filtering, fermentation, pasteurization), vinegar contains vitamins, minerals, nutrients and other components necessary to attain good health.

### How to use it

**Step 1:** To apply this solution to your nails, mix equal quantities of apple cider vinegar and warm water (4 mugs of cider vinegar and 4 mugs of warm water).



**Step 2:** Soak your nails into it for just 10 minutes per day for two weeks and the progress will be remarkable. The vinegar is highly effective in treating all the fungal infections of the foot. First, it soothes the irritation and the itching sensation and then it will exterminate your nail fungus.

Just give it some time and repeat the 10 minutes process every day and you'll see the difference in just two weeks. All the nail fungi are sensitive to vinegar and what is most important, once they are destroyed by the acid, they will never come back, thus breaking the cycle of re-infection. In addition, the apple cider vinegar solution helps eliminate the bad odor of the foot.

**Step 3:** After soaking your feet in vinegar sprinkle baking soda between your toes, let it stand for 15 minutes and then rinse. Make sure you use a clean cotton towel afterwards. This alternation of acidic and base substances is ideal for the destruction of fungi, since these cannot withstand significant changes of the environment they live in.

**Step 4:** Disinfect the basin and the towel after each wash, otherwise you risk infecting other family members with foot fungus.

Another way of using the apple cider vinegar to remove the foot fungus is by bandaging the affected area with cotton wool soaked in vinegar. You can use a pair of socks immersed in the solution as well. Apply either of these solutions right before going to bed and let them do their job until the next morning.

A lot of people were finally fungus-free due to the benefits of vinegar, but **pharmaceutical companies will do anything to prevent this information from spreading.** And do you know why? Because natural cures are eating away



their profits... big time! They're cutting holes into their \$16 billion evil empire filled with useless, poisonous medication.

I'm sure you know by now that all natural treatments are low-cost, non-toxic, and have no side effects. But most of all, they really destroy toe and nail fungus! Let's see the opinion of a 36-year-old woman, who took Lamisil for 3 months, 250mg/day:



*"This drug was horrible for me! My sense of smell is ruined. Everything smells like oregano and sometimes even like wasp spray. And my taste is off. Sometimes drinks taste like cotton candy and then there is an aftertaste that is bitter. I wake up with the taste as well. My sleep is interrupted by waking all night and I ache all over. I would never take this drug again! My toenail hasn't changed. I haven't taken the drug for a month and my smell and taste have not improved".*

As you can see, all treatments that include creams, gels, nail lacquers, or oral medications do not help you at all and have side effects (headache, vomit, etc.). It is important to realize what any medication is and is not capable of. **Don't fall for all the thousands of dollars of marketing plots and schemes that the Big Pharma relies on to make huge profits!**

Here's another testimony out of the hundreds I've personally heard. It belongs to a high school teacher, Mrs. Campbell, who got her nail fungus while on holidays with her family. She had been living a nightmare for three years and was afraid her two children might get ill, too.

She came to visit me after she'd been to some of the best podiatrists in Nevada. Nothing worked. She was absolutely amazed by the results and told me she felt better after only two weeks of treatment. Now her toenails look healthy again and she enjoys life like never before.

*....Vinegar is better than any stuff my doctor prescribed. And it works so well for my self-esteem, especially since I haven't been able to wear sandals in 5 years now. Finally, a natural formula that has cleared up my nails... and you only spend 10 minutes every day to use it. I highly recommend it for anyone who's been disappointed by prescription sprays or creams like Lamisil, Tinactin or Lotrimin.*  
**(Sarah Campbell, Nevada)**

## 2. Warm Water and White Wine Vinegar

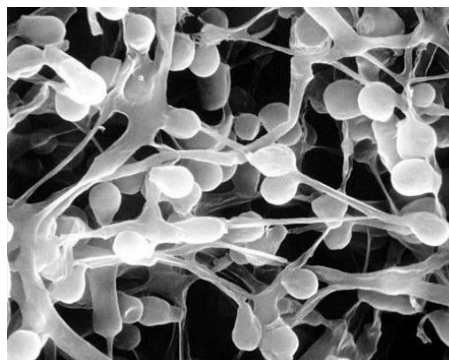
White wine vinegar consists of fermented ethanol and other sugars, the combination of which has a number of health benefits. Over the years, many people have touted the benefits of white wine vinegar, and modern research offers some support for their beliefs.



People all over the world also use it for cleaning and deterring pests, but its most meaningful therapeutic benefit has always been related to disinfection and fighting bacteria.

### How it works

One of the best ways to get rid of nail fungi is using white wine vinegar; first, the acid environment destroys the fungi and secondly, this miraculous substance helps to increase calcium absorption (fundamental for healthy nail growth). Wine vinegar contains the same antioxidants as wine, namely resveratrol and catechins, in which nail fungus can't thrive. However, this acidic solution is most effective for treating nail fungi when combined with warm water.



For a better understanding of how warm water and white wine vinegar can eradicate nail fungus and athlete's foot, take a look at the picture on the right. This is a microscopic view of Onychomycosis (nail fungus) soaked in wine vinegar.

You can see that some of the filaments that link the cell membranes are stretched to the point of breaking, which means that if you repeat this treatment for a couple of weeks they will eventually break down. The acid environment will prevent them from forming again, thus eradicating the fungus.

## How to use it

**Step 1:** Mix these two ingredients (2/3 warm water and 1/3 wine vinegar) into a small bowl.

**Step 2:** Soak your toenails for 10 minutes.

**Step 3:** Finish by washing the same area thoroughly.

**Step 4:** Repeat this procedure every day for 1 month. It is almost sure that by using this method, you will get rid of fungus, and more than that, you will never be affected by it again!

Maya (27) had been taking all kinds of medication prescribed by doctors.

As soon as we met, she started crying and told me the fungus had affected most of her life. She felt helpless and depressed. She took Lamisil 9 days, 30 MG 1XD:

*"Side effects for Lamisil Nausea: extreme diarrhea after a week; mild depression; exhaustion for no reason. I would not recommend this drug to anyone ever! Avoid this medication at all costs and find an alternative method for treating a fungal infection."*

Throughout the years, I've never heard of any complain about white wine vinegar fungus treatment; and believe me, I've heard a lot about the medication on which you probably spent thousands of dollars so far to treat nail fungus without success.

*....I have to admit that white wine vinegar was one of the best options. I've had this fungus for years now and I've had my fair share of surgeries so far. Not a pleasant feeling, I've got to tell you! This is the first treatment that I have used that I can see working and clearing up my toenails day, by day. Thank you for your advice! (Andy Crawford, Oregon)*

### 3. Chaparral and Whiskey

I bet you didn't think whiskey could cure your nail fungus. Not all alcohol beverages are good for your nails, but whiskey seems to have just the right concentration of alcohol and ingredients.



#### How it works

**Whiskey** is a type of distilled alcoholic beverage made from fermented grain mash. Various grains (which may be malted) are used for different varieties, including barley, corn, rye, and wheat. These ingredients are fermented in the process of distillation and this beverage maintains its disinfectant value for a long time. Whiskey contains antioxidants that will help improve the health of your nails.

**Chaparral** on the other hand, is a plant also known as Creosote Bush, Créosotier, Greasewood, Hediondilla, Jarilla, and Larreastat. It has been used in alternative medicine as an aid in treating colds, cancer, arthritis, sexually transmitted diseases, tuberculosis, stomach cramps, bladder infection, but it is specifically known for its effectiveness in treating skin disorders.



#### How to use it

The combination of chaparral and whiskey creates a perfect antiseptic as well as a hostile environment for nail fungus. Mix six tbsp of dried chaparral to one quart of boiling whiskey. Reduce and simmer for 20 minutes. Remove and steep for 8 hours. Soak your feet in this solution 10 minutes a day. Repeat the procedure for two weeks.

*I was diagnosed with toe nail fungus by my doctor. He prescribed medicine to take. However, a year passed and it did not get better. Then I decided to try the whiskey remedy. I used it day and night and low and behold the fungus is gone within three weeks! I highly recommend this. (Julie, Nevada)*

## 4. Nonyx gel

A more efficient alternative to the vinegar options we discussed above is a commercially available vinegar gel. It's called Nonyx and is widely available around the country. It's better than some of the other solutions, because it stays on the infected area longer.

### How to use it

Apply Nonyx gel at the base of your infected nail in the morning and at night after you've showered. The gel stays on better than most alternatives and makes the infected area more acidic. This stops the fungus from spreading on your nail. This will prevent any fungus from growing and as the nail grows out, the fungus gets clipped off.



## Natural Oils and Extracts

### 1. Tea Tree Oil Mix

The oil extracted from the tea tree is known ever since ancient times for its beneficial purpose and for curing skin infections. As both an antiseptic and fungicidal remedy, tea tree oil is a great remedy for Onychomycosis.





**For this recipe, you will need:**

- ✓ 3 tablespoons of tea tree oil
- ✓ 2 tablespoons of olive oil
- ✓ 1 tablespoon of coconut oil

**How to use it**

**Step 1:** Mix them together in a small bowl.

**Step 2:** Use a cotton ball to soak in this solution before applying it to your nails. Every day, for just 10 minutes, and in less than a month you will be cured. The results have proven to be quite spectacular. First, clean areas on and around the infection with rubbing alcohol; then apply undiluted tea tree oil directly to the affected nails and let it soak in. After about ten minutes, gently scrub the nail with a soft bristle toothbrush. Repeat daily until the new healthy nail grows out completely.

