

# 5 Simple Yet Powerful Hacks You Can Use To Get Rid Of Toenail Fungus – Even If You Don't Know Where To Start

Being free of irritating, ugly fungus-infected toenails is one of the greatest feelings you can experience as a victim of this stubborn disease.

There is simply nothing else like it.

That's because when you finally kill off the fungus for good your toenails will grow back and your skin will be healthy again. No more pain, no more itching, no more embarrassment.

However, there are many obstacles you have to overcome before you can get there. Not only do you have to kill the fungus but you also have to keep it from coming back over and over again - which can be the most difficult challenge of all.

All of this can leave you falling well short of the mark and stop you from ever actually getting rid of your diseased, ugly, embarrassing toenail infection.

Fortunately, though, getting rid of toenail fungus doesn't have to be as challenging as you think.

Far from it, in fact. Simply by implementing the right tried-and-tested techniques, you can have healthy skin and nails without experiencing any of the common frustrations.

How would we know?

Because, at Urban Body Laser, we're experts at helping people treat skin problems in the shortest possible timeframe.

Since 2004, we've helped thousands of clients finally get rid of skin problems like toenail fungus and helped them avoid years of hard work and trial and error most people usually have to suffer through.

We've written this eBook to share some of the powerful industry secrets we've accumulated during our time in the laser skin care business.

The information you're about to read will help you finally, really get rid of all of the toenail fungus parasites so you can:

- Wear your beautiful open-toed shoes and slippers again

- Walk on the beach without feeling embarrassed
- Not have to worry about spreading the infection to your whole family

You're about to discover:

- 5 simple techniques you can use to get rid of your toenail fungus – even if you don't know where to start
- How to avoid the 3 most common mistakes made by people who have been suffering from infected toenails for years – making even 1 of these errors could cost you hundreds of dollars and set you back years
- 3 insider secrets that can help you avoid spreading the disease to your family and friends
- The TRUTH about toenail fungus treatment industry and why fungus infected people usually fail to ever actually get rid of toenail fungus

By the time you've finished reading, you'll have all the information you need to kickstart your journey to success and have the beautiful skin and nails you deserve.

Let's get started!

## **5 Simple Techniques To Help You Eliminate Your Toenail Fungal Infection**

Some days, being rid of your ugly, yellow or black, brittle, peeling toenails might seem like a faraway dream. But, if you implement the right strategies, you can get there far sooner than you think. We've outlined 5 simple, tried-and-tested techniques you can use to be fungus-free.

### **#1 Go See Your Doctor**

If you have a medical problem, the first thing you need to do is to go see your doctor and get a proper diagnosis.

Your doctor will examine your nails and perhaps take some nail clippings or scrape debris from under your nail. These samples are sent to a lab to identify the cause of your symptoms.

Conditions, such as psoriasis, can mimic a fungal infection of the nail.

Microorganisms such as yeast and bacteria also can infect nails.

Knowing the cause of your infection is the first step in determining the best way to solve the problem.

If you actually do have toenail fungus your doctor will generally offer one or more of the following solutions:

a) A doctor may prescribe antifungal drugs that you take by mouth (orally) or apply to the nail.

Oral antifungal drugs are often the first choice. They help a new nail grow free of infection, slowly replacing the infected part.

You typically take this type of drug daily for 6 to 12 weeks. But you won't see the end result of treatment until the nail grows back completely. It may take four months or longer to eliminate an infection.

Treatment success rates with these drugs are usually lower in adults over age 65.

Oral antifungal drugs may cause side effects such as rash and liver damage. Or they may interfere with other prescription drugs. You may need occasional blood tests to check on how you're doing with these types of drugs.

Health care providers may not recommend oral antifungal drugs for people with liver disease or congestive heart failure or those taking certain medications.

b) Medicated nail polish may prescribe an antifungal nail polish. You paint it on your infected nails and surrounding skin once a day. After seven days, you wipe the piled-on layers clean with alcohol and begin fresh applications. You may need to use this type of nail polish daily for almost a year.

c) Medicated antifungal nail cream may also be prescribed. You rub this product into your infected nails after soaking. These creams may work better if you first thin the nails. This helps the medication get through the hard nail surface to the underlying fungus.

