



# HOME THERAPY

## *FUNGUS INFECTIONS OF FEET*

This totally preventable condition is easily treated without expense. Firstly, you must understand that there is **nothing**, prescription or non-prescription, that **kills** any topical fungus (nails, skin, vagina, mouth, etc.). All any “solution” will do is inhibit growth of the fungus in tissue that was grown **that day** during the treatment. The growing cells must incorporate some of whatever is being applied, right into the cell, so **that cell** will no longer be susceptible to the fungus. **Then**, the natural shedding of superficial tissues will grow the already infected tissue right off the body.

If even one application is missed (even when griseofulvin is being taken internally) any tissue that grew that day will be susceptible and the treatment may have to start all over. It takes about 4 weeks to replace your skin—therefore, if you stop treatment of any skin fungus before 6 weeks, the problem may recur. It takes at least six months to grow a new toenail. Therefore, if the treatment is stopped less than a month after the nail looks **normal**, the problem will probably recur.

### **PROCEDURE:**

If you have onychomycosis (toenail fungus), fill a dropper bottle with the cheapest distilled vinegar you can find at the grocery store (do not use good vinegar that has not been distilled). Put 2 drops of the vinegar at the growing base of the affected nail every night and morning. Within a few months, normal nail will begin to show at the base of the nail. This occurs as fungi cannot stand an acid environment. The normal colon contents are very acid, which is what protects us normally from having Candida Related Syndrome.

Remember, the normal nail will have to grown the infected nail off the body. If the treatment is missed, even for one dose, the nail that grew that day may not be resistant to the fungus. Fungus can jump from the infected nail that is still present into the healthy (but not resistant) nail. If that happens, infected nail will be seen at the base in a few months (when it has grown enough to be seen) and the treatment will have to be continued until **that** infected nail tissue of grown off the body. In essence, the treatment time would have to be started anew.

Please note that this is not to say that Tea Tree Oil or other substances will not work the same way. As long as you understand the patho-physiology of the process, you can decide what to use. We recommend vinegar because it is cheaper than anything else and always works!