**Some helpful tips:**

If your feet are not that sensitive, you can apply the tea tree essential oil right on the affected area.

Do this treatment every day or twice a day, over an extended period of at least three to six weeks. Even if the symptoms disappear rather quickly after starting treatment, the fungus can survive and premature discontinuation of treatment can lead to a relapse. You don't want this to happen to you.

So don't forget: after completing the healing, continue to perform this treatment once a week, for a month. It is highly recommended that this tea tree oil is used after submersing your feet in vinegar and applying the baking soda onto the affected areas. You'll see the amazing difference in the end.

*...I was very skeptical when I first heard about this natural method, as a few of my family members have been battling toenail fungus for decades and have had no luck with any treatment, including creams and gels. When I noticed my toenail becoming more yellow and disfigured, I suspected the fungus, but wasn't sure because it didn't cover the entire nail, like I've seen on others. Anyway, it's been 2 weeks since I've started using this and the affected nail almost cleared up and it's growing out... finally, something that really works! (Jason Williams, New York)*

## 2. Olive Oil and Garlic Mix

You'll need one garlic clove and a few tablespoons of olive oil for this mix. Garlic has great nutritional properties. It's a natural fungicide with tremendous nutritional benefits that bolster your immune system. While eating it does help a lot, you'll use it differently if you want to get rid of the fungus. Olive oil has amazing health benefits as well. It's packed with healthy fatty acids that our modern diet lacks. In fact, you can use any carrier oil for this treatment. For instance, coconut oil is also a great choice.

Treating fungus that's growing under the nails is difficult because treatments with topical application cannot penetrate the nail bed. They aren't efficient because they aren't even reaching the infected area.



### How to use it

#### Step 1: Mashing the garlic

Start by mashing and crushing the garlic clove. You can use a garlic cruncher or a regular fork for this. After you have crushed it, get a knife and cut it into very small pieces. You want to make them as small as possible.

## Step 2: Mixing them

Put a few tablespoons of olive oil in a bowl. Throw in the garlic you've just cut and start stirring them. Mix them nicely for a few minutes. You want it to look as homogeneous as possible.

Apply this combination to the affected area every day. You should be able to see improvements in a couple of weeks.

## 3. Lemon Juice

I'm sure you have heard about lemon juice as a natural skin care remedy. There are many uses to the lemon fruit, which is just found inside your fridge.

It has antifungal and antiseptic properties. But this is not all its value, since lemon is very rich in vitamins and minerals. This makes it a very good remedy for all types of fungi.



### How it works

Citric acid, the compound found in lemon extract has bacteriostatic effect. This means that it doesn't allow bacteria as well as fungi to multiply or grow. This extra acidic solution will do wonders for your infection. Due to its antiseptic properties, the lemon juice will remove the fungus in a relatively short amount of time.

It is crucial that you always apply freshly squeezed lemon juice onto the affected areas. This way, the acid will be more efficient and the treatment will only last for 12 days, as long as you use it for 10 minutes per day.

**Step 1:** Apply the extract directly to your infected toe. You can also use cotton soaked in lemon extract and let it stay on the area using a medical tape.

**Step 2:** Let the juice sit on the nail up to ten minutes. You can give it fifteen minutes if it's really bad. Rinse it with lukewarm water after. It is not recommended that you use pure lemon juice to soak your feet. This can be very irritating to your skin.

Toenail fungus treatment with lemon juice can be done several times daily. The infected toenail falls off after a week.

*I've been living in Fairhope, Alabama for the past two years. Summers here are the hottest. You can imagine my dire need to walk in my bare feet and not wear socks when it's over 90 degrees outside! Fortunately, your home remedies really made a difference and I got rid of my Athletes' foot. Thank you! (Sienna Holland, Alabama)*

## 4. Grapefruit Seed Extract

As delicious as a grapefruit is, as effective it is as a cure. Go ahead and give it a try!



### How it works

Mix approx. 80 – 90 drops of Grapefruit seed extract to two ounce of water and apply to the affected areas with a cotton ball two or three times a day.

Also, rub the pure grapefruit seed extract onto the affected nail after you take a shower or bath each day. Make sure that when you apply the seed extract, a little actually goes under the nail as well. Then leave it on. Every 3-4 days use a paper nail file and gently file away a little of the nail surface gently and rub in another drop.

Continue like this until the nail starts to look normal again. If the nail yeast infection is quite severe and deep seated it can take many weeks or even several months, but it will be worth it when your nails are beautiful again, won't it? And you will only have to do this for 10 minutes every day.

For many people, there's yet another creative and satisfactory method of treatment.

The trick is to alternate the tea tree oil or oregano oil and grapefruit seed extract on the nails. This way, you are using the combined power of three strong natural products and choosing a larger spectrum approach. This will increase your chances of a quicker and more effective solution.

*...AMAZING! I have had the fungus for about 6 weeks but already my nail was badly discoloured and starting to bump and ridge. I filed the surface of the nail as suggested, then soaked for 20 minutes in grapefruit extract. After only one day the nail looks a lot better! (Jack, New York)*

## What you can do right now

### 1. Baking Soda and Hot Water

You can rid yourself of unsightly toenails with a product you probably already have in your kitchen. Treating toenail fungus is one of the many uses for baking soda. Not only will it treat and remove the damaged toenail, but it can also keep the damaging fungus from returning.



Baking soda, also known as sodium bicarbonate, is a white solid that is crystalline, but often appears as a fine powder. And it works like magic.

I soon found out that you can make your own vinegar and baking soda bottle rocket!

Take a piece of paper and put some baking soda on it. Wrap it up like a burrito and roll the ends tight. Pour some vinegar into an empty bottle. Put your baking soda paper roll in the bottle, cork the bottle, shake it up and quickly place it on the ground. See how high your rocket will go!

Indeed, baking soda is very entertaining and I am happy that nail fungi most probably, don't agree with me. They hate baking soda, but not as much as this amazing ingredient hates them.

### How it works

With its natural pH neutralizing effects, baking soda serves a variety of purposes. The compound is effective for reducing pain, eliminating infection and treating inflammation.



As such, sodium bicarbonate is used to treat a variety of conditions: acne, allergies, fungi and even canker sores and bacterial infections. Burns, bee stings, and cysts also respond well to treatment with the compound. Other conditions including fatigue, cough, congestion, flatulence, gout, gum disease and others can also be treated using baking soda.

### How to use it

For this recipe, you will need:

- ✓ ½ cup of baking soda
- ✓ ¼ cup of hydrogen peroxide (oxygenated water)
- ✓ ½ cup of salt
- ✓ 4 cups of hot water
- ✓ ½ cup of red wine vinegar

**Step 1:** Mix all of these ingredients into a bowl.

**Step 2:** Soak your toenails every day in it, for just 10 minutes.

**Step 3:** After this is complete, wash your affected region very well. You'll get to see the results in just a couple of days.

*It seems unreal! After battling this fungus for the most part of my life, I have come across this book, which to be fair, sounded a bit too much. But, I've decided to give it a try, anyway, since I've already lost so much money up until now. Oddly enough, the treatment suggested in the book worked and now, I can finally feel the sand between my toes. I cannot actually describe what a wonderful feeling this is. (Amanda Johnson, Connecticut)*

## 2. Salt remedies

Salt is a great remedy for wounds and a sore throat, but it can also cure nail fungus. Table salt is made up of just under 40% sodium by weight, so a 6 g serving (1 teaspoon) contains about 2,300 mg of sodium. Well, that's enough to fight against nail fungus in one day.



## How it works

Sodium serves a vital purpose in the human body: it helps nerves and muscles to function correctly, and it is one of the factors involved in the regulation of water content. It will create a salty environment in which fungi cannot thrive. However, salt should be used in **mild cases of foot fungus**.

In time, it kills the fungus and reduces perspiration. By sweating you run the risk of reinfection, but this is where salt come into play. Just as the other natural remedies, it also kills the fungus and stays with you for longer a longer period of time. You should have a film of salt crystals on your toe nail and in your cuticle. This will stop you from getting reinfected when your feet start to sweat in your shoes.

## How to use it

Mix 2 tsp. of salt to a pint of warm water and soak your feet for 10 minutes and dry thoroughly. Your feet will burn initially, especially if you have been scratching them, but the itching will minimize in time.

*It was sometime in January (I think), when I noticed my toenails were dark yellow. I was removing some nail polish and noticed that it was spreading. I looked around and found this book and tried the salt remedy. After about a week, I noticed it was clearing up and now I only have about 5 mm left of the nail to grow out! (Samantha, Miami)*

## Peppermint Epsom Salt and Lavender Epsom Salt

Epsom salt (named for a bitter saline spring at Epsom in Surrey, England) is not actually salt. It is a naturally occurring pure mineral compound of magnesium and sulfate.