To thin nails, you apply a nonprescription lotion containing urea. Or your doctor may thin the surface of the nail with a file or other tool.

Antifungal nail creams may cause side effects such as rash.

d) Surgery - Your doctor might suggest temporary removal of the nail so that the antifungal drug can be applied directly to the infection under the nail. The most effective but least used option is surgery to permanently remove the nail and its root.

### **Conclusion:**

Doctor's medicine can potentially kill off all the fungus parasites...if your body can handle all the side effects. If the fungus does not get eliminated in a reasonably short period of time, your doctor will likely discontinue giving you prescriptions considering the harm caused to your body.

If all of the fungus is not eliminated, the disease can come roaring back stronger than ever. This time it will be resistant to the medications you were taking.

In order to once again eliminate the parasites, the doctor will have to give you stronger medicine...with even more damage to your liver and other side effects.

If you are in this situation, consider trying other, less harmful methods before going back for another round of antibiotics.

## **#2 Natural Ways To Kill The Foot Fungus Parasite**

If your nutrition and lifestyle is pretty good then many natural treatments or home remedies can be helpful in killing the fungus that causes athlete's foot.

a) Tea tree oil (*Melaleuca alternifolia*) may help to kill fungi.

Tea tree oil comes from the leaves of the tea tree, commonly found in Australia. It is known to have antibacterial and antifungal properties.

Some [studies](#) have found that tea tree oil can be more effective at killing fungi than several other antifungal agents that were tested.

To use tea tree oil, place a few drops into a carrier oil, such as coconut or olive oil, and rub it on your feet.

Be careful not use undiluted tea tree oil on your skin because it can be irritating to the skin. If you find it is causing irritation and rashes on your skin, it would be good to stop using it and try something else.

Another way to apply tea tree oil is in the form of a cream or salve.

b) Fresh garlic extract has a long history of medicinal use,

Several studies have found garlic to be effective against some fungi and bacteria.

A review in the [Avicenna Journal of Medicine](#) found that garlic can kill a variety of germs, including toenail fungus.

Crush three to four garlic cloves and stir them into a basin of warm water. Soak your feet for 30 minutes, twice a day for up to a week.

Be aware the powerful compounds in garlic can leave a lasting garlic smell on the skin.

c) Hydrogen peroxide with iodine - A [recent study](#) found that peroxide combined with iodine killed 16 different fungi. The two used together were more effective than using them separately.

Mix iodine solution and hydrogen peroxide in a bucket or large bowl. Iodine solution is available at most drugstores in the wound care section. Dip the feet directly in the solution or use a cotton pad to apply it to the affected areas.

Do not use iodine on the skin without diluting it because it can damage the skin if used by itself.

Peroxide may sting if the skin is broken or irritated, and it can bleach hair and fabrics. Iodine may also cause stains.

Applying this mixture in a bathtub or shower may prevent unwanted stains, bleaching, and spills.

d) A combination of a hair dryer and talcum powder can be used to starve the fungi of what keeps it alive. If fungi do not have an ideal environment to live in, they cannot continue to grow and thrive.

Getting rid of moisture from the feet, especially between the toes, can help keep the fungus from spreading and getting worse.

You can remove moisture from your feet by thoroughly drying them with a hair dryer after bathing, making sure that no moisture remains but being careful not to burn the skin. People with loss of sensation or feeling in the feet should not use this method.

When the feet are dry, follow up by sprinkling them with talcum powder to help absorb sweat. Many foot powders contain talc and help keep the feet dry.

In addition, wearing socks that absorbs moisture away from the skin can help keep the feet dry. Wool, bamboo and socks made from synthetic wicking fabric (tech socks) can help keep feet dry throughout the day.

