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Fungi called dermatophytes cause fungal nail infections. Dermatophytes are microscopic organisms that live on our skin. They feed off dead cells and cause problems when they invade healthy tissue.

The most common type of nail fungus is tinea ununium, which means “ringworm of the nails.” This includes white superficial ringworm, black superficial ringworm, and yellow superficial ringworm.

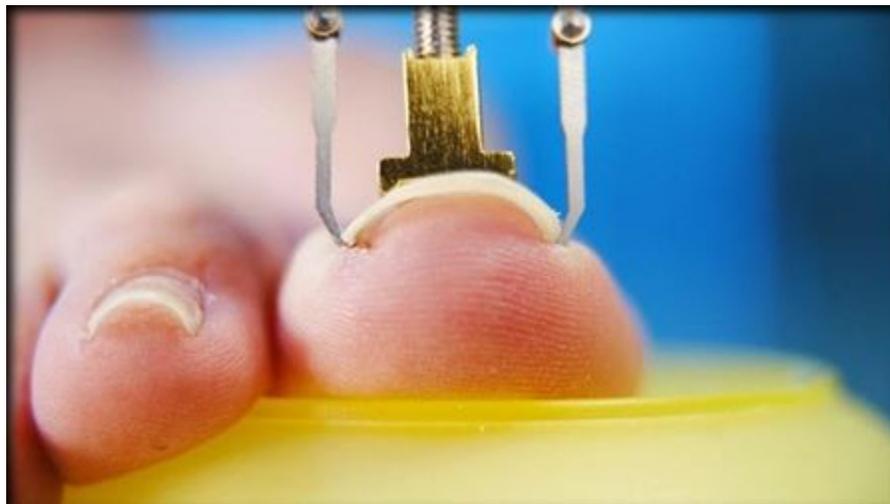
Ozonized Oils

The nail plate contains a lot of oil. When you apply an ozonated oil like DMSO to the affected area, the oil dissolves into the water on the nail plate. The oil then penetrates the nail plate and kills the fungus. You can also add an ounce of olive oil to one cup of warm water and soak your feet for 20 minutes before washing them with soap and water.

Brittle nails are another symptom of nail fungus. Brittle nails may appear cracked or broken. This is because the nail has become brittle because of the presence of fungus. In order to prevent brittle nails, you need to keep your nails trimmed regularly. Trimming your nails short will help prevent the development of brittle nails.

Nail growth slows down when you have a fungal infection. Nails grow about 1 millimeter per month. However, if you have a fungal nail infection, your nails will grow slower than normal. Your doctor can tell if you have a fun nail infection by examining your nails.

If you notice any signs of nail fungus, see your doctor immediately. Don't wait until your nails fall off!



Olive Leaf Extract

Applying olive leaf extract to the infected nail helps kill the fungus. Olive leaves contain antioxidants that fight free radicals. Free radicals are molecules that attack other molecules and cause cell damage. Antioxidants neutralize free radicals. Soaking your feet in olive leaf extract will help reduce inflammation and promote healing.

Fungal nail disease is contagious. If you come into contact with someone who has a fungal nail infection, you could get infected yourself. If you think you might have a fungal nail problem, wash your hands frequently. Avoid touching your face and eyes. Also, wear gloves while gardening or working around animals.

You can make your own natural remedy using olive leaf extract. Simply mix two tablespoons of olive leaf extract with one tablespoon of coconut oil. Apply the mixture to your nails once every day.

