

Nail Fungus Over-The-Counter Treatment

The fungus causing your toe nail (or fingernail) changes grows best in warm, moist, dark conditions.... (like the inside of a shoe ☺). It can survive in spore form for a long time almost anywhere. It mostly grows only on dead tissue, such as the nail, or sometimes thick skin or callous. In order to get rid of the fungus, you want to keep the area as cool, dry, and exposed to sunlight as possible. The fungus also likes a “basic” (high pH) environment.

A small amount of scientific data and a lot of “popular” stories describe the following treatment:

Twice each day, in am before dressing and at bedtime, soak the infected area in vinegar (a mild acid). You can actually put it in a bowl of liquid, or soak a cotton swab or bandage with vinegar and wrap it round the area for 20 minutes or so. Then dry thoroughly. A hair dryer works well on warm or just air, avoid real hot. Then apply Vicks Vapo-Rub a mentholated ointment (which seems to “choke” the fungus). You can leave it open to air, or cover it to avoid rubbing it off on socks or bedclothes.

This treatment seems to at least stop the fungus from growing, allowing healthy tissue or nail to grow out and gradually push the infected nail off the end where it can be clipped and discarded. If the nail is “heaped up” or thick, you can also get rid of some infected tissue by filing down any extra thick areas. It normally takes a little less than a year to grow a whole new toe nail. So expect to see only slow progress.

Remember that even when you appear to be better, you may have some of the fungal spores on your feet which you leave on the floor when you walk, and if that happens to be a warm, damp, dark place they will wake up and grow, and maybe spread to some others. Certainly all the infected tissue you remove should be discarded carefully.

PS you’ll never get rid of all the fungus... they are everywhere, they grow on bread in your drawer, cheese in your fridge, leather in your garage, most any not-living thing made from living things. They are nature’s garbage disposal. So, just keep your own tissues open, and cool and dry- at least most of the time.

And if you are willing and able drop me a line reporting on your experience with this treatment.

Good Luck,