Changing socks at least once a day when feet feel sweaty or damp is also helpful. Or, in warmer weather, wear open shoes or sandals to increase airflow to the feet.

e) Baking soda (sodium bicarbonate) may be an effective way to cure athlete's foot.

A study in [Mycopathologia](#) found that baking soda, does have antifungal abilities when used on the skin.

To make a foot soak, mix about a half cup of baking soda in a large bucket or basin of warm water. Soak feet for 15 to 20 minutes, twice a day. When done, dry the feet thoroughly but do not rinse.

f) Other natural fungus killing foot-baths worth trying are:

- Apple Cider Vinegar in warm water
- White Vinegar in warm water
- Oil of Oregano in warm water
- Listerine Mouthwash and white vinegar.

Make a mixture with warm water and soak the toe about 30 minutes. Then, scrub the toenail lightly.

Wash it off, and dry your toe very well.

Do this routine one or two times a day, until your toenail fungus heals.

It is important for people to treat a persistent case of athlete's foot because the fungus can spread to the nails, other body parts, and other people.

### **Conclusion:**

Natural foot fungus treatments could possibly work if you have the discipline and time to implement them several times a day for months or even years.

If your toenail fungus is relatively mild or in the beginning stages natural treatments could certainly help.

But if you stop the treatment before the fungal infection is totally eliminated the problem will come back.

With this in mind, it would be good to keep doing the treatment until your toenail has grown back fully. This can take as much as 8-10 months, depending on how bad the problem was.

### #3 Anti-Fungal Diet

Too few toenail fungus sufferers pay attention to their diet when it comes to getting rid of fungal infection. Sadly, the consequences can be disastrous and prevent them from ever reaching their goals.

When the microbiota in your gut is healthy and your immune system is working well, Candida is a harmless guest.

There are far more bacteria than fungi in your gut, and the good bacteria keep the fungi under control.

However, taking antibiotics or having a disease that affects your immune system can affect the balance of your gut bacteria. As a result, you may have an overgrowth of Candida.

Medications, nutritional deficiencies, too many starches, and sugars, and environmental molds or toxins can also cause an unhealthy change in your gut microbiota that leads to excess Candida.

The theory is that your health will improve if you get rid of the extra fungi and re-introduce good bacteria into your digestive tract.

Diet guidelines that can help build an immune system strong enough to fight off toenail fungus:

- a) Diet low in sugar, yeast, refined carbohydrates, and mold-containing foods.
- b) Probiotics from yogurt, fermented foods, or supplements.
- c) Non-prescription antifungals, such as oil of oregano, garlic, and grapefruit seed extract.

Avoid sugars that feed the yeast. If you have been suffering from toenail fungus try eliminating foods with:

- a) Added sugars (examples: cane sugar, honey, syrup)
- b) Natural sugars (examples: fresh and dried fruit, fruit juice)
- c) Refined starches (examples: white bread, pastries)
- d) Starchy vegetables (examples: potatoes, carrots, peas, beans)
- e) Milk sugar, also known as lactose (examples: cheese, milk, cream).

Also experiment with eliminating:

- a) Alcohol
- b) Foods with mold
- c) Food additives
- d) Caffeine

The idea is to eliminate the foods completely for a period of 3 months, then add them back one at a time to see how your body reacts.

[Studies](#) have found that vitamins B2 (riboflavin), B3 (pantothenic acid), and B9 (folate) provide notable antifungal effects.

### **Conclusion:**

A healthy diet is always a good idea. So is regular exercise, a good amount of sleep and a low-stress lifestyle. These are all factors in strengthening your immune system.

If your immune system is strong enough, your body will be able to fight off toenail fungus.

On the other hand, if your immune system was strong enough to begin with you would not be in this situation right now.

You will have to make a determined effort to get healthier. This can take a lot of time and effort. And, if the fungus has become deeply embedded it's likely your immune system may not be able to fight it off on its own.