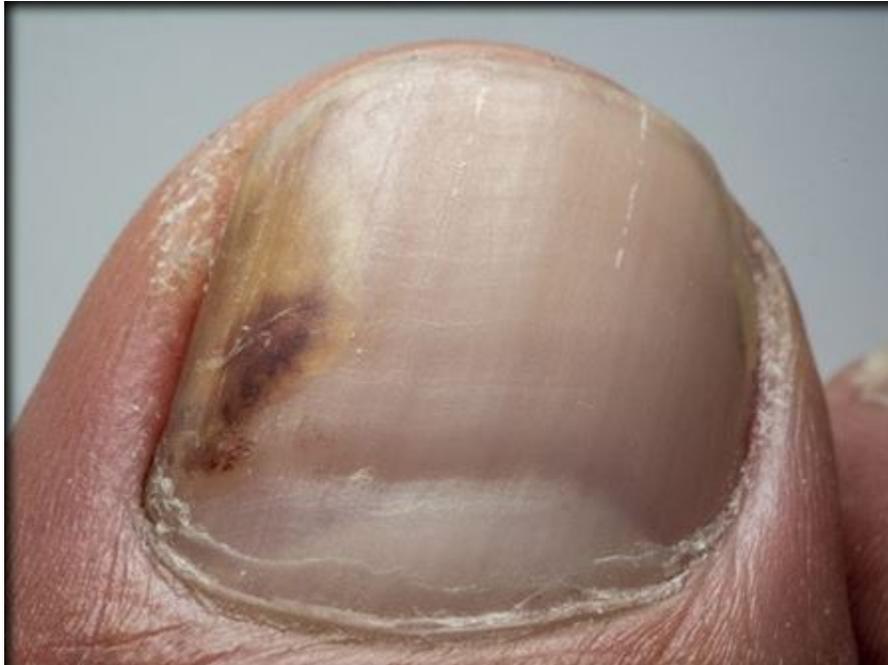
According to a 2012 review , taking one to three olive leaf capsules with meals twice daily is more effective than olive leaf salve in treating toenail fungus. (healthline.com)

Tea Tree Oil

Certain nail conditions may need tea tree oil applied directly to the nail. Tea tree oil works against bacteria and fungus. It is safe to use even on children. Mix three drops of tea tree oil with one teaspoon of coconut oil. Spread the mixture onto your nails. Let it dry completely before rinsing off with warm water.

As a spot treatment, you can use this nail solution. Use it to clean up small areas where you have a fungal issue. Discolored nails are another sign of nail fungus. Yellow nails mean the nail is dying. Black spots show the nail is dead. A fungal infection caused these symptoms.

There are many types of nail fungus. Some people only develop one kind of nail fungus. Others develop several kinds at the same time. There are four main types: white superficial ringworm, yellow superficial ringworm, black fungal nail infection, and mixed infections.



Snake Root Extract

Applying snake root extract to the nail surface kills the fungus. You can purchase them from health food stores. Make sure you buy genuine snake root extract.

The best way to apply snake root extract is to soak your foot in the liquid for 20 minutes. Then rinse your foot thoroughly. Repeat this process twice daily.

For mild cases of nail fungus, this is the first-line therapy. It is also useful for treating athlete's foot.

Antifungal Creams

This antifungal nail cream contains antifungal ingredients, such as ketoconazole. They work well against all forms of nail fungus. They are easy to use. Just rub them into your nails once or twice daily.

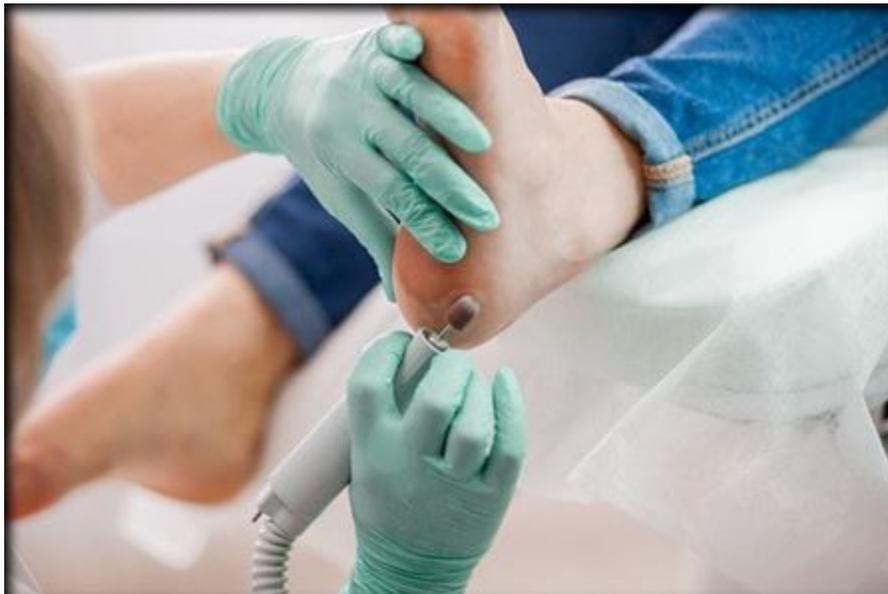
They often prescribe creams containing clotrimazole for nail fungus. Clotrimazole is an antifungal drug that fights yeast. This type of nail fungus usually occurs when you have diabetes.