As a natural remedy, Epsom salt has numerous health benefits as well as many beauty, household and gardening-related uses. Recipes can have different effects on people. This has been a success to most patients suffering from nail fungus.



## How it works

Peppermint and lavender Epsom salt baths are very easy to make - you just need some Epsom Salt, Peppermint Essential Oil, and Lavender Essential Oil (you can find them at your local health food store). The peppermint is great for skin disorders, and the lavender oil – as shown before - is very good for your skin, too. So these two oils make a great combination!

Some of the countless health benefits of Epsom salt include relaxing the nervous system, curing skin problems, soothing back pain and aching limbs, easing muscle strain, healing cuts, treating cold and congestion, and drawing toxins from the body. So you can imagine that this will work like a miracle. Just try it and you'll see the difference.

## How to use it

### Ingredients:

- ✓ 2 cups Epsom salts
- ✓ 1/2 cup baking soda (optional)
- ✓ 1/4 cup sea salt (optional)
- ✓ 20 drops of lavender essential oils
- ✓ 10 drops of peppermint essential oil.

### Instructions:

**Step 1:** Mix all ingredients in a medium size bowl.

**Step 2:** Store in an air-tight jar and use 1/4 cup per bath.

*Here it is, easy and inexpensive! Tried a lot of OTC products and home remedies and here is what worked best (by far!) for me. Happily it was both simple and probably the least costly. (Damon, New Hampshire)*

### 3. Vapor Rub and Ginger

This is one of my favorite remedies when it comes to toe nail fungus.



To their immense gratification, IT WORKED! After six weeks of use, the nails have lost most of their previous black color and showed about a quarter of an inch of fresh, healthy-looking nail coming out of the cuticle as the nail grew. I'm telling you, this is worth trying – nowhere near as expensive as the ineffective stuff they sell for the purpose!

Over the years I have heard from many people who have had success with Vicks VapoRub in the treatment of nail fungus. That is not surprising. Some people spend quite a bit of money on oral antifungal medicine and take it for many months, only to have the fungus return after a temporary “cure.”

As you already know, nail fungus is surprisingly variable. Some people never get it even though they walk barefoot in the garden, in the shower or at a locker room. Others find all their toenails thick, yellowish-brown and misshapen. Not only do they look ugly but they are hard to clip. One expensive treatment or another may work for a while, but the fungus seems to come back relentlessly...So try this remedy.

#### How to use it

File nail till smooth; use a curved nail file to take down the surface faster. Apply vapor rub. Repeat several times a week. After one month your toenails will grow out normal. You'll be very happy with the results.

*After injuring 3 of my 5 toes about 5 years ago, I have been dealing with yellow, thick toenails on my right foot. After the very first use of this remedy, my toenails are no longer yellow & my foot no longer itches. I am so glad to hear about the vicks VapoRub therapy. I have heard about the cornmeal therapy but have not tried it. The vinegar and lavender oil make sense, I am going to try all three. I will let you know the results. This is amazing & I totally recommend this to anyone dealing with similar conditions. (Jane, Vermont)*

## Ginger

If this starts to work, you can consider adding this ginger mix to the treatment. Ginger is one spice that I recommend keeping on hand in your kitchen at all times. Not only is it a wonderful addition to your cooking (especially paired with garlic), but it also has enough medicinal properties to fill several books. To many specialists and natural practitioners, ginger is the number one medicinal plant. It has helped cure some of the most severe nail fungus treatments, too.

### How it works

You should know that ginger also has broad-spectrum antibacterial, antiviral, antioxidant, and anti-parasitic properties. These are just a few of its more than 40 scientifically confirmed pharmacological actions. It is anti-inflammatory, making it invaluable for joint pain, menstrual pain, headaches, and fungi.

### How to use it

Add one ounce of chopped fresh ginger to one cup of boiled water and simmer for 20 minutes. Let it cool and apply twice a day to your feet.

The pain-relieving potential of ginger is just great. Along with help for muscle and joint pain, ginger has been found to reduce the severity of migraine headaches. Ginger also shows promise for fighting cancer, diabetes, non-alcoholic fatty liver disease, asthma, bacterial and fungal infections, and it is one of the best natural remedies available for motion sickness or nausea (from pregnancy or chemotherapy, for example).

*...After many years of ignoring my toenail fungus, I stumbled upon this book and decided to try a few of the remedies. I soaked my toes in a ginger/water mix for about 20 minutes. I also applied Vicks in the morning and at night. After two days the results are amazing! The white spots have completely gone away and there is only one big toe left with yellow on it. I plan to continue this treatment until the yellow is gone. So far I am VERY impressed! Thanks! (Johnny, Louisiana)*



## 4. Anti-dandruff Shampoo

Here's one innovative home remedy that I found quite effective. There's not much to say here, since the active ingredients in 99% of all anti-dandruff shampoos can help annihilate nail fungus.

### How to use it

Buy a bottle of anti-dandruff shampoo, the type with selenium sulphide 2.5%. Cover your toenails, pushing it down the sides and under the nail. Put on your socks and leave all day or overnight if you are a bed sock kind of person. Treat it until the nail grows out.

*I have tried every treatment I can think of. I even went to Australia once for 3 months and wore sandals every day. Couldn't believe that some shampoo was all it took to get my nails back to normal. (Vincent, Seattle)*

Speaking of hair, don't you just hate it when you brush it and it just falls off? Everybody gets through such a problem, even teenagers. However, as we pass through life, our body gets tired, it loses its youthful capabilities. We end up with something called alopecia areata and we never know that we can handle it! If you experience hair loss, you should consider a natural treatment; it doesn't matter if you're a man or a lady, you are entitled to a beautiful hair!



And I'm not done with solving your problems for you! Did you notice the baking soda above? No, don't look for it now, you passed it a while ago. No worries, I just want you to know that you can smile whenever you want, because you can get a smile as bright as the stars. Not to mention that the book I prepared for you is full of recipes on this matter. Even if one of them does not satisfy you 100%, the next ones just might! They are all natural, so you have nothing to worry about.

And don't even get me started on the awesomeness of the three anti-aging products I have for you! All the recipes are natural and I strongly recommend you follow them. It's such a healthy way of managing your body's changes as you age.

Enough talk, let's act now! You can click [here](#)\*, and you will be automatically directed to a webpage where you can take what is yours!

\* In case you can't click on "here", you may access the following link: <http://thetruthaboutfungus.com/20x-youth-pro/>

## **Things You Must Avoid...**

There are a lot more natural remedies for toenail fungus out there, but I've found they either don't work that well or they're too much bother, so we haven't included them here.

Bleach and other similar substances may be popular home remedies for toenail fungus, but I strongly recommend you don't use it. The reason is simple: any chemical you use on your skin, including your nails, ends up in the bloodstream!

## Remedy and treatment application

It doesn't make a difference if you've just discovered your infection or if you've been struggling with it for a while. You're reading this because you're looking for something better, or at least something different from the mainstream medical treatments. Just as with all things, there isn't one cure that fixes all problems. I have successfully used all of the solutions in this book in my years of practice, and you can do it, too! The first challenge will be finding one that works best for you. The solutions that I used most often and found most effective were the ones that included vinegar, the garlic mix and spices.

The most important part in getting rid of the infection is applying the remedy. There are more ways in which you could do it, depending on how bad the infection is. If you have a mild infection, you can just soak your feet twice a day and see how it goes. Regardless of what I apply topically, I start by cleaning the area with a vinegar solution. If the infection is really bad, you'll have to find a way to keep the infected area soaked in the treatment over night and as much as possible throughout the day. Now, it really depends on what you do for a living and your daily schedule. However, you should be able to do it every night or during your free time. Make sure that you stick to it if you want to get rid of your infected nails once and for all.

As we've discussed earlier, the key is pH. Your body automatically adapts its level, so the only way to change an area or tissue is by changing its composition. This can only be done after extended exposure. Nobody said it's going to be easy, but you certainly can do it.

What you need to do is apply the treatment and let it moisten the area nicely. If only one finger is infected, make sure that you get a rubber glove. Cut the glove's fingers so they'll fit the infected nails and surrounding area. Fill them in with some of the solution you are using and wrap it with a rubber band around the infected finger or toe. Do this as much and as often as possible. Preferably, do this throughout the night, while you sleep. If there are more fingers affected, use some plastic foil in a similar fashion. Apply the treatment to the infected area and wrap your toes in foil. Leave it through the night and wash in the morning. The rubber glove or plastic applications of the treatments work best. Honestly, I could tackle even the worst fungus infections by using these simple methods.



## **Fungus FAQ's**

### **Can nail fungus be inherited?**

No, you can't inherit it from your parents. If your parents have it, you are more likely to develop an infection because you're living in the same environment where they got it. Other than that, there's no need to worry.

### **What if the infected area itches?**

Itching is a perfectly normal symptom. It means that something is happening around the infected area, namely that the infection is spreading. Applying the treatment should remove or replace the itch with a moderate burning sensation, which should also go away afterwards. This can happen in a matter of days or weeks, depending on how well your infection reacts to the solution.