It is a good idea to have a healthy lifestyle -- eating the right foods, avoiding the wrong foods and taking vitamin supplements regardless of the treatment you try.

Without a good immune system, the illness can potentially come back quickly.

Diet can certainly help in the beginning stages of getting toenail fungus or if you have mild symptoms.

## **#4 Some well-advertised products online**

When you do a search online you will come across the following solutions to get rid of toenail fungus. Following is a summary of what you will find.

- a) Kerassentials – This product is available on Amazon, but some say it is different from the product sold on the Kerassentials website.

There are many 5-star reviews on Amazon, but there are also several 1-star reviews where people did not get good results.

The price varies from as low as \$6 per bottle on Amazon, up to \$69 per bottle on the Kerassentials website.

The manufacturer of Kerassentials provides the following instructions for using the product:

- Apply 4 times daily, including 2 times in the morning and 2 times in the afternoon
- Use the enclosed applicator to coat the nail, then use a cotton swab to work the solution into the cuticle of the nails
- For best results, use an emery board to gently file the nail surface prior to treatment, allowing the nail to absorb the oil more thoroughly
- Kerassentials is designed for external use only. Avoid contact with your eyes and do not swallow the formula. Stop using Kerassentials if you experience irritation or other side effects.

So, if you are into applying the product 4 times a day for several months or years, it might be worth a try.

b) At Home Laser Treatment Device – There are many suppliers of this product on Amazon. Prices range from about \$100-\$300.

The following is clearly written in the description of the product:

“[SLOW & STEADY WINS THE RACE] laser therapy is the most effective treatment to clean nails, however no solution is one and done, shoes & socks need to be sprayed daily, nails need to be filed and trimmed down regularly, the device's pads need to be cleaned with alcohol each time before and after use, last but not least, keep to it twice a day every day and wait patiently for your beautiful new nails to regrow and shine.”

When you look at the reviews on Amazon the results people have gotten are mixed. Some say the product works, many say it doesn't work. People have experienced many problems with the device itself and it seems to break down and stop working after some time.

Success stories are usually after several months of treatment. Some people are not able to get rid of the fungus even after a year of regular treatments.

**Conclusion:**

There is certainly potential in these treatments. However, based on the reviews, some people get results while others don't.

One important factor is, do you have the time to do the treatment several times a day for months or years? If not, then you are unlikely to get rid of your problem.

If you have had a persistent case of toenail fungus for many years you will likely need a stronger approach.

## **#5 Professional Laser Treatments In A Medical Clinic**

Urban Body Laser has been providing laser skin care treatments since 2004. The treatment for toenail fungus is very simple.

Step 1 - Assessment and diagnosis

Step 2 – Apply the laser treatment for approximately 15-20 minutes once a week, in the clinic.

For most people four treatments are enough to kill off all the fungus. So, your toenail fungus problem will be gone in about 4 weeks.

The cost is \$299 per treatment.

### **How Is It Possible To Get Rid Of Toenail Fungus So Quickly?**

Urban Body Laser uses a revolutionary, patient-friendly method for treating onychomycosis (toenail fungus).

It is a simple and effective procedure that uses the power of Nd:YAG laser light to heat evenly throughout the depth of the effected nail and skin tissue.

The laser effectively weakens and kills parasitic fungi which have infected the patient's nails and skin.

### **Safe, Effective And No Side-Effects!**

Deep, pulse-profile heating of the nail bed stimulates the killing of parasitic fungus. All of it, even deep inside the skin tissue.

The natural growth and immune processes of the body are then able to restore the nail to its pristine state.

Therapeutic oils and antibiotic creams are not able to go deep into the skin tissue so they can only be helpful in mild cases.

Laser light goes deep inside and spreads evenly throughout the entire skin tissue, killing ALL the germs.

There is no need take any antibiotics or medications so there are no side effects.

### **No Pain And No Damage To The Skin**

Urban Body Laser Nd:YAG lasers are equipped with VSP (Variable Square Pulse) technology. This technology enables laser energy to go deep into the skin without damaging the skin surface.

