

WAR ON TOENAIL FUNGUS

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INTRODUCTION

Toe nail fungus is a phrase often used to refer to a common type of fungal infection - an infection where a fungus has somehow gotten into a toenail and begun to grow there, causing discoloration, disintegration of the nail and, frequently, considerable discomfort. Although there are many species of fungi in the world, only a relatively small number of them are capable of living and growing on human nails. Most of them belong to a group collectively known as dermatophytes: these fungi typically live on hair, skin, and nails and spread from person to person. A few others belong to the saprophytes, fungi that live on decaying organic materials in nature and sometimes infect nails more or less accidentally.

Invading fungus in nail and skin is fairly common - more than ten percent of the North American population suffer from such an infection, with the risk increasing with age. While fungal invasion of a fingernail does occur, toe nail fungus is much more common, probably because feet have more contact with damp earth and floors, are washed less frequently, and spend more time in enclosed, humid coverings such as shoes and boots. Fungal nail infections tend to start in a toe nail and then spread to other toe nails, skin, and finger nails secondarily.

Risk factors for acquiring a toe nail fungus include injury to the nail or the skin around the nail. Cuts and scrapes, hangnails, ingrown toenails, dry cracked skin and damp conditions all provide a route of entry into the skin and nails, as will toenails that are damaged or deformed due to recent or prior injury. Nails that have lifted away from the nail bed are particularly susceptible. Public swimming and wading pools, public showers, and shared footwear are all likely places to come in contact with a Dermatophyte. Saprophytes are more likely to come from soil, decaying leaves or other organic material in the environment. In salons, fungus in nail clippings and filings or on manicure or pedicure equipment is a documented source of infection in people who use these services.

Once established, a toe nail fungus is generally quite difficult to get rid of. The invader grows within the nail itself, deriving nutrients from keratin, a protein found in nails, hair and skin cells. Nails are meant to be a tough shield to protect the tips of our fingers and toes, and they are quite good at blocking medications and treatments applied to nails. In order to kill the fungus, you need to find something that can penetrate the nail or get underneath it like the fungus did. ZetaClear which is an FDA approved anti fungal product does just that. Most prescription medications are taken internally and act on the infection systemically, while natural and home remedies are applied topically. The key to any treatment for fungus in nail infections is patience: nails grow slowly and it usually takes months before the nail looks normal again.

Any suspected toe nail fungus infection should be seen and diagnosed by a doctor because other types of nail infection and nail abnormality can mimic a fungal infection. If the problem is fungal, spores of the fungus in nail clippings will grow in the laboratory and the fungal species can be identified. Once you know for sure that the problem is fungal, treatment can be started.

CHAPTER 1

NAIL FUNGUS TREATMENT AND PREVENTION

Nail fungus treatment is very important. The sooner you begin treatment the better. If left untreated, nail fungus can become very painful and unsightly. Unfortunately, many people ignore nail fungus until the symptoms worsen.

It is estimated that two to eighteen percent of the world population suffer from nail fungus. That's about 1.2 Billion people. Most often, nail fungus appears in the toenails. This is because socks and shoes keep the toenails dark, warm, and moist. This is a perfect place for the fungus to find a happy home.

Before discussing the best nail fungus treatment, we will go over what nail fungus is, and how to prevent it.

What is toenail fungus?

Nail fungus (also called Onychomycosis) is made up of very small organisms that can infect fingernails and toenails and is very common. These organisms are called Dermatophytes. Fungi are parasitic plant organisms, such as molds and mildew. These parasitic organisms lack Chlorophyll and therefore do not require sunlight for growth. It was reported that more than 50 million people in the US have it under their nails.

Once the nail fungus moves in under the nail, it is difficult to reach and stop. The nail provides a safe place for the fungus and protects it while it grows. This is why basic prevention is so important.

Nail fungus can sometimes spread from one person to another. These organisms can live where the air is often moist and people's feet are bare. Common places that fungus can spread include: shower stalls, bathrooms, or locker rooms. It can also be passed along when you share a nail file or clippers with someone who has a nail fungus infection, such as the nail salon. Nail fungus may also spread from one of your nails to others.

What causes toenail fungus

The fungal organisms that cause nail infections are present almost everywhere. Once they get under the nail bed they can be difficult to cure. Anything that damages a nail can make it easier for the fungus to move in. Examples include an injury to the nail such as getting a finger stuck in a door, or tight shoes that pinch the toes.

A weakened immune system can also make it easier for a fungal infection to start. Many medical professionals believe that having a strong immune system is essential for preventing fungus infections.

