

Natural Help 4...

Nail Fungus



What is Nail Fungus?

Nail fungus is also known as Onychomycosis or Tinea unguium. It is a fairly common infection that can occur in the fingernails and/or the toenails. **Nail fungus starts when tiny organisms called dermatophytes grow underneath the skin.** The nail provides a safe, dark and damp place for the fungus to breed and also protects it while it grows. Because of its position under the nail it is often very hard to reach or stop it from growing. Usually, fungi cause the area around the base and the sides of the nail to become red and irritated. Initially, the edges or base of the nail are affected.

As it spreads, the nail and nail bed begin to show changes. Mild discomfort, itchiness, or even pain bleeding or detachment of the cuticles may occur. Fungal nail infections can be contagious and the **organisms can spread from one person to another.** These organisms survive where the air is moist and can then attack bare hands and feet.

This fungal infection is more common in the toenails because socks and shoes keep the toenails dark, warm and moist.

Nail fungal infections are most likely be **contracted in bathrooms, shower stalls or locker rooms.** Wearing nail polish and plastic or acrylic nails can trap moisture and fungi causing an infection to occur.

It may also be spread through sharing nail files, emery boards or clippers as well as from one of your nails to adjacent nails. **Fungal infections of the nail** are also more likely to affect people with a weakened immune system or systemic Candida overgrowth.

Diagnosing Nail Fungus

Fungal **infections can cause nail discoloration** with nails changing to a yellowish, brownish color. Little white patches may also appear on the nails. A change in nail texture and growth can also occur where nails crumble, break easily and grow unevenly. Debris may also accumulate underneath the nails. Infected nails may also have a foul odor and toenails may become so thick that wearing shoes causes pain.

It is **not always easy to get rid of a fungus.** Anti-fungal and topical creams that are available over-the-counter are usually ineffective as they do not penetrate the nail bed to kill the fungus. Oral treatments such as anti-fungal medications may be prescribed by your health practitioner to **fight off infection.** These medications are quite strong and have to be taken regularly for months to be effective. It should also be noted that these medications have adverse side effects that can harm other organs such as the liver, skin or bone marrow. Most fungal

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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.

[nail infections](#) have a tendency to recur.

What Causes Nail Fungus?

The most common causes of [nail fungus](#) include:

- Trauma- if a bruise or lesion causes the nail to lift and separate from the nail bed it then becomes vulnerable to the development of [nail fungus](#).
- Environment- when there is overexposure of nails to humid and wet environments the risk of developing [nail fungus](#) increases
- Poor blood circulation- If blood flow to the area is insufficient [nail health](#) is compromised increasing the likelihood of [nail fungus](#).
- Weak immune system- When immune function is not optimal the nail becomes vulnerable to the development of [nail fungus](#)
- Poor hygiene- Manicure and pedicure tools that have not been sterilized properly can spread [nail fungus](#) to otherwise healthy nails.

Help for Nail Fungus

Herbal and homeopathic remedies can be a **gentle alternative to effectively treat [nail fungal infections](#)**. Melaleuca laterifolia, also known as Tea Tree Oil has excellent anti-bacterial, anti-fungal and healing properties. The essential oil of sweet-smelling Lavandula officinalis (Lavender) may also be used as it contains active ingredients to soothe the nail, while **promoting healthy nail growth**.

Other herbs such as Cymbopogon citrates (Lemon Grass) are especially helpful for fungal infections while Syzygium aromaticum (Clove Oil) is considered an excellent antifungal and antibiotic essential oil. These natural ingredients may be used directly on the affected area to target the fungal infection on the spot. There are also herbs which can **be taken internally for their anti-fungal** and immune boosting properties. These include Pau d'Arco and Calendula officinalis.

Tips to Prevent Nail Infections

There are several useful ways to prevent [nail fungal infections](#) and they include:

- Eat a high protein diet to maintain healthy, strong nails
- Cut and trim your nails straight across, and remember not to cut them too short
- If your nails are too hard to cut soak them in warm salt water before cutting
- Dry feet properly and keep them well ventilated
- Avoid wearing nonporous, closed shoes
- Wear waterproof sandals in public showers
- Wear absorbent socks
- Avoid applying artificial nails over your own because they destroy the underlying nail
- Use nail polish remover and nail hardeners carefully as they can dry nails and cuticle

The Natural Approach



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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.

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 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

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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 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.

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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



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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 a competent immune system.

[Learn more about Candidate](#)

Read the testimonials for these quality products [here!](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of 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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