Compared to conventional Nd:YAG technologies, VSP pulses create virtually instantaneous temperature increases that are limited to the targeted area only. No unnecessary energy is deposited into the skin.

This unique technology requires specialized training to achieve such “miraculous” results.

A lot of people don't know about this technology – which is crazy because we think it's an absolute MUST-HAVE when it comes to treating toenail fungus, no matter how severe the infection.

### **Conclusion:**

If you don't have the discipline or time to hope and wait for months or years, laser toenail fungus removal is a great way to go.

It may seem a little expensive, but considering the time you end up spending on a daily basis with other treatments, laser treatment is a bargain.

No fuss, no muss. Fast, reliable results.

Most people find their fungus is completely eliminated in about 4 weeks.

## **The 3 Most Common Mistakes Made By Toenail Fungus Sufferers And How You Can Easily Avoid Them**

Sadly, when it comes to getting rid of toenail fungus, too many people make simple mistakes which cost them dearly.

If you're not careful, you could follow in their footsteps and end up falling well short of your goal.

But don't worry – we're here to help.

We've put together a list of the 3 most common mistakes made by people infected by toenail fungus – as well as easy-to-follow tips on how to avoid them.

## **#1 First Mistake**

Far and away the most common mistake that keeps toenail fungus alive is moisture in the toes. If your toes stay moist for extended periods of time through perspiration or even just water, it creates the environment for toenail fungus to take hold.

We see it all too often - we've honestly lost count of how many people we've come across who have made this error.

Nail fungus loves to grow in dark, moist places, like our shoes for example. Swimmers, Hockey Players, Runners and other athletes are especially susceptible but anyone can get it.

Keep your toes dry.

Onychomycosis is the medical term for a nail infection caused by a fungus.

There are many different species of fungus that can cause Onychomycosis and once an infection develops, it can be difficult, if not impossible, to eliminate.

Nails infected with fungus tend to grow slowly and the infection becomes embedded within the nail bed.

Traditional treatments involve oral medications that can take months to be effective and can be harmful to your liver.

## **#2 Second Mistake**

Another common mistake is to continue to be exposed to the fungus repeatedly without taking precautions.

Toenail fungus can spread to:

- Other toenails.
- Skin between your toes (called athlete's foot).
- Groin area (called jock itch).

- Scalp (skin on top of your head).

Don't encourage environments where the fungus thrives. Fungus parasites remain on surfaces so you can easily get toenail fungus by:

- Walking around the perimeters of swimming pools.
- Using a public locker room or shower.
- Walking barefoot in a public area.
- Dry your feet well after every shower, especially between the toes
- Change your socks when they get wet
- Air your shoes overnight if wearing them for a prolonged time or they feel moist
- Wear socks that help wick moisture away from your feet
- Don't share clothes. Fungi can live in damp clothing, particularly shoes and socks. It's never a good idea to share these items with others, but doubly so if one of you has a fungal infection.
- Don't share or re-use towels. The microbes can cling to fabric and transfer to other nails, or to other parts of the skin where they can cause infections like athlete's foot or ringworm. Use your towel once, then wash it immediately.
- Don't share nail or foot care tools. Ideally, each person should have their own set of nail clippers, nail file, emery board, etc. that they use themselves. If not, make sure to disinfect them between uses.
- Avoid nail salons that have questionable hygiene practices or don't sterilize their instruments
- Wear thongs in public areas like swimming pools, showers and changing rooms

### **#3 Third Mistake**

Not taking active steps to remove spores from your environment.

Being very frank, due to the wide and easy spread of fungal spores, it can be almost impossible to eliminate fungus from an existing environment. With that said, there are ways to help limit the spread of fungal nail infections within your household.