A fungus does not need sunlight to live. Yeast and mold can cause a fungal infection. But, the most common fungi belongs to a group called Dermatophytes.

This fungus lives in warm places such as swimming pools, public showers and even your shower at home, because there could be someone in your family with the infection. They enter the skin through tiny cuts such as between your toe nail and the bed of your toe. If your nails are exposed to moist places this can cause you problems sooner or later.

It is much easier for your toe nails to become infected than it is for your finger nails, because your shoe causes your toes to sweat, therefor creating a moist and warm place for the fungus to live. It is harder for your immune system to fight against the infection because of the blood circulation is diminished because of the shoes you wear.

Toenail fungus prevention

By following common sense precautions, including proper hygiene and regular inspection of the feet and toes, the chances of the problem occurring can be sharply reduced, or halted.

Tips to avoid nail fungus:

- Wash your feet regularly with soap and water.
- Remember to dry your feet thoroughly after washing.
- Properly fitted shoes are essential; an astonishing number of people wear shoes that don't fit right, and cause serious foot problems. A shoe with a firm sole and soft upper is best for daily activities.
- Shower shoes should be worn when possible, in public areas.
- Toenails should be clipped straight across so that the nail does not extend beyond the tip of the toe.

- Use a quality foot powder -- talcum, not cornstarch -- in conjunction with shoes that fit well and are made of materials that breathe.
- Avoid wearing excessively tight hosiery, which promotes moisture.
- Wear socks made of synthetic fiber, which tend to "wick" away moisture faster than cotton or wool socks, especially for sports activity.
- Disinfect home pedicure tools and don't apply polish to nails suspected of infection. Signs of an infection include toes that are red, discolored, or swollen.

With proper prevention, your chances of getting a nail fungus are greatly reduced. If you do develop a fungus, you must start a nail fungus treatment before the condition worsens. We will now go over the best nail fungus cure.

Toe Nail Fungus Symptoms

You may have an infected toe nail if you have these toes nail fungus symptoms. When fungi infects your toes you will notice yellow or white spots under the tip of your nails. When it spreads under your nails, it will cause your nails to turn colors, get thicker; it will cause them to flake and cause you pain. Your toes become infected if they are exposed to warm and moist environments. An infected nail may be hard to treat, but you can use a over the counter treatment for this fungus.

CHAPTER 2

THE TYPICAL TOE NAIL FUNGUS REMEDIES

Toe nail fungus remedies can be found in many different solutions, textures, and shapes. In general though there are three different types of toe nail fungus remedies that are commonly used in the marketplace today.

Topical Remedies

These are by far the most commonly used types of toe nail fungus remedies. They are often either applied on top of the foot or in the form of foot soaks. You will find a nice selection of homemade remedies for the treatment of unsightly toe nail fungus as well as quite a nice assortment of over the counter and prescription topical treatments.

It is important to note that there is no one size fits all remedy that cures toenail fungus for everyone that finds themselves a victim. Some treatments work beautifully for one person and not at all for the next. The same holds true when it comes to timetables. Some toe nail fungus remedies work much more quickly than others (and more quickly for some people than others). The trick always seems to be finding the right treatment at the right time to treat your toe nail fungus problems quickly.

Oral Remedies

These are most often found in prescription form and can work quite quickly when they do work. The problem with many of the prescription oral toe nail fungus remedies is that they are quite harsh and take a toll on the internal organs. You should be wary before even approaching your doctor for oral remedies as the treatment, in this instance, may very well be worse than the disease.

For this reason oral treatments are typically reserved for more severe and persistent cases. You can avoid the need by treating symptoms of toe nail fungus as soon as they appear, avoiding areas where you are likely to have been exposed to the fungus, and avoid making the problem worse by attempting to cover it up with nail polish or artificial nails.

There is one homeopathic oral remedy for toe nail fungus that can either be consumed as a tea or used as a foot soak. It isn't strictly an oral remedy but it can be used as one and so bears mentioning - it is Pau d'Arco.

Surgical Remedies

Surgery is generally viewed as a last resort as there is no such thing as a safe surgery. When it comes to toe nail fungus remedies, surgery is set aside for those cases that prove particularly virulent and ward against all other treatment options or those cases where help wasn't sought until the problem became too serious to be repaired through traditional toe nail fungus remedies.

