

How to Find the Right Toenail Fungus Treatment

Review the Top Rated Toenail Fungus Treatments

David M. Hughes -

Life is hard enough without an embarrassing condition called **toenail fungus**. The condition is not only sometimes painful, but also gives your toenails an unsightly appearance that is impossible to hide at the beach, gym, or in open toed sandals. In addition, there is often a very foul odor accompanying it. How to find the right toenail fungus treatments can be difficult, but offered here is an overview of the condition, and some ideas that may help you find the appropriate cure.



Toenail fungus, or onychomycosis, is caused by microorganisms that love to house themselves in your toenails. These organisms are plant fungi, and feed off of keratin, a substance that is part of the toenail itself. "Feeds" is an appropriate description for the actions of these microorganisms since the end result is toenails that crumble, or appear to be eaten away. Though this fungus is everywhere, it thrives in the enclosed, warm, moist environment to which toes are typically subjected. Though this condition happens more often to people over 60, or to those with diabetes or poor blood circulation, it can happen to anyone.

Symptoms of toenail fungus can vary, and are usually only noticeable once the fungus has established itself. Toenail fungus may first appear as a small patch under the nail. This discoloration may be white, yellow, or brown in color. When they first appear, most people ignore them. Eventually, the nail plate itself will have a thickened appearance, and often looks yellow or cloudy. The thickening and cloudiness are the result of the debris that builds up under the nail as the fungus continues its work. Sometimes the nail begins to lift off of the nail bed. Unfortunately, another symptom may be a disgusting cheesy smell that can't be washed away in the shower. Even worse, one untreated toe can infect other toes.

It's possible to [cure toenail fungus](#), but there are no quick methods. The fungus lives in hard to treat areas under the toenail bed, and topical medications have difficulty reaching the source. Also, a cure requires daily applications, and treatment often takes months. There are no quick cures since the entire nail needs to grow out during the course of the treatment in order to assure that the fungus is gone. However, for those who want to show off their feet, diligence will pay off.



Treatments to cure **toenail fungus** fall into the following categories: home remedies, over the counter aids, and prescription medication. Among some of the home remedies for toenail fungus are vinegar, tea tree oil, and even Vick's Vapor Rub. Some of these home remedies can work if the condition is spotted immediately. Oral prescription medication is also available, but has to be carefully monitored with blood tests since liver damage can occur. Treatment times with prescription medication are shorter, but involve trips to the doctor as well as medical laboratories for ongoing monitoring. Fortunately, over the counter treatments are also available, are effective, and can be done at your own convenience in the privacy of your home.

Some of the [best toenail fungus treatments](#) are products with all natural ingredients. They are easy and safe to use. One such product is Zetaclear, a homeopathic based intervention. The topical treatment is painted on the toenails daily. Zetaclear toenail fungus treatment is readily available and does not require a doctor's prescription. Among some of its natural ingredients is a blend of oils that penetrate to the fungus. These include almond, lemongrass, Vitamin E, and clove oils. Another component, Jojoba oil, was used for centuries by Native Americans to improve the appearance of skin. Interested people may buy Zetaclear online.

Another one of the [best toenail fungus treatments](#) is Fungisil. Made by Sisquoc Healthcare, it also uses a paint on application. Fungisil toenail fungus cure advice recommends that before the first application, that the toenails be "thinned out." After soaking your feet in warm water, clip back the toenail, carefully push back the cuticle, and then using an emery board, file the top of the nail itself to thin it out. This preparation helps Fungisil reach the infection more easily. This preparation should be done periodically to help Fungisil continue to work effectively. You can buy Fungisil online.

ToenailFungusCured.com strives to find the best treatments for your **toenail fungus infection**. After having toenail fungus for over 10 years, David M. Hughes tries to research and provide the best possible treatments for those who suffer from the infection.