Creams containing terbinafine are also helpful. Terbinafine is an oral medication that treats nail fungus. It is sometimes prescribed for patients with severe cases of nail fungus.

Coconut Oil

Using coconut oil as a topical therapy to treat nail fungus is an old folk remedy. Coconut oil contains lauric acid. This alternative first-line therapy helps fight fungal growth.

Mix one cup of coconut oil with one cup of apple cider vinegar. Rub the mixture into your nails. Leave it on overnight. Rinse your feet thoroughly in the morning. Do this procedure once or twice daily. You can also add essential oils to enhance its effectiveness.



Aloe Vera Gel

Aloe vera gel is a popular home remedy for nail fungus. Topical treatments like aloe vera gel help prevent further spread of the fungus. Aloe vera gel is made from the leaves of the aloe plant. They have shown it to kill fungi.

Apply aloe vera gel to your infected nails. Cover the entire area with the gel. Let it sit for 30 minutes. Then wash away any remaining gel with warm water.

Use aloe vera gel as a spot treatment. Wipe the gel onto affected areas.

Oregano Oil

Antifungal therapy using oregano oil is another option. They extract oregano oil from the herb oregano. It has powerful antifungal properties.

Wrap your toes in plastic wrap. Place two drops of oregano oil into each wrap. Wrap your toes tightly in the plastic wrap. Leave the wraps on for 2 hours. Apply the mixture to your nail beds.

You can also make a tea by mixing equal parts of rosemary and oregano. Add a few drops of peppermint oil if desired. Mix well. Drink 1 cup of this mixture every day.

Vicks VapoRub

Antifungal medications like Vicks VapoRub contain menthol. Menthol has proven antifungal effects. Use Vicks VapoRub to treat nail fungus.

Spread Vicks VapoRub under your toenails. Leave it on for 15 to 20 minutes. Wash off with warm water.

These topical antifungals are safe and effective. However, they may cause side effects such as skin dryness, burning, stinging, redness, itching, swelling, peeling, and blisters.



Can Toenail Fungus Go Away on Its Own?

You need to take action now. In most cases, if you ignore the problem, it could get worse.

If you notice signs of inflammation, redness, or swelling around your nails, see your doctor right away for foot fungus treatment. Your doctor may prescribe medications to reduce the symptoms.

What Can I Do To Prevent Nail Fungus From Returning?

There are several things you can do to keep nail fungus at bay. Here are some tips:

- ✓ Try not to wear shoes that are wet or sweaty.
- ✓ Keep your hands clean. Wash them frequently with soap and water.
- ✓ Avoid sharing towels and other items that touch your feet.
- ✓ Don't walk barefoot in public places. Wear socks and sandals instead.
- ✓ Regularly trim your toenails with nail clippers. Don't let them grow longer than normal.

Can I Cut Off My Toenail Fungus?

This is a drastic measure. Someone should only cut toenail fungus off after all other remedies fail.

The risk of spreading the infection is high. You might end up with a bigger problem.

The full healing of nail fungus takes about six weeks. During this period, you must wear special footwear.

Nail fungus can cause permanent damage to your nails. It can lead to thickening of the nail plate.

What Happens If You Leave Toenail Fungus Untreated?