Prevention is the best cure for toe nail fungus and you should always take steps to guard against the possibility of infection. This will include things like avoiding tight shoes, wearing socks that wick moisture, avoiding walking in moist warm areas, and pay meticulous attention to hygiene in and around your feet. You will learn that avoiding contamination is better than any toe nail fungus remedies on the market.

Natural Cures for Toe Nail Fungus

Natural Cures for Toe Nail Fungus has been gaining popularity over traditional medicine because of its safety and effectiveness. If you have ever experienced fingernail fungus, you know how tough it is to get rid of and how uncomfortable this type of infection can be. Most of the time, people are apprehensive about the medical treatment needed to cure oneself of this type of fungus because of the fear of side effects that can come from using traditional medicine. However, it is not the case anymore, because there are so many alternative methods now to treat black toenail, and homeopathic medicine has become the choice for natural healing.

Toe Nail Fungus can be bothersome, mainly because of how the nail looks after the fungus has turned it yellow, discolored, or in the latter case crumbling and falling off. In the early stages, there may be little or no discomfort at all and that may be the reason most don't seek help from the doctor or start treatment for their fungus. At the same time, it should be known that it is far easier to treat the fungus at the early stages for many reasons. First off, toenails can be quite infectious. Not only will it infect the surrounding skin of the infected area, but you may likely spread the infection to others in your household. Just imagine what awkwardness and discomfort that could cause to everyone in the family.

Although traditional medicine has been used for quite some time to deal with nail infection, natural cures for toe nail fungus and Homeopathic medicine has become a great alternative. It

doesn't just work as good as conventional medicine, but it is safer for you and for the environment. Many people may be put off by the side effects that traditional treatment may cause, and for some it may be downright dangerous. A homeopathy medicine work in sync with your body system and does not in any way harm or causes any imbalance in the body.

The ingredients found in the natural cures for toe nail fungus have been used for centuries, to cure and heal different kinds of body ailments. And in this day and age of cutting edge scientific research, we are just beginning to understand how much nature has in store in terms of medicine and healing. The best part is that the homeopathic treatment heals from within your body to the outside on the nail surface. You have the oral treatment that works directly into your bloodstream, and the topical treatment like ZetaClear that is then applied straight to the nail affected by the fungus. In weeks, you can immediately see results. Best of all, the natural cure for toe nail fungus has no side effects. And I'm sure that for someone suffering from toenail fungus, there is absolutely nothing better than that.

CHAPTER 3

REASONS WHY YOU NEED TO FIND A TOE NAIL FUNGUS CURE

For some people, doing their usual routine is enough: taking a bath, brushing their teeth, washing their clothes, etc. However, this may not be enough, especially if you already got toenail or problems in finger nail fungus. Now, this condition can be a great big hassle, enough for you to think about finding the best cure for toe nail fungus out there.

However, for other people, having fungal growth on their toe or even finger nails can be something tolerable. Sure, on some cases this ailment does not cause any pain, but that's not exactly something that should stop you and make you think that you can live with this condition.

This is why, better to convince you to find a toe nail fungus cure for your case, here are some of the top reasons why you need to stop fungi from completely sponging off you under your nails.

1. They are unsightly. Fungus on your nail beds can cause the nails to get thick, this alone can make people feel suspicious that something's wrong with your toenails. Aside from that, on some cases, this condition can also cause discoloration of the nails, making them brown or yellow instead of the normal transparent.

2. Nails infected by the fungus also have a tendency to shed off. If having yellow nails is something you can live with, that's ok. Sometimes, cheap nail polish tends to do that. But, if your

toe nails start to fall off, then, it is an entirely different thing that red flags that something is wrong.

3. It can be painful. Although, this isn't always the case, sometimes, it can also cause pain.

4. It can lead to more serious complications such as bunions and plantar fasciitis. Having toe nail fungus issues can lead to something more serious. Especially if you're suffering from other diseases and conditions such as leukemia, diabetes, and AIDS, or if you just had an organ transplant recently, having fungus growth on your toe nails may introduce other health problems.

Toe Nail Fungus Complications

Having an infection can be painful and if left untreated it will cause permanent damage to your nails. This needs to be treated as soon as possible because the infection can spread throughout your body and have an effect on your immune system.

People with diabetes are at serious risk if they have an infection because their immune system is weak. This also goes for people with leukemia and people who have had an organ transplant.

If you or someone you know has diabetes, having a nail infection can cause your blood circulation to become impaired. If you think you have an infection, see your doctor as soon as possible, so you can identify the infection.

If you know you have some of these toe nail fungus symptoms, there are plenty of natural remedies for nail infections you can find. Just take some time out to do some research for the products.