### **What if the nail started changing color?**

In general, if the nail starts clearing out, it's a good sign. If your nail started changing its color and texture, you can expect it to gradually return to how it used to be. However, if the infection is deeper, the nail will have to be replaced. This means that it will first get darker and darker, before falling off. Once it's gone, continue to follow the treatment. In this way, you'll make sure that the new nail doesn't get infected as well.

### **What if the nail is getting painful?**

It's normal to feel pain. Some fungi cause the nail to get separated from the nail bed. If they manage to lift the nail just a bit, there will be enough room for a lot more to grow in that environment. This can be a painful process.

### **What if it's getting smelly?**

This can happen initially. However, it doesn't last very long. Of course, it depends a lot on what kind of infection you have. As a general rule, organisms that die and start decaying tend to smell very bad.

### **What if I have two different infections around my body?**

Sometimes this can happen. You might have an infection on your toe nail and notice something similar growing on your fingers. In this case, you'll have to monitor their evolution. You want to find out if their different types or just in different growth stage.

### **What if the nail starts swelling a lot?**

It really depends on some other factors as well. You'll have to be patient until it falls off, in order to assess how bad the nail bed is. This might take longer than usual, because when you have a fungal infection, the nail grows a lot slower.

## VI. Happy Feet, Healthy Body



How many times have you dreamed about having beautiful feet with smooth skin and perfect nails to go with them? If your answer is “Too many times.”, then you should continue reading this book and take one step further into achieving that irresistible goal. This is why I am here to share with you the complete recipe for the ideal feet.

“I got rid of the fungus. Why isn’t the cure enough?” you might ask. And it’s an entirely normal question. Now let me tell you a secret: You cannot expect to have healthy nails and skin, if you do not take care of the rest of your body.

I am here to tell you that you’ll need to do more to improve your overall health and aid your organism fight fungi, parasites and illness. And here are the best solutions for you!

### Detoxification

Many studies show that the vitamins, minerals, amino acids, chlorophyll and other substances in chlorella helps to detoxify the body.

***Chlorella*** is a single-cell green algae belonging to the phylum Chlorophyta that grows in fresh water. The whole plant is used to make nutritional supplements and medicine.



It is considered the "Green Magic" because Chlorella is a very powerful ingredient that stops the infection from spreading the instant it makes contact with the infected area.

Most of the chlorella that is available in the U.S. is grown in Japan or Taiwan. It is processed and made into tablets and liquid extracts. These extracts contain "chlorella growth factor," which I would describe as a water-soluble extract of chlorella containing amino acids, peptides, proteins, vitamins, sugars, and nucleic acids.



People also use chlorella for the prevention of stress-related ulcers, treatment of constipation, bad breath, and hypertension; it is also used as an antioxidant which reduces cholesterol and increases energy. It helps detoxify the body and it is as a source of magnesium to promote mental health, and reduce asthma attacks. Chlorella is applied to the skin for treating skin ulcers, rashes caused by radiation treatment and so on.

Chlorella is a good source of protein, fats, carbohydrates, fiber, chlorophyll, vitamins, and minerals. The reason I want to insist on this little miracle plant is that I am familiar with real cases of recovery. Let me tell you about Angela.

*Angela was the Math teacher of one of my boys in mid-school. A few years ago, she was diagnosed with Rosacea. It's a chronic condition characterized by facial redness. At least it starts like this, but it gets worse...*

*It can have devastating effects, both emotionally and physically, especially for a person who is surrounded with children on a daily basis. After she tried several conventional treatments, she found out about my herbal remedies research and I got a call from her asking for help. She sounded desperate, so I started investigating this right away. With a little help from my nutritionist friends, I managed to discover the root of this evil.*

*Angela had been on a diet with lots of sugar for years. Tests also showed the minerals in her body were far from keeping within an acceptable limit. This had weakened her immune system, allowing Rosacea enter her body. I suggested Chlorella for detoxification and she started adding it to her diet the next day.*

*After 6 months, her Rosacea had drastically improved, but most importantly, all her levels were normal and she became a very different person, more aware of the importance of nutrition, exercise and positive attitude.*

*She almost adopted natural medicine as a religion and she is feeling younger than ever. Chlorella is often included as part of a detox program that helps remove heavy metals such as mercury, cadmium and lead, and pesticides, such as PCB's, and dioxins, which accumulate in our bodies, causing many health problems.*

Now most manufacturers break down the thick cell wall mechanically or chemically to make it more digestible and absorbable. New technology that uses sound waves to crack the hard wall claims to be best method as it preserves the vital nutrients inside.

A few people find they get some intestinal discomfort when taking chlorella and they probably lack the enzyme cellulose that would help digest the fibrous cell wall. Cellulose can be taken as a supplement, which could help if you have this problem.

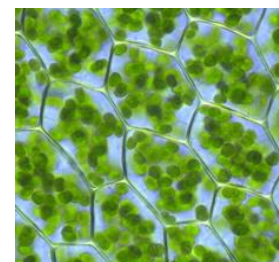
## **Chlorophyll – Easy, Inexpensive, Tasty and Healthy**

Chlorella contains over 12% chlorophyll, the largest amount in any plant gram for gram. **Chlorophyll** is the substance that makes plants green and photosynthesis possible – the process by which plants use the energy from the sun to convert carbon dioxide and water to glucose.

The chemical structure of chlorophyll is very similar to the “haem” (an iron-containing compound of the porphyrin class which forms the non-protein part of haemoglobin) in human blood. The only difference in the two is that chlorophyll has the mineral magnesium at its center and haem has iron in its center. When we take in chlorophyll from plants or from supplements, we not only increase the oxygen in our blood, we increase magnesium as well – a critical nutrient for overall health and wellbeing.

It seems that the detoxification effects are due to both the chlorophyll content and the substances in the cell walls as you can see in the image.

Chlorophyll carries oxygen, which rapidly improves blood oxygenation and helps cleanse the body. Its ability to bind to and remove toxic heavy metals - such as mercury - makes it an extremely useful health. Chlorella can also be used as a colon detox product. I'm telling you, chlorophyll is great for your body and since it increases your immune system, it's also effective in the prevention and treatment of nail fungus and athlete's foot.



## How much chlorella should I take for detoxification?

If you take 5 – 7 grams a day, you should notice significant changes in your energy and overall health. It is best to start with a much smaller dose and build up gradually, as you could initially get mild diarrhea or bowel discomfort such as gas or bloating.



Your body should adapt and you can gradually build up the dose. Take it divided into 3 or 4 doses before meals and at bedtime. The chlorophyll will make your stools go green so if they do not you are not taking enough!

**3 – 5 grams a day is a maintenance dose.** You may not notice significant changes, but your body should benefit from the nutrients and a slow gradual detoxification. To fight disease **10 – 15 grams a day is a better amount.** People fighting cancer have been known to take 20 grams a day.

Side effects from the detox of metals can be reduced by increasing the dose. The detox reactions come from the release of more toxins than the chlorella can bind so more is better not worse.

Chlorella comes in various forms from tiny tablets, capsules, powder to liquid forms often combined with other detoxifying substances. Taking the above amounts may mean taking a handful of tiny tablets.

It's true that many inferior brands of chlorella sold on the internet have been found to be contaminated with toxic metals and pesticides that seep into the water it is grown in.

Be sure to find one that is guaranteed free of these pollutants. It should be free of fillers, binders, coatings and preservatives. After all, it is a natural food. To get the best from using chlorella you should **take it for 6 – 12 months** and follow

a good healthy diet high in fresh green vegetables, some fresh fruit, whole grains, nuts, seeds and free-range grass fed meat if you are not a vegetarian.

## Caring for Your Feet

If several hundred tons of pressure seems like a lot to bear, that sum may help you appreciate how hard your feet work. An average day of walking brings a force equal to several tons of pressure to bear on your hardworking feet. That may explain why your feet are more subject to injury than other parts of the body.



The human foot is a biological masterpiece. It's strong, flexible and its functional design enables it to do its job well and without complaint, provided that you take care of it. However, foot ailments are among the most common health problems. Although some can be traced to heredity, many are caused by cumulative impact of a lifetime of abuse and neglect.

I can tell you that 75 percent of Americans experience foot problems at some time in their lives, but few seek medical treatment because they mistakenly believe that discomfort and pain are normal and expectable. A number of systemic diseases are sometimes first detected in the feet, such as diabetes, circulatory disorders, anemia, and kidney problems. Arthritis, including gout, often attacks foot joints first.

Several precautions and self-treating techniques can make an important contribution to your total health. Since you don't want to turn a minor problem into a major one, you may want to learn about common ills that affect the feet.

### 1. Blisters

Blisters are a very common thing and we come across them very often in our daily lives. It is a very common occurrence like cold or fever depending upon your lifestyle. The common forms of blisters are the ones wherein the blister is raised and filled with a liquid. These blisters can form on any part of your body, mainly hands and feet, where there is more friction.



The different types of blister are fever blisters, blood blisters, and friction blisters, which are the most common blister among the three. Fever blisters are formed around your mouth, chin, cheeks or nostrils. These can also be found in your mouth but are smaller than canker sores. Friction blisters are caused by friction by doing things with your bare hands, wearing a new shoe, due to heat, frostbite, chemical injury or friction. Blood blisters are mainly developed due to a smash or punching injury. This kind of injury thickens the blood between the skin layers causing it to be a blood blister.