Untreated toenail fungus can become chronic. This means that it will continue to spread even though you try different methods to stop it.

Over time, the fungus will weaken your nails. They will break easily. Eventually, they will fall off.

In severe cases, the infection can spread to the skin surrounding your nails. This can cause an open sore.

If you leave nail fungus untreated, you may develop athlete's foot. Treatment usually involves antifungal medication.

Is There A Cure For Toenail Fungi?

Yes, but it isn't easy. If you follow the instructions correctly, you can cure toenail fungus without surgery.

However, it requires patience. And you need to stick to the program. You won't get results overnight.

Some people find it easier to cut off their toenails. But this is a last resort.



When to See a Healthcare Provider

Common infections like cold sores, pinkeye, and thrush often turn up. However, nail fungus rarely presents itself like this.

Instead, it spreads slowly. So, if you notice any changes in your nail health, see your healthcare provider immediately.

Your doctor will examine your nails. He or she will check for signs of inflammation, red spots, and swelling.

He or she may order blood tests to rule out underlying medical problems and seek other treatment for toenail fungus.

Why You Shouldn't Use Bleach for Toenail Fungus

Source: (healthline.com)

5 Steps To Support Good Nails and Hair

Hi, I'm Benjamin Jones.

I live in a small town near Tallahassee, Florida, together with my dear wife, Gemma.

For 17 years, I've been a long time researcher passionate to help people all over the world on how to live better lives and spread awareness on how anyone can help support a healthy set of nails and hair. Now, as I near the end of my career, I want to share all the mountains of knowledge I've gathered all these years regarding how to take proper care of your nails and hair...

And while you might be tempted to try out all those trendy creams and meds, I must let you in on a little secret - the key to support healthy and strong nails and hair is not limited to the substances you apply locally.

I have prepared for you a list of strategies that can effectively help you support your nails and your general health and enhance your mood at the same time.

Keep Your Feet Clean And Dry

This might seem like common sense at first but I can guarantee that your feet are the most neglected part of your body. When you get into the shower, I recommend you start making a habit of thoroughly washing your feet with warm water and soap, insisting on the toes and nails. After you've showered, use a cotton towel to dry your feet. Any moisture that remains may attack your nail bed and cause the perfect medium for problems to develop.

Keep Your Nails Thin

Another important aspect of healthy nails is their thickness. You can use hundreds of local remedies on your toes and they will have no effect if they can't penetrate your nail. You can either make an appointment with a pedicurist to file down your nails or, if you'd rather save money, you can do it at home but ONLY with a clean and disinfected file to prevent further problems.

Avoid Home Made Remedies

It's very easy and convenient to make use of simpler methods, with things you can find in your own home. Things such as apple cider vinegar or tea tree oil might work on the moment and you might see some small changes but in the long term, they don't work to address the root cause of nail problems. This root cause is most of the time internal and I found out that sometimes, these so-called remedies only make it worse.

Wear Lightweight And Breathable Socks

Socks are overlooked most of the time. After all, it's just a piece of fabric that you cover your foot with, right? Wrong. A good pair of socks will allow your feet and nails to breathe, making it easier to support healthy nails. Don't wear polystyrene socks, as they will make your feet sweat twice as fast. Instead, invest in a good set of pure cotton or linen socks that are not only healthier for your feet and nails but comfier as well.

Don't Walk Barefoot

While at the pool or even in your own home, you might be tempted to walk barefoot. I recommend you use a pair of socks or slippers, so you can avoid coming in direct contact with the bacteria on that certain surface. No matter how clean you think that space might be, there are always bacteria left behind and they reproduce at a fast rate. This is especially true when it comes to public spaces such as pools or gym showers, where you should be extra careful.

My life-time vision is that of a world with healthier nails.

That's why I've spent most of my research activity trying and testing various ways that could really make a **positive impact** on people's lives.

And after many trials, I've perfected a simple, yet powerful formula, consisting of amazing vitamins and plants - such as **curcumin, Cat's Claw, garlic, Quercetin, pomegranate** or **olive**.

