



Natural Remedies for Toe Nail Fungus

Toe nail fungus can be uncomfortable and embarrassing. During the spring and summer months, you want to be able to let your toes fly free in sandals if you wish and not have to worry about them looking or feeling less than excellent! Perhaps the best way to treat toenail fungus is to prevent it from happening in the first place. Keeping your feet clean and dry is the best form of prevention. If, however, you do struggle with toenail fungus, there are several natural remedies to combat toe nail fungus that you can try at home.

Tea tree oil is a great option for treating toenail fungus. It acts as a natural disinfectant because it contains fungicidal and anti-bacterial properties. Tea tree oil can be purchased at most pharmacies or health food stores and can be found with the essential oils. You will want to create a mixture of the following items: 1 teaspoon tea tree oil and ½ teaspoon of grapeseed or olive oil. Apply the mixture directly to affected nails using a cotton ball. This should be done day and night until improvement is seen. The second remedy is a baking soda and vinegar soak. Baking soda can prevent fungus from growing and spreading. Vinegar is a weak acid and will help to kill off the fungus without altering the Ph level. Mix 4-5 tablespoons of baking soda with 1 cup of apple cider vinegar and add enough warm water to fully soak your feet. Soak for 15 minutes and then pat dry with a paper towel.

Last but not least, coconut oil can help combat toenail fungus without using any harsh chemicals. Fatty acids, which are found abundantly in coconut oil, naturally insert themselves in the lipid (fat) layer of the fungal membrane and disturb it, causing the fungus to be destroyed. Apply a thin layer of coconut oil to each affected nail and let it absorb naturally. Repeat this process 2-3 times daily. This should help to reduce your toenail fungus. If you have tried these at home remedies and you do not see improvement, come in to see Dr. Moore and his dermatology team. They can assess your issue and provide the best possible treatment. If you have any questions or concerns or to schedule an appointment, call our office at 574-522-0265.

Source: Goodall, C. (2013, October 10). 3 Simple Home Remedies for Toenail Fungus | Everyday Roots. Retrieved April 29, 2015, from <http://everydayroots.com/how-to-get-rid-of-toenail-fungus>

DermacenterMD

Dr. Roger Moore

111 N. Nappanee Street Elkhart, IN 46514 • Phone: 574-522-0265 • www.dermacentermd.com

DermacenterMD

Dr. Roger Moore

111 N. Nappanee Street Elkhart, IN 46514 • Phone: 574-522-0265 • www.dermacentermd.com