## Self-Care Measures

The first thing to do for a blister, if it is due to burns, is to put pour or soak the injured part in ice-water. This will create an immediate response of defense and the blister will disappear in a few days the most.

If you have blisters on your feet, you can apply Vaseline or petroleum jelly all over your feet to avoid any friction before wearing your shoes. You can wear silk under socks to prevent blisters and save yourself from the agonizing pain. You can also rub baby powder on your feet. This prevents blisters from appearing on your feet.



## Home Remedies for Blisters

✓ You can provide a cool compress to the blister by soaking a towel in a mixture of salt and ice-cold water.

✓ Apply 10 percent tannic acid to the required areas of the skin, twice daily. Continue this for two to three weeks to make your skin stronger and healthier.

✓ Sweating causes further inflammation of the blisters. To get your feet dry, soak them in a mixture of Epsom salt and warm water. Do this by the end of the day for five minutes and later soak it dry for best results.

✓ You can treat broken blisters by applying few drops of Listerine to disinfect the wound. Listerine is a wonderful antiseptic.

✓ You can apply aloe vera gel or juice, vitamin E oil or zinc ointment on the blisters to alleviate pain. Garlic oil also helps in disinfecting the infected blisters.

✓ Dab blisters with witch hazel at least four times a day. This would relieve pain and also help in drying process of the blister due to the presence of astringent tannins.

## 2. Bunions

A bunion is a bony lump on the side of the foot at the base of the big toe. This may be an isolated problem, but it is often associated with other problems such as the shape of the foot.



The most common cause of bunions is **footwear** that does not have enough width to fit the toes in their natural position. High heels are particularly to blame as they squash the toes into the narrowest part of the front of the shoe.

Apparently, this is why they are more common in women than men, but a tendency to get them can run in families. They are occasionally associated with arthritis of the joint at the base of the big toe but many people with bunions have no underlying joint problems.

There are very few occasions where bunion surgery is the only option. The main alternative to surgery is to adapt your shoes so that they fit comfortably. The options depend on how severe the bunion is. Using extra-wide-fitting shoes from a good-quality shoe shop may be enough.

If not, my advice is to try stretching shoes or order a custom-made pair to fit the shape of your feet comfortably. These shoes are not usually particularly fashionable, but they avoid all the risks of an operation and are almost always an effective treatment.

Most bunions will get worse with time. Wearing sensible footwear will usually prevent them from getting rapidly worse. The skin over the bunion can become inflamed where it rubs on the inside of the shoe. Very occasionally it can get infected and cause an ulcer. Aching in the foot is common but this is due to other related problems with how the foot works rather than the bunion itself.



### 3. Corns and Calluses

As active adults begin shopping for sandals, embarrassing and uncomfortable foot problems can take center stage. Dry cracking heels, corns and calluses may mean it's time for some foot care before donning new foot ware.



Corns and calluses are the most common conditions on the skin of the foot. A corn, which is a thickening of the outer layer of skin, usually occurs on the tops of the toes and in areas with increased pressure or frictional forces.

Calluses, which are the same condition on the bottom of the feet, can occur around the back of the heels and are generally due to the lack of elasticity and moisture content of the skin. A dry cracking heel (xerosis) is a condition of thickening and fissuring (cracking) of the skin on the bottom part of the heel.

Over-the-counter items such as an exfoliant cream are also helpful for the prevention of cracked heels. Exfoliants remove dead skin cells on feet, hands and other problem areas, leaving skin feeling smooth and radiant looking. Here are some examples:

- ✓ Special rehydration creams for thickened skin
- ✓ Protective corn plasters
- ✓ Customized soft padding or foam insoles
- ✓ Small foam wedges that are placed between the toes to help relieve soft corns
- ✓ Special silicone wedges that change the position of your toes or redistribute pressure.

### 4. Foot Odor

Foot odor, also known as "bromohydrosis", is the result of the interaction between perspiration and the bacteria that lurk in your shoes and socks. The foot and hands contain the most sweat glands than any other part of the body (about 3000 glands per square inch). Inside the shoe the temperature reaches sometimes 102 F.



So, this temperature, combined with the moisture generated by the sweat glands constitutes the perfect environment and a fertile breeding ground for the bacteria responsible for your smelly feet.

The bacteria that are often found in foot odor are usually corynebacterium and micrococcus species. They produce the isovaleric acid which is the main substance responsible for the smelly feet. So, successful treatment of foot odor depends on eliminating the organisms.

Foot odor can also be caused by an inherited condition called hyperhidrosis, or excessive sweating, which primarily affects males. Stress, fluid intake and hormonal changes also can increase the amount of perspiration your body produces preventing foot odor.

Smelly feet generally can be controlled with a few preventive measures. Follow the tips below and you'll be in the clear:

- ✓ Maintain good feet hygiene; this way you keep the bacteria population to a minimum level.
- ✓ Change your socks and shoes at least once per day.
- ✓ Wear thick; soft socks made from cotton to absorb the moisture away from the feet and under don't wear under any circumstances nylon socks.

## Tips and Home Remedies to Beat Foot Odor



You take care of your feet by washing them regularly. You change your smelly socks at least once a day. Your shoes are well kept. But in spite of all this, your feet stink. Sometimes the condition is so bad that by simply removing your shoes, people around you know that you have smelly feet. The condition can be embarrassing, especially in public. By following some simple tips, you can take care of your feet and avoid the problem of smelly feet.

### 1. Apply tea to the area

Using a soak made from tea bags and applying it to your feet will eliminate the problem of smelly feet. This is because the tannic acid from tea tans the skin. Take a couple of tea bags and boil them in a pint of water for 15 minutes.



Then remove the tea bags and pour the pint of this strong, hot tea into a basin or a large pot and fill it with two quarts of cool water. Soak your feet for 30 minutes daily for seven or ten days and you will not experience the problem any longer.

## 2. Go for an antiperspirant

There are special foot deodorants to remedy the problem but they can be quite expensive. But you can go in for any underarm antiperspirant, which is a cheaper alternative.

Go for a roll-on that has aluminum chloride hexahydrate as the active ingredient. Use it twice a day. But avoid aerosols since all their smell is dissipated in the air.

## 3. Powder

Before wearing your shoes, you can dust your feet with baby powder to minimize sweating. **Rub your feet with one or more of the following powders.** Do this between your toes as well. This is what most foot powders and sprays contain to combat foot odor:



- ✓ Talcum powder. It's an astringent, so it'll dry out your feet.
- ✓ Baking soda – this creates an alkaline environment that's not bacteria-friendly.
- ✓ Corn starch. This helps absorb sweat.

## 5. Heel Pain and Spurs

Most heel pain goes away in a short period of time, either on its own or after treatment. In some cases however, the pain will usually spread around the heel if left untreated.



Treatments that are used to reduce heel pain seem to bring only marginal gains over no treatment and control therapies such as stretching exercises. The pain in your heel should go away by itself with time, but until then you might want to seek treatment for the pain. Treatment of heel pain starts with resting the foot.

There are numerous sock supplies for people suffering from heel pain. The patented sock supplies support for the treatment of plantar fasciitis, commonly referred to as heel spurs or heel pain syndrome. The clear polymer gel self-adjusts to fit your unique foot contour, absorbing the painful foot shock that aggravates heel pain and heel spurs. If, after several months of non-surgical treatment, you continue to have heel pain, do discuss the situation with your doctor, because your heel pain may be caused by other factors and surgery can be considered.

## Steps to Self-Care

Several steps can be taken to care for a painful heel/spur at home. However, swelling of the heel is not common and, when associated with painful medial-lateral compression of the calcaneus (the large bone forming the heel), it may suggest a stress fracture. If you follow these steps carefully, most painful heels will clear up.

- **Taping** – Athletic tape is applied to the plantar fascia (the thick tissue on the bottom of the foot), reducing tension by preventing the fascia from stretching. The tape is strapped from the heel to the base of the toes. Tension is maintained by the tape, thus allowing the fascia to rest and heal. The tape has to stick to the skin for it to work due to the tension being transferred through to the skin. Specific athletic tape should be used. Podiatrists recommend that the tape be applied every morning and removed every evening to allow the skin to breathe.

- **Shoe Inserts** – Shoe inserts are by far the most effective treatment used to manage plantar fasciitis (pain and inflammation of a thick band of tissue, called the plantar fascia). They help reduce stress at key weight points. Keep each foot properly aligned and cradle, which stabilizes your heels. A strategically placed heel insert made of foam absorbs the pounding foot shock of each step.

- **Rest** – Initially, you should decrease any strenuous activities, such as sports and long walks to allow inflammation in the fascia to decrease.

- **Ice and Heat** - Proven therapy for plantar fasciitis by alternating application of heat and cold coupled with massage works wonders to relieve pain, reduce swelling and promote healing. Use ice pack in morning and heat pack in the evening.

- **Night Splints** – Heel pain night splints maintain the ankle in an upward position and toe extension, creating a constant mild stretch of the plantar fascia that allows it to heal at a functional length. Slip on the bootie and adjust the dorsal flexion (amount of tension) to pull back the toes towards the ankle.

