TOE FUNGUS

Here are a few things you can try which have been successful.

- **Monistat cream - can get at drug store. Normally sold for vaginal infections, but works really well on nail and skin fungus, including athlete's foot.**

- **Vicks VapoRub - strong but effective, and easy to obtain in most stores.**
- **Oil of oregano - this is just one of its many applications - rub on areas of infection.**

- **Olive leaf extract salve, applied to the area. Can also take internally in capsules.**
- **Bleach - household bleach - use as a soaker for nails daily. Many like to dilute it a bit.**

- **Soak nails for 15 min. 2 Tbsp epsom salts in 4 cups hot water. Dry nails well afterward. This can take a month to work.**

- **Tea Tree Oil is a natural anti-fungal aromatherapy oil. Apply externally.**

- **Iodine – one drop daily onto the nail will inactivate the fungus. This is not the seawater drinkable iodine – this is the bright yellow/orange iodine, to be used externally.**

- **Listerine mouthwash - contains volatile essential oils having antibacterial and antifungal properties.**

- **Vinegar - often can be used as a foot or hand soak**

- **Garlic - chop and apply to affected area for 30 min. a day**

- **Yogurt - if you can't obtain probiotics that you take internally to help overcome the fungi overgrowth, try eating a small tub of yogurt daily - get the plain type, no sugar.**

- **Keep toes and fingers clean and dry. Avoid keeping feet in shoes or boots for long periods of time that do not allow the body to 'breathe'.**

- **Fungi live on carbohydrates so a low carb diet will help when drying to correct the condition.**