Hopefully, these reasons can convince you to start looking for a toe nail fungus cure that will deal with your condition.

CHAPTER 4

THE MANY TREATMENTS

Treatment for toenail fungus is sometimes difficult and it has a tendency to recur. This condition can occur as a result of the following: hyperhidrosis, immunodeficiency, poor hygiene, exposure of nails, too much water, diabetes, nail trauma, male gender, or even increased age. The condition can be addressed either through natural home remedies or taking medicine prescribed by a doctor. Most people prefer natural methods since it is safer, less costly and easily available. Treatment for toenail fungus using medications have been associated with some cases of liver damage by some patients who suffer from the condition. Therefore, it is recommended to have the liver tested before taking medication.

Toenail Fungus Treatment

In the past, treatment for toenail fungus was limited and inefficient. However, with the advancement of age and technology there are various options available for treatment. Any person suspecting of having toenail fungus infection needs to, first of all, seek the advice of a doctor to ensure that it is really a fungal infection before starting treatment.

Treatment for toenail fungus requires a lot of patience from the sufferer before it can be cleared. Some patients have their symptoms clear in a month and others it can take up to six months depending on how extreme the infection is. Toenail fungus can either be severe or mild. Doctors usually prefer giving the patient an oral medication for a condition that is severe. Mild to moderate cases of toenail fungus can be treated by applications such as tea tree oils, a type of nail varnish, and ZetaClear in order to kill the fungal infection. However, in very extreme cases, doctors can advocate for partial or complete removal of the toe. That is why we need to stop it in its tracks right away.

Over the counter anti-fungal nail creams and ointments are available but some are considered less effective. . One of the most recent nonprescription medications that is getting popular reviews is ZetaClear. Most doctors prefer putting their patients on terbinafine and itraconazole. This medication allows for growth of a new uninfected nail slowly replacing the infected portion of nail. The medication is taken six to twelve weeks but the patient starts to see results once the new nail starts growing. Sometimes the process can take four months or more to completely get rid of an infection. ZetaClear will take weeks to start seeing results.

Home Remedies

Treatment for toenail fungus at home is preferred by most people if they can find something that works. It involves use of mostly herbal ointments to get rid of the fungus.

Some of the methods employed are:

- Soaking the feet in Listerine and vinegar for 15-20 minutes in warm water (Vinegar is believed to inhibit growth of certain bacteria) . Then, rinse the feet well and pat them dry.
- Rubbing feet with Vicks Vapor Rub works best because of the eucalyptus present in it.
- Rubbing Vitamin E oil on the affected area several times in a day also produces very good results.

Also, people are advised to keep good personal hygiene in order to prevent future toenail fungus infections.

Four Things You Must Avoid If You Want to Avoid Toe Nail Fungus.

Are you suffering from toe nail fungus? Are some people you know of suffering from the infection and you are scared that you could contract the loathsome disease too? Well, your fear is well-founded because the truth is that the infection spreads really fast. But an equally truthful fact is that you could prevent toe-nail fungus from gripping you! For those who are eager to know how, here are the top five 'must-avoid' for escaping the trouble:

1. Unhygienic Living

Proper hygiene is a pre-requisite for preventing as well as curing toe nail fungus. So you would need to change your towels regularly and not share them under any circumstances. Do not wear occlusive shoes. The good quality ones that allow your feet to breathe must be worn. The insistence must be on keeping the feet clean and dry at all times.

2. Using Nail-Polish

Nail enamels could help your hands and feet look great but they could be fraught with chemicals that could carry huge risks of causing and spreading toe nail infections. In fact, avoiding these in totality, unless extremely necessary is the best policy. Fake nails are again a big no-no.

3. Wrong Socks

Your socks could seem irrelevant to be discussed here but believe me; they contribute a great deal to the susceptibility and acuteness of your toe-nail fungus infection. Avoid wearing nylons and switch to natural wool or cotton instead. They would allow your feet to breathe.

4. Nail Trimming

I am not asking you to stop trimming your nails altogether. That would be a really abhorred unhygienic condition in my view. But please be careful while you decide to cut your nails,

especially so for the toe-nails. Do not cut them very close to your skin or else you could be contributing to the infection to spread.

Toe nail fungus could be a real physical and psychosocial pain for the sufferer and be sure then that you do all that is within your means to avoid it.

So thank you for reading this e-book and invest in a bottle of **ZetaClear**. Claim your victory today.

I wish you well in your *War On Toenail Fungus!*

All the best,

James DiCarlo