- **Stretching** – One of the most effective treatment options for plantar fasciitis is stretching. Tightness in the plantar fascia occurs if the Achilles tendon and calf muscles tension increases. Tightening in these muscles increases dorsiflexion (upward movement) of the large toe which stretches the plantar fascia causing it to inflame.

The heel spur is a-symptomatic (not painful), the pain arises from the inflammation of the plantar fascia. A true heel spur tends to be painful during its early development, when little or no x-ray evidence is present. It is recommended that you get an over-the-counter product that support the arch of the foot or help support and comfort painful heels.



## VII. Foot Care and Hygiene



So far, you have seen that your feet are two of the most abused and often used parts of the body, with all the walking and running that you do every day. However, many aren't aware of this advantage and strangely enough, most often people would treat their feet as if they weren't part of their body. That is, they somehow take their feet for granted and neglect some basic rules that normally ensure foot health.

Thus, when it comes to our health and beauty routines, feet and toenails often get neglected. No matter what the season is, it is always important to keep your feet and toenails in tip-top condition. Good hygiene, pampering them to heal soreness and calluses and getting medical attention when necessary should be of great concern for all of us, men or women.

Susceptibility to foot diseases is somewhat arbitrary and depends on many such things as: skin sensitivity, family history, personal care, footwear, and so on. Most often we don't think about it until it's too late.

## Easy Steps for Foot Hygiene

Maintaining good foot hygiene is an important part of personal care. By taking care of your feet, you can prevent fungal infections like athlete's foot and other common foot ailments that affect so many people. All you need to do is spend a few minutes every day cleaning and caring for your feet.

Your reward will be a higher sense of personal comfort and confidence, and also feet that looks and smells great. The good news is also that looking after your feet can prevent most of foot problems.

### **Step 1 – Make sure to wash your feet daily**

It is important to clean your feet every day with warm water and soap. Avoid harsh soaps that irritate the skin and strip it of moisture. Hot water must also be avoided for the same reason. Scrub gently, and wash thoroughly. Take the time to scrub between your toes as well. Feet tend to get dirtier and sweatier than other parts of the body, so it's important to have good sanitary habits.



If you take showers in the morning and not at night, at least make foot-washing part of your nightly routine, when you get home. Aside from being a mark of good hygiene, doing this also stops you from carrying dirt into your bed.

✓ Wash them with soap and warm water. This will cleanse your feet of sweat, dirt and bacteria that might be living there. Pay extra attention to the spaces in between the toes. Wipe your feet gently with a towel afterward.

✓ Keep your toenails clean as well. If you walk around wearing sandals in the summer, you might find that your toenails get dirty. Take the time to clean them every time you bathe your feet.

## **Step 2 - Wear the right footwear for the occasion**

Your feet will stay healthier if you wear proper footwear designed to keep your feet clean, dry and at a comfortable temperature. You dress the rest of your body to stay comfortable in different weather conditions, and you should do the same for your feet. Choose footwear that you are comfortable in. If your shoes are too tight, your feet will sweat more. This makes the feet more susceptible to fungal and bacterial attacks.

✓ Keep them cool in the summer with sandals and footwear that breathes. If you wear shoes that make your feet hot in the summer, you could end up with odor or a fungal infection.

✓ Keep them warm in the winter with waterproof boots and socks. If you wear shoes that don't keep your feet warm enough, you're more prone to getting frostbite.

## **Step 3 – Wear Cotton Socks**

Avoid synthetic material on your feet, as they restrict the flow of air. Cotton or woolen socks are the best choices, as they let your skin breathe.

These materials are also absorptive, which makes the sweat more manageable.



## Ladies, Play It Safe at The Nail Salon!



Concerns about feeling good probably contribute as much to this trend as concerns about looking good. Tired and sore feet have become more commonplace and so has the concern with healthy feet.

Ever left a nail salon with more than you bargained for – an infection? Some nail salons are havens for bacteria and germs, and a small cuticle cut can cause a serious fungal infection if proper hygiene techniques are not followed through.

The health risks associated with salons, according to the American Academy of Dermatology, include bacterial infections; fungal infections like athlete's foot, nail fungus and yeast; and viral infections. Become aware of your salon's surroundings and sanitary procedures to keep your experience pleasant and healthy! Here are a few tips on what to look for during your next salon visit:

✓ **How are nail tools, such as clippers, cuticle scissors and files sanitized?** Heat sterilization or chemical sterilization with a germicide and fungicide is preferred. Some salons take extra precautions by using freshly unwrapped nail files for every client.

✓ **Are you receiving a thorough scrub?** Nails should be soaked and cleaned with soap before the service begins. Also, make sure the soap bin has been cleaned well.

✓ **Outer appearances matter.** A neat and organized space can reveal a lot about the salon's practices. Also, find out if your salon is operating under current licenses and that technicians are properly licensed and trained.

✓ **When you pick out the polish color, wouldn't you prefer it to be unopened?** Many salon patrons are concerned about unsanitary tools, but what about the hundreds of people who use the same nail polish?

I also want to underline the idea that sanitizing instruments is only part of the solution. Using a clean, fresh bottle of nail polish will ensure your nails are kept sanitary. Nail polish should be treated just like a toothbrush and I certainly wouldn't want to share my toothbrush with anyone. As with any other treatment, you should take proper precautions. Not all pedicures are safe, nor do they all give good results.

## Saying Goodbye to High Heels

Girls love high heels because they give to image sexy and eye catching look. Men love to see high heels even more. I am sure that every woman has a pair of sexy high heels in her wardrobe for special occasions. The reason why I mentioned only for special occasions is that along with attractiveness and style, high heels can be very bad for your feet. This can become a serious problem.



High heels push the center of gravity forwards and upwards so you have to constantly change your posture to keep your balance. They increase the changes in length that a muscle goes through when you walk and the strain goes through the tendon joining the muscle to the bone.



Women who wear heels for years develop such chronically short muscles and tendons that when they try to wear flat shoes again their calves hurt. Studies have also suggested high heels increase the risk of arthritis.

Another serious problem is damage to bone structure. If you still wear high heels try not to be on feet for a long time. Calluses, blisters, bunions, and ingrown nails are all common among high heel wearers. If you have bought high heel shoes try not to wear them outside; instead practice walking on them at home. This trick will help you to stay away from blisters. So, it's better to make sure you feel comfortable wearing your shoes.

## **Gentlemen, Choose Your Shoes Wisely!**

Nail fungus can happen to you, if you're not careful and buy the wrong pair of shoes. Let's take a look at what is the best way to choose the perfect pair for you, especially if you're an athlete or just enjoy sports once in a while.

I would advise that you try on shoes in the afternoon when your feet are the largest. In this manner you are assured that you have selected the perfect fit for your feet. If you can't avoid shopping for shoes in the morning then it would be helpful to bring some socks or wear socks when trying on shoes. With the socks, you are giving some room for allowance.



If you don't have high quality running shoes, you are on your way to the foot doctor, the knee doctor, or the hip doctor. All feet roll inwards as the ball of the foot touches the ground. You will need to look at the duration and location of your runs, your foot type and your gait, and also where you should buy your running shoes. It is important to make sure that the sole flexes easily where the foot flexes. Getting to know different types of trail running shoes before buying is helpful.

The rule of thumb or average thought of consideration when buying these runners is to understand that a trail runner is usually used on a path, in an area that has a rougher terrain than the average city or gym runner would experience. You'll find that trail running shoes have a low or lower heel than average runners. For this



kind of running, you will need to find the best trail runner to suit your individual needs.

A basic pair is perfect for those who are running less than 10 miles total spread out over a few days in the week. A good pair of running shoes can be an important investment that can vary in style and function. If you check a few things while purchasing discounted women's running shoes, you can easily find the right pair for you. The key components of a perfect pair of running shoes are cushioning, stability and durability.

Finding the perfect pair of running shoes is part science and part art, with a healthy dose of research thrown in. This is the key; there is no one best pair of shoes for everyone.

A running shoe needs to absorb shock and control motion, while also offering flexibility and durability. Shoes with motion control are especially recommended for women with flat feet. A shoe with control provides a good grip while the woman is in motion or halting, thereby reducing foot injuries and falls.

Running shoes have gained a fair amount of popularity. Many companies do market studies, see what type of shoe you are most likely to buy, what you do not appreciate, to mention two considerations. They have broken the choices down to shop by foot type or by the type of shoe you prefer, referring to cushioning or lightweight.



Popular brands like Adidas, New Balance, Nike and Reebok often offer good discounts to dispose of their old stock. Nike Air was the first to incorporate an air bubble into the heel of the shoe.

It's imperative that you don't purchase shoes that are too tight for you because this can create foot problems. Be kind to your feet and leave plenty of room for some slight movement. Most people experience having slightly deformed feet due to using the wrong size of shoes. Once you have made up your mind, don't hesitate on buying on that pair.

## What shoes do you wear?

The most often use natural material with ideal proprieties is leather. The following types are most used: cow hide, pigskin, goatskin, horse leather, calf leather, reptile leather. Leather is breathable, soft, absorptive, and adapts to individual feet shapes well.

