

# Natural Help 4...

# Toenail Fungus



## What is Toenail Fungus?

The term [toenail fungus](#) is also referred to as onychomycosis of the nail plate, and tinea of the nails. [Fungal nail infections](#) can occur on both toenails and fingernails, but the **toenails are more commonly affected**. A fungus is a living organism that breeds in moist, dark and warm environments such as shoes and socks underneath and around the nails, which is why the toenails are more susceptible than fingernails, and most commonly it is the big or small toe that is involved.

## What Causes Toenail Fungus?

[Toenail fungus](#) can be contracted in damp environments such as public showers, gyms, locker rooms, spas or swimming pools. People who wear tight-fitting shoes or hosiery that is too tight are not only more susceptible to a fungal toenail infection but also to candida or thrush. Nail **fungal infections can spread** from one person to another and from one toe to another, or to other parts of the body.

## Diagnosing Toenail Fungus

The symptoms and [signs of toenail fungus](#) may be mild or severe. The affected nail may have a yellowish or brownish discoloration, swelling, thickening or crumbling of the nail. In addition, streaks or spots may appear on the side of the nail, and debris may collect underneath the nail. The nails appear unsightly and may also be painful.

## Factors that increase contracting a fungal toenail infection

There are certain factors that increase your chances of contracting a fungal toenail infection:

- Poor hygiene of the foot
- Not drying feet after washing or exercising
- Physical trauma to the nail
- Abnormal pH (acid balance) of the skin
- Weakened immune system
- Underlying medical conditions such as diabetes or Candida

## Help for Toenail Fungus

[Treating toenail fungus](#) is difficult because it is generally a **recurring condition**. There are a wide variety of over-the-counter anti-fungal creams available, but some can be overly harsh and rid the body of the 'good' bacteria needed for

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

systemic balance thus increasing vulnerability to **fungal infections** in the future. Your health practitioner or podiatrist may prescribe oral anti-fungal medication to stop the infection. While these medications may work in the short-term, they may also **rid the body of intestinal flora and bacteria** that are beneficial to the body, creating further problems.

## Natural Remedies

Natural treatments such as herbal and homeopathic remedies have proven to be **highly effective in treating fungal infections**. Herbs such as *Cymbopogon citratus* (lemon grass) are well known for its anti-bacterial and anti-fungal properties while *Calendula officinalis* acts as an anti-inflammatory. In addition, herbs such as *Melaleuca laterifolia*, also known as Tea Tree Oil and *Lavandula officinalis* (Lavender) have excellent anti-fungal and healing properties and can also do a lot to help soothe irritated areas.

## Tips to prevent fungal toenail infections

The best way to eliminate persistent [toenail fungus](#) is through prevention. Follow these helpful tips to prevent fungal toenail infections:

- Wear protective shoes or sandals in public facilities
- Wash your feet regularly and remember to dry them thoroughly
- Wear cotton socks so that your feet are well ventilated
- Eat a high protein diet so that you can maintain healthy, strong nails
- Do not share socks, shoes or sandals
- Trim toenails but do not cut them too short
- Avoid wearing nail polish on toes if you have developed [toenail fungus](#)
- Disinfect pedicure tools

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used

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[Native Remedies - Natural & Herbal Remedies](#)

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for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Nail-Rx**: Effectively supports the health of the nail and nail bed naturally

Nail-Rx is a **100% safe and effective natural remedy for supporting nail health**, helping to keep the nails problem-free.

Combining 100% pure essential aromatherapy oils extracted from plants, Nail-Rx is highly concentrated and gets to work quickly without risk of side effects.

[Learn more about Nail-Rx](#)

**Candidate**: Maintain normal levels of systemic candida & balanced probiotic flora in the body

Candidate is a 100% safe, non-addictive natural herbal remedy formulated by our team of natural health experts. Candidate has been used for many years to **safely support balanced and healthy levels of pH and bacteria in the body**, thereby assisting the body in its natural ability to maintain routine levels of Candida.

By **supporting pH levels and healthy probiotic growth**, Candidate can help to maintain healthy levels of systemic Candida and yeast in the body.

Natural remedies such as Candidate contain a selection of herbs known for their ability **to support a healthy balance of probiotic flora in the digestive tract** and maintain routine acid and alkaline conditions in the body.

In combination with a healthy lifestyle and diet which excludes excess sugar, wheat, stimulants, artificial preservatives and colorants, Candidate supports the healthy ability of the body to maintain balance of systemic Candida as well as healthy pH levels. .

Natural remedies like Candidate can also be used in a supportive measure to **good hygiene practices and intestinal health and functioning**, making all the difference without the risk of serious side effects.

The ingredients in Candidate are also chosen for their properties in supporting overall systemic health. Candidate also contains natural ingredients well-known for their ability to **soothe the digestive tract**, while supporting liver health and



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## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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