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infection is very contagious and easily spread from person to person via direct contact with contaminated objects such as towels, clothing, shoes.

Fungal nail infections can occur during the year, but they are more prevalent in warm weather months, especially between May and September. If you notice signs of nail fungus infections, see your foot doctor immediately.

Bacterial contamination often causes infections of the nail bed. Infection occurs when bacteria enter the nail bed through tiny openings in the skin. Some of the most common sources of bacterial infection include:

- Poor personal hygiene - Poor foot hygiene increases the risk of developing a fungal nail infection. It is important to keep your feet clean and dry. Wash them regularly using soap and water. Use antiseptic topical medications and powders before going to sleep. Shower daily.
- Wearing dirty socks - Dirty socks can lead to fungal infections. Change your clean socks frequently. Wear cotton socks rather than synthetic ones.
- Improper footwear - Shoes should fit properly and provide adequate support. Wearing poorly fitting shoes can lead to foot injuries like corns, calluses, blisters, bunions, hammertoes, and other foot deformities.
- Walking barefoot - How frequently you walk barefoot directly affects your foot health. Walking barefoot exposes your feet to dirt, debris, insects, and germs. Walk barefoot only in areas where you know the ground is clean and free of debris.
- Working around animals - Yellow nail syndrome is a condition characterized by yellow nails that develop after contact with pets or farm animals. A reaction to animal dander present on the surface of the nail plate causes it.

Symptoms of a fungal nail infection include:

- ✓ A foul foot odor emanating from the toes
- ✓ Redness of the skin under the nail
- ✓ Painful swelling beneath the nail
- ✓ Toenail discoloration

If you experience any of the above symptoms, see your podiatrist right away. He/she will examine your feet thoroughly and determine whether you have a bacterial infection.

Nail fungal infections are the most common diseases of the nails, making up about 50 percent of nail abnormalities. (medicalnewstoday.com)



Blunt Force Trauma

Trauma to the toe area often results in nail discoloration. Injuries like cuts, scrapes, burns, or punctures can lead to nail damage. It is important to note that these injuries need to be treated properly before trying to treat the nail fungus.

Physical trauma can cause a fungal nail infection, particularly if there is an opening in the skin. For example, a slight cut or abrasion can allow bacteria into the area. In addition, a fall or other accident can injure the skin and create a hole.

Toenail trauma may also cause a fungal nail infection because it provides a pathway for bacteria to enter the nail. Nails are naturally porous, which allows moisture and bacteria to penetrate the nail. This makes it easy for bacteria to get inside the nail.

The best way to prevent nail injury is to wear proper footwear. Make sure your shoes fit well and provide good arch support. Avoid walking barefoot. Also, make sure your hands are clean before touching your feet.

Does Nail Fungus Turn Black When It Dies?

Yes. The black coloration occurs when the nail dies. As the nail dries out, it becomes brittle and breaks off. If this happens, the dead nail falls off and leaves behind a dark spot on the nail bed.

The infected nail then continues to grow until it reaches the end of its life span. At that point, the nail grows over the dead portion of the nail and covers up the dark spot. This process causes the nail to appear completely normal.

How Do I Know If My Nails Are Infected With Fungi?

You can tell if your nails are infected with fungi by looking at them closely. You might notice a change in their appearances, such as thickening or discoloration. Examine the entire nail and not just one part of the nail.

You can also feel your nails to check for abnormalities. Try gently pushing down on the nail and hold it still while you press against it. If the nail feels soft or spongy, it could indicate a fungal infection.



How Do You Treat Black Toenail Fungus?

Treating black toenail fungus requires professional antifungal treatment. Your doctor will prescribe antifungal medications to kill the fungus. These drugs work by inhibiting the growth of the fungus. They do not cure the disease, but they slow its progression.

Your doctor will also recommend topical treatments that help keep the fungus from returning. This includes keeping your feet dry and warm and wearing protective shoes.

It is important to remember that treating fungal infections takes time. Healthy nails take about three months to fully recover. If you have been diagnosed with black toenail fungus, expect to see some improvement after two weeks of treatment for toenail fungus. However, full recovery may take six months or longer.



What Happens If You Leave Toenail Fungus Untreated?

If left untreated, the fungus can spread throughout your body. This means that it can affect other parts of your body, including your fingernails, hair, scalp, and even your lungs.

Untreated nail fungus can also lead to serious health problems. Some people develop athlete's foot, ringworm, or other types of fungal infections. Black nails can also become painful and infected. In extreme cases, the nail can fall off.

Your nail, over time, will continue to grow around the area where the nail was removed. Eventually, the nail will cover up the dead tissue. This causes the nail to look perfectly normal again.

You can treat toenail fungus yourself using home remedies. But, you must first consult your physician for medical advice. He or she will determine whether these methods are safe enough for you.

Is There A Home Remedy For Toenail Fungus?

The best home remedy I know of is to soak your feet in warm water mixed with hydrogen peroxide. This will help kill off any fungus that may be present. It's important to keep your feet clean by washing them regularly.

Try cutting back on sugar intake. Sugar feeds the bacteria that cause the infection. Common infections include athlete's foot and ringworm.

To avoid spreading the risk of infection, don't share towels at swimming pools or clothes with someone who has an active case of toenail fungus.

An antibiotic ointment may also help prevent the spread of toenail infections. Apply this ointment directly onto the affected areas every day.



Conclusion

In conclusion, black toenail fungus is one of the most common nail diseases. It affects both men and women. The condition usually appears as thickened and as a discolored toenail. It can also lead to other conditions, such as an athlete's foot.

There are many ways to treat toenail fungus. An effective treatment plan depends on the type of fungus involved. Your doctor will prescribe a medication that kills the fungus. He or she will also advise you on how to keep the foot fungus from coming back.

Home remedies are helpful too. They can speed up the healing process. However, you must always check with your doctor before trying anything new.

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
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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.

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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...

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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.

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

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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**.

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single benefit that Keravita Pro has to
offer!**

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30 Day Supply



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

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*Free US Shipping



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180 Day Supply



\$49 /Bottle

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

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POPULAR - 3 BOTTLES

90 Day Supply



\$59 /Bottle

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

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