**Help avoid and actively remove spores from your environment**

- Wipe down your showers, floors and high-risk surfaces with an antifungal detergent
- Fungus can easily spread through bed sheets. Make sure to hot-wash your bed sheets and socks with an antifungal laundry wash like Canesten
- Treat any existing Athlete's foot infections
- Keep your toenails trimmed and remove the build-up of dead skin, dirt and bacteria from beneath your toenails
- Don't share shoes or socks with someone who has a fungal nail infection
- Disinfect the shower after use. Fungi can stick on hard surfaces, too, such as shower floors. You might also consider wearing shower shoes or flip-flops in the shower to be extra safe.
- Apply antifungal powders or sprays to the inside of shoes. This can help whether you're the one with the infection or not.
- Wear clean, breathable socks to bed. If you share a bed with another person, the fungus may transfer to them via shared linens. Wearing clean socks to bed and washing sheets regularly minimizes transmission risk.

These steps can protect your family during an ongoing infection, but the best long-term prevention strategy is treatment.

## **The TRUTH About Toenail Fungus Removal Treatments And Why Most Fungus Sufferers Can Never Get Rid Of The Problem**

Have you ever tried to do something difficult without help? It could be something as simple as trying to move a heavy piece of furniture – like a desk – all by yourself. You probably knew in the back of your mind that it was better ask a friend or family member for help – but you became impatient and gave it a go, to see if you could do it yourself.

Sadly, shortly after trying, it became clear that you just couldn't do it. The desk was WAY too heavy. Not only did you knock over the nearby lamp, but you've now got a stabbing pain in your lower back... and the desk is still stuck right where it was.

If only you'd asked for help.

Well, the truth is effective toenail fungus treatments are a lot like that. It can be very difficult – or even impossible – to get rid of the fungus without any assistance.

Of course, there is one huge difference. Getting rid of toenail fungus isn't as simple as moving a piece of furniture. No, there is a LOT more to it than that. And the consequences could be far more costly than hurting your lower back or putting a scratch on the wall.

Not only could you cost yourself years of suffering and embarrassment and hundreds of dollars in failed self-treatments, but you could also set yourself back years on your journey. You could end up further away from achieving your goal than you are right now.

Sadly, this is something that happens all too often to people who have had toenail fungus for many years. Instead of seeking expert help, they try to go it alone and fall well short of achieving their goals.

That's why it's imperative that you ask for expert advice to achieve your goals. And in the laser fungus removal industry, there's no one better than Urban Body Laser.

We have over 18 years of experience in providing laser skin treatments – during which time we've helped thousands of our "guests" in the clinic achieve their desired goals.

We can help you avoid the common pitfalls, steer clear of the costly mistakes and get rid of your toenail fungus problem in the shortest possible timeframe.

Why risk letting your fungus get deeply embedded into your skin and spread to your feet, hands and even scalp... not to mention creating more and more danger for your family members to get infected by you the longer you have the problem... when you can use our expertise and proven systems to quickly and reliably get rid of toenail fungus and regain your beautiful toes and healthy nails?

To find out how we can help, get in touch with us below for a free, no-obligation consultation.

## **Claim Your FREE No-Obligation 30-Minute Consultation And We'll Help You To Get Rid Of Toenail Fungus In Record Time!**

Thank you for taking the time to read this eBook – we hope you've found the information helpful and can use what you've learned to heal your toenail fungus problem and prevent it from infecting your family.

If you're truly serious about finally getting rid of your toenail fungus, then we have excellent news.

**For a limited time only, we're offering you a free, no-obligation session with one of our expert laser toenail fungus treatment specialists.**

During your 30-minute session, we'll discuss your current situation, what your goals are and how we can help you achieve them using our proven system.

We'll also cover a stack of valuable information together, including...

- How you can quickly and painlessly get rid of fungal infection,
- what you should never do when trying to fix the problem for yourself, and
- how to avoid all the most common mistakes that fungus sufferers make which sabotages their success.

There's no cost or obligation if you feel like it's not for you. It's simply a free information session designed to educate you and provide value to you in advance.

To claim your free consultation, or find out more information about this limited-time offer, all you have to do is click the link below.

[Claim Your Free Session Here](#)