I Truly Believe This Formula Is A Work Of Art!

And that's why I just couldn't keep it to myself...

So, together with the help of some friends who own a small supplement company, I've decided to produce it and make it available for everybody. I had just one non-negotiable request. The ingredients needed to be "the real thing"



Pure

Sourced from local growers that let plants naturally reach their full maturity and use no herbicides



100% Effective

Prepared the right way and in the right amount in order to keep their properties intact



Safe

Processed under strict sterile standards with regularly disinfected equipments

After all my requirements were 100% met, we finally had the final product:



I called it
KERAVITA PRO

Every capsule is manufactured in the USA, in our **FDA approved** and **GMP certified facility**, under sterile, strict and precise standards.

The Keravita Pro capsules are **non-GMO** and **safe**. They do not contain any dangerous stimulants or toxins, and they are not habit forming.

You can get a 30-day supply of Keravita Pro for a one-time fee of just \$69.

That's right. Just \$69.

And you can get access to everything in the next 90 seconds.
If you're ready to bring excitement, comfort and satisfaction back into your life...

Plus, with every order made today, you also get free shipping!

How does that sound? Take a look below!

Once you order, you'll be taken to a secure checkout page.
Just fill in your payment details using a **credit card, debit card** or **Paypal**.

Immediately after you fill in your information and confirm your order, your bottle of Keravita Pro will be **shipped for free** right to your **doorstep**.

If you order the 3 bottles or 6 bottles package - which we recommend as we estimate we'll run out of stocks anytime soon- you'll also take advantage of a **huge discount**.

Just Click Below to Select Your Package

Your order today is a one-time payment with no subscription or hidden charges.

BASIC - 1 BOTTLE	BEST VALUE - 6 BOTTLES	POPULAR - 3 BOTTLES
30 Day Supply	180 Day Supply	90 Day Supply
		
\$69 /Bottle	\$49 /Bottle	\$59 /Bottle
TOTAL: \$99 \$69	TOTAL: \$594 \$294	TOTAL: \$297 \$177
Add To Order	Add To Order	Add To Order
*Free US Shipping	*Free US Shipping	*Free US Shipping
		

All you need to keep in mind is that **Keravita Pro** can be found only on this page, and is **not available** for purchase **anywhere else**. This is your only chance to grab this exclusive formula.

Once again, **Keravita Pro** is **selling very fast**, and once it will be sold out, it will take me 6 to 9 months to restock on the rare ingredients and produce another batch.

Make your choice below.

If you're skeptical, I totally get you. **You've tried** a lot of methods, you've spent a lot of money and **nothing worked**.



I am so confident that Keravita Pro works that
I'm going to give you...

Our Bulletproof 60-day Money-Back Guarantee

If you don't experience any dramatic improvement or you're not content for any reason whatsoever, we will issue a **full refund**, no question asked!

All you need to do is contact us within the first **60 days** from your purchase. It doesn't matter if you used up the entire bottle, we will still give you your money back.

This means you have 2 whole months to decide if Keravita Pro is for you or not.

No hidden fees or subscriptions. Just a **safe** and **secure** one-time **simple payment**.

So just click below to make your choice, enter your payment details on our secure order form, and place the order now. We'll **immediately ship** your bottles **directly** to your **home**.

**I can't wait for you to experience every
single benefit that Keravita Pro has to
offer!**

Remember, every 3 and 6 month package comes with a huge discount, and every order comes with free shipping, no matter where you live.

BASIC - 1 BOTTLE

30 Day Supply



\$69 /Bottle

TOTAL:
~~\$99~~ **\$69**

**Add To
Order**

*Free US Shipping



BEST VALUE - 6 BOTTLES

180 Day Supply



\$49 /Bottle

TOTAL:
~~\$594~~ **\$294**

**Add To
Order**

*Free US Shipping



POPULAR - 3 BOTTLES

90 Day Supply



\$59 /Bottle

TOTAL:
~~\$297~~ **\$177**

**Add To
Order**

*Free US Shipping



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