Plastic shoes have been around for years, but lately over 35 companies have turned them out. But plastic has mostly been used for cheap shoes because it does not breathe like leather and usually makes feet hot and uncomfortable. Good shoes are the ones that feel most comfortable and keep your feet dry and cozy. Here are the most commonly used leather types which are best suited for shoes:

- ✓ **Smooth leather:** textured surface with small pores, matt or shiny.
- ✓ **Patent leather:** smooth and high-gloss surface, obtained by applying a layer of enamel to the leather. The surface is susceptible to mechanical damage, chemical corrosives, moisture and frost.
- ✓ **Nubuck:** leather sanded on the hair side. Buff nubuck (a special category) is very fine nubuck, on which even fine contact with fingers or other objects leaves traces, which can be brushed out.
- ✓ **Suede:** leather sanded on the flesh side, less durable than nubuck, with hair on the surfaces.
- ✓ **Sole leather:** type of cow leather used to make soles. Very sensitive to moisture and uneven surface.

✓ **Coated leather:** leather coated with a thin layer of another material, such as polyurethane. This ensures durability and easier maintenance, used especially on sports shoes.



## Choosing the right shoes:

Finding the right pair of shoes seems like a simple thing, but with the advent of specialized footwear for a host of activities, and new technological advances in material and production methods, this is not necessarily true anymore. Here are some ideas that may help you select the best shoes for your particular needs. As important remains to make sure that the shoes you are wearing provide the best protection against nail fungus and other foot diseases.

### 1. Identify the activity you will be engaged in while wearing your shoes

Obviously, you will not want cowboy boots on if you are headed to the beach, but on the other hand, flip-flops are not appropriate in a pasture full of cattle. Here are some general suggestions for activities paired with suitable footwear:

✓ **Hiking:** Low cut boots, or brogans, with sturdy uppers, good ankle support, traction soles, and sufficient arch support.

✓ **Cold-weather outdoor activities:** Look for traction again, and consider insulated and possibly water repellent boots, especially if you expect to be walking in snow or slushy ice. Be sure the boots are large enough for a good pair of thick socks. You may want to consider more than one pair of socks, instead of insulated boots, since multiple layers will keep your feet warmer, but if the temperature rises during the day, you can remove a layer so that your feet don't sweat too much.

✓ **Athletic shoes:** This is one of the most diverse lines of footwear, with specialized shoes for almost every sport, such as tennis, golf, basketball, soccer, skateboarding, and even bowling, so you will probably be better off talking to a knowledgeable sales person at a shoe store to find the most suitable type for a specific need.

✓ **Dress shoes:** Here, style may be the primary concern, but you should consider how much walking will be involved in your plans, and choose shoes that are comfortable. For men, generally black or brown shoes will work with most business or evening attire, but ladies will most likely want to find a brighter color and a medium high heel.

## **2. Look for shoes that offer sufficient arch support**

Our feet carry a load with each step we take, day in and day out, and the arch of the foot is a mechanical marvel that acts as both a shock absorber and balancing mechanism, and being sure to keep it supported will help maintain its health.

## **3. Think about the material the soles and uppers are made from.**

Soft soled shoes are generally quieter and more comfortable than stiff, inflexible soles. Some very hard soled shoes will mark hard surfaced flooring like vinyl composition tiles, and in some instances, such as hospital environments, the tapping of hard soles can be disturbing to people in the workplace, as well as patients.

Most shoes are traditionally made from leather, but there are many grades and types of leather, and each has its own distinct characteristics. Suede don't require polishing, as do patent leathers, and very fancy shoes may be made from exotic animal skins, even alligator or ostrich skin. Many people are reluctant or refuse to wear any shoes or clothing made from animal products, so synthetic materials or natural fibers will be their preference.

## **4. Have your feet properly measured for shoes to fit correctly**

This means looking at the length *and* width, and here, there is no substitute for the help of an experienced shoe salesman. Not all feet are created equal, and

many people find that their feet are not symmetrical, which may even mean buying a different sized shoe for each foot.

## 5. Don't let price be the sole criteria for your selection

Cheap shoes will not last as long, or be as good for your feet, as will more expensive, better quality ones.

## 7 Healthy Habits to Prevent Toenail Fungus

**1. Clip your toenails correctly.** Cut your toenails with properly sanitized nail scissors or clippers and make sure to cut them straight across. It's fine to use a nail file to gently file any sharp edges.

**2. Wear properly fitted shoes.** Shoes shouldn't be touching your toenails in any way! Andersen says. So, it's best to avoid sliding into shoes that are too big and jamming your toenails into the end of the shoe.

**3. Choose breathable footwear.** The more air that's able to circulate around your feet, the drier and less susceptible to toenail fungus they'll be. Your best bets: Shoes made of a breathable material like leather or canvas.

**4. Alternate your shoes.** Putting on shoes that are still damp from yesterday's sweaty workout will only increase your risk of a toenail fungal infection, so invest in a few good pairs and rotate them. Don't wear the same pair of shoes two days in a row.

**5. Avoid going barefoot in public areas.** I have mentioned this before, but it goes without saying that locker rooms, public pools, showers, and similar areas are loaded with fungi just waiting to get to your toes. Always wear flip-flops, sandals, or shower shoes in a moist environment.

**6. Disinfect regularly.** Spray your shoes with an antibacterial spray, especially if you've worn them without socks, and wash all socks in hot water with bleach to kill any fungi.

**7. Sprinkle your shoes.** Use an antifungal powder to keep fungi at bay. Sprinkle the powder inside your socks and shoes before each wearing to prevent the growth of fungi and spores. This is especially important in hot weather when your feet tend to sweat more.

## **VIII. Show Off Your Beautiful Feet**



Healthy feet are an important part of the overall well-being. As you have seen, the quality of your life will most probably be influenced by your feet. Besides a regular pedicure, there are several methods for grooming and pampering feet. Most of these can be done as a professional pedicure or even a home pedicure, with the exception of some of the more unusual ones.

Some treatments involve covering the feet with melted wax, while others include a massage with oils and hot stones. Individuals can also opt for a miniature pedicure, French pedicure, or margarita pedicure. Eccentric or not, some pedicures are slightly unusual and involve soaking the feet in things like fish tanks, chocolate, or wine.

Paraffin treatments are other popular types of pedicures and manicures. During a paraffin pedicure, the feet are covered with several layers of melted paraffin wax after a thick moisturizer is applied. The feet can either be dipped into the wax, or the wax can be brushed onto the feet with a brush. After it dries, it is peeled away. A paraffin pedicure is known for being very moisturizing, and people with very dry feet will often benefit from them.

Manicures and pedicures are spa treatments that leave your hands and feet feeling clean and soothed and you feeling pampered. Choosing the correct type of manicure and pedicure enhances your salon experience. There are different types of



treatments, and each salon may vary its services. To be certain about the service you are receiving, ask the nail technician for a description of each.

## Regular Manicure and Pedicure

A regular pedicure is one of the most common types. This usually involves soaking the feet in warm, scented water for a period of time. Rough calluses are then sloughed away with a pumice stone, and the toenails are trimmed and filed. Moisturizer is applied, usually during a foot massage, and polish is then applied to the toenails.



Regular techniques provide the most basic nail care at a salon. Your fingernails are cleaned, clipped and filed. The nail technician moisturizes your hands and polishes your nails with a base coat, a main coat and top coat. During a regular pedicure, you soak your feet in a warm tub of water.

The nail technician scrubs your feet to rid them of any dead skin or imperfections. The technician clips and files your toenails and briefly massages your legs and feet before applying a soothing lotion. Your toenails are painted with a base coat, main coat and top coat of polish.

## French Manicure and Pedicure

The French manicure and pedicure is chic and classic. Your hands and feet are treated the same way as they are during a regular manicure and pedicure. The technician applies a polish in a neutral translucent color, such as a clear white or pale pink over the entire nail, followed by white polish on the tips of the nails. This style of manicure and pedicure mimics and enhances the look of natural nails.



## Spa Manicure and Pedicure



A spa manicure is a longer and more involved treatment for fingernails and toenails than the regular manicure. While it involves the same process as a regular manicure and pedicure, the process finishes with an additional treatment depending on the salon. A glycolic exfoliation or a paraffin wax treatment may be offered as a treatment. *Glycolic exfoliation* uses the powerful properties of glycolic acid in a cream or gel to dissolve and remove dead and damaged skin cells...

A paraffin wax treatment involves dipping your hands in a warm paraffin wax solution, then covering your hands in plastic bags, and then in gloves." Either treatment exfoliates your hands and feet, leaving them soft and smooth.

## Gel or Shellac Manicure and Pedicure

A gel manicure or pedicure involves a special polish that does not chip for at least two weeks. Your nails are clipped and filed, and hands and feet are moisturized as in a regular manicure or pedicure. The gel polish is colored, which looks and goes on like regular polish.



**Before getting a gel/shellac manicure and pedicure, make sure your nails are healthy and fungus-free;** otherwise, treatment may prove much more difficult.

After each application of each coat - base, main and top - the nail technician puts your nails underneath a UV light to dry the gel, a process known as curing, for

30 seconds to a minute. Nails are completely dry after this process. Salons may offer either gel polish or shellac.

