

## Nail News from Kathi's Hands and Feet

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### Is There A Fungus Among Us?

What is nail fungus? Fungi are microorganisms that are present *everywhere*, indoors and outdoors. There are over 50,000 different species of fungi. Fungi lives on every kind of surface, even your skin and is usually harmless. However, at certain times and environments, fungi tend to change and overgrow, this leads to a fungal infection. Fungal infections are categorized by the type and where it occurs. Topical infections such as athlete's foot, jock itch, and ringworm affect the skin as well as scalp area. Onychomycosis (nail fungus), affects finger and toe nails and nail beds. Candidiasis affects the mouth, vagina and urinary tract. Many factors contribute to acquiring a fungal infection. Side effects from antibiotics, weakened immune system, poor hygiene, warm humid environments, poor circulation, injuries and direct contact with someone who is infected. Anybody can get a fungal infection in fact over 60% of us have either had or currently have a fungal infection.

There are many treatments both prescription and over the counter. However, whatever the treatment it will only works in less than 18% of the cases. Due to the prohibitive costs and possible side effects of prescription medications, I have researched an inexpensive and "Herbal and Natural" topical alternative. In researching herbal and homeopathic recipes for fungal treatments here is what I have come up with. A spray that is used topically-daily for 1-3 months. If noticeable change is not seen in that time and the client has been diligent in treatment, it is time to try something else. Client must also take all frequently worn shoes such as tennis and house shoes and liberally spray the inside with Lysol and set in sun to dry. Clean bathrooms with Lysol weekly and wear flip flops at pool and in gym locker rooms.

"No Fungus Among Us" is made from the following: **Olive-Coconut oil**: known to have natural fungicides due to the fatty acids and antimicrobial properties; **Neem Oil**: from evergreen tree found in India-cures eczema, psoriasis, fungal and bacterial infections; **Tea Tree Oil**-from shrubs found in Australia it is a powerful antiseptic and fungicide; **Apple Cider Vinegar**-powerful antimicrobial properties with mild acidic nature that helps prevent the spread of the infection and promotes speedy recovery; **Lavender-Rosemary-Peppermint-Oregano and Clove Essential Oils**- All natural herbal remedies for bacterial infections and helps keep fungus from spreading.