Shellac is similar to gel, but is usually priced a little higher because the polish is formulated in a different way than regular gel polish. Shellac takes less time to remove, though there are no noticeable differences between them. The removal process can be done at home or at the salon and involves wrapping the nail in acetone using a special nail wrap or cotton ball soaked in acetone and secured with aluminum foil. After a few minutes, the polish is loosened and easily peeled off.

## **Stone Manicure and Pedicure**

A hot stone manicure and pedicure involves all the treatment of a regular manicure and pedicure but with the addition of heated stones the technician places on your hands and feet. The hot stones provide relief for overworked hands and feet. Stone pedicures are usually more of a massage.

This type of pedicure involves oil being massaged into the feet and lower legs with hot stones. The toenails may also be trimmed, filed, and polished as well



## Margarita Pedicures

Just the word Margarita makes most people feel happy. Margarita pedicures are also becoming increasingly popular. They usually begin with the feet being scrubbed with a coarse salt scrub. Limes are then added to the water that the feet are soaked in, and lime moisturizers are also used.

There are many benefits to using all natural scrubs. Our skin is our largest organ and whatever we put on our skin ends up in our bloodstream. **By using natural products you are sparing up to 200 chemicals from entering your body a day.** Also, natural body care products are environmentally friendly.

**Limes:** The vitamin C found in limes applied to the skin provides antioxidant and disinfectant properties. Also, the protein acids in limes work as exfoliators and can reverse the signs of aging. The limes soften the skin making calluses easier to remove. The smell of citrus in aromatherapy has proven to increase happiness and energy.



**Tequila:** If you have ever used a recipe in which you marinated meat in alcohol, you can appreciate how it tenderizes meat/ flesh. Of course alcohol has been used as a deep cleaner and sanitizer for as long as I can recall. The alcohol also helps exfoliate and opens pores.



**Sugar:** Although salt is normally used on the rim of the margarita glass, and can be found in scrubs, you can substitute it with sugar. The texture of the sugar serves the same benefits in exfoliation of the epidermis by sloshing away old skin cells. The result: supple smoother skin. However, unlike salt that dries your skin, sugar hydrates your skin, pulling moisture to your skin.



Chocolate and wine pedicures are also considered somewhat usual. These involve soaking the feet in chocolate or wine, respectively. These, however, are usually only offered in high-end salons and spas.



## IX. Recommended Products

There are a lot of products that you can use along with what I have already thought you. However, you should read the indications that come with them very carefully, as they might have side effects that could be detrimental to your health. If you suffer from diabetes, respiratory diseases, skin allergies or any other conditions, make sure that you choose the product that won't harm you. Moreover, if you are pregnant, take an extra look over the prospect of the product, just to make sure that it won't affect your pregnancy.

### 1. ZetaClear Toenail Fungus Treatment

ZetaClear's dual acting formula attacks your nail fungus directly at the root, right underneath your nail, which can produce tremendous results. Moreover, it is extremely easy to apply. You probably know that most treatments require that you devote a lot of your time. With ZetaClear, you can literally apply it in the morning within 30 second while you're putting your socks on.

Combine it with the other natural remedies you've already learned about and you could possibly get your nails completely clear of nail fungus within 2 months. If your infection is really bad, expect a 4 to 6 month treatment time.

**You can purchase the ZetaClear treatment by simply following this [link](#)**





## 2. Thermal Spa Professional UV Gel Light Nail Dryer

Use this UV nail light along the ZetaClear or any of the other treatments that I have recommended you and watch your nail fungus melt away before your eyes. Combining the UV light with ZetaClear can lead to results equivalent to a professional laser nail fungus removal surgery....for ¼ the price!

You can purchase one from this [link](#)



## 3. Listerine Mouth Wash

Yes, it is a mouth wash! However, you may not know that it is also famous for its anti-fungal properties.

Simply get a Tupperware container large enough to fit your foot in and fill it up with Listerine until your nails are completely submerged under the liquid. Soak your nails for 30-45 minutes every day and repeat the process for up to 2 weeks after your nails are entirely free of nail fungus. Make sure that you replace the liquid daily.

Here's a good deal for Listerine 2 pack:



## 4. Puriya Wonder Balm

This formula contains potent anti-fungal, antimicrobial properties that control itching and inflammation. It stops irritation and inflammation areas while also preventing further spreading. Apply it daily after washing your feet to build defense and prevent future flare-ups.

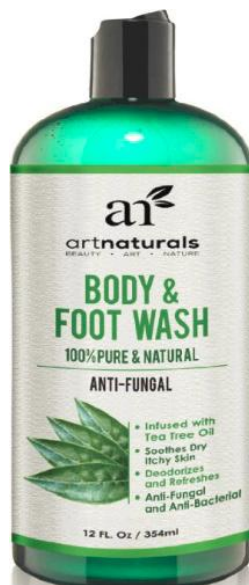
You can purchase it from [here](#)



## 5. Artnaturals Antifungal Soap with Tea Tree Oil

This body wash is infused with natural oils that will hydrate and treat your feet. Use it to wash your feet two times a day and combine it with a cream for maximum results.

You can purchase it from this [link](#)



## 6. Miconazole Nitrate 2% Antifungal Cream

If you combine this cream with what I have already taught you so far, you are going to get rid of your fungus in no time. Apply it using a Q-tip around the skin and infected regions of your nail.

[This powerful anti-fungal cream](#) is what I recommend you.



## 7. Probelle Natural Fungal Nail Treatment

This nail treatment uses Lauric Acids extracted from Coconut Oil to restore the look and feel of nails affected by fungus. Moreover, it brings them back to their natural color and softens them in only a few weeks.

You can get it [here](#)



## 8. Epsom Salt Foot Soak

This foot soak is a blend of 100% Tea tree oil, Epsom salt and sea salt. It is excellent for athlete's foot, nail fungus, and softening calluses. It relieves sore aching feet, leaving them renewed and relaxed. It soaks away stubborn fungus and bacteria and eliminates odor, itching and inflammation.

**You can purchase by following this [link](#)**



There are a lot of other products that you can choose from. However, these are the ones that I strongly recommend as I know for sure that they have tremendous results. Remember not to rely only on them. Use them along with the natural remedies that I have thought you about in order to benefit from maximum results and get rid of the fungus for good!

## **X. The Careful Foot Can Walk Anywhere**



Not only you know how to take care of your feet, but now you know the perfect remedies for your infected toenails and you can easily eradicate any skin infections in just a matter of minutes.

You have learned the means through which you can keep your skin clean, but you are also able to enjoy the benefits of a simple and easy detoxification program that will make wonders to your health. You no longer need to be ashamed about your skin infection, or the possibility of having your toenails infected with fungus every now and again.

If you believe that the medicines prescribed by your doctor may indeed help you and you can forget all about the toenail fungus, then please go see your GP. Remember though, that when all of those drug prescriptions fail, you still rely on an alternative that is sure to not disappoint you and show you that you can live a happy and normal life and get rid of the pain induced by a crumbling and falling nail.

Remember that unless you take action against this fungus, it will fester and thrive in dark and sweaty environments. It seems as if there is no escaping it: the more you will try hiding your fungus affected toenails, the worse it will get. However, if you uncover your feet, people will make fun of you and you will suffer even more. It is, in fact, a lose-lose situation, but only if you fail to do something in this regard. Trust me, been there, done that.

As I am sure you have already discovered buying overpriced creams that never seem to be effective or excruciating surgery pain are not options for you. You can do better than that, but most of all, you can now trust someone who has been in your shoes.

Pills are also ineffective; the pharmaceutical industry recommends a tone of pills, because that means a steady flux of money for them. And worse, those pills suggested by your doctor might even make your mycosis more resistant to medicine. So, I am asking you this: what is the point of pumping useless drugs that have a multitude of negative side effects, when you can simply use natural remedies that will not make a whole in your pocket?

By following the recommendations in this book, you will forget all about the yellow nails, the embarrassment and the blunt remarks thrown in your face and you will be able to create perfect memories by the pool or at the beach. You will no longer be the laughing stock of those around you.

Trust me, I speak from experience when I say that being mocked by strangers and even some of my friends because of my crumbling nails was harsh. Whenever I used to go on camp with my friends, during the summer, I would almost never take my socks off. Even though I don't like to admit it, one thing is for sure: in the 21<sup>st</sup> century people are judged by how they look. Kids can be mean, but adults are even meaner.

Therefore, take this matter into your own hands and act now! In less than 10 minutes, and from the intimacy of your home you will be able to solve this nasty problem. You will become more confident and experience a whole new, improved life. Why should you suffer when you can enjoy a brighter and healthier life?

Oh, and before I forget, I want to take this last moment to remind you, in case you passed them by to read the whole book uninterrupted, that you can acquire any of the packages, or even all of them, depending on your needs, by clicking on the links below:

- **20X Youth PRO:** <http://thetruthaboutfungus.com/20x-youth-pro/>
- **Healthy Feet System:** <http://thetruthaboutfungus.com/healthy-feet-pro/>
- **Instant Slim Protocol:** <http://thetruthaboutfungus.com/instant-slim-protocol/>

Godspeed!