TOENAIL FUNGUS PROTOCOL

THE CLEAR NAIL SOLUTION
TOENAIL FUNGUS PROTOCOL

100% Natural System to Rid Yourself of Nail Fungus and Get Life Back to Normal

DISCLAIMER (MUST READ)

All information provided in this book, particularly any information relating to specific medical conditions, Health Care, preventive care, and Healthy Lifestyles, is presented for general information purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment, nor all health-related issues.

The information provided in this book is not intended as a substitute for the advice provided by your own physician or healthcare provider, not necessarily take your individual health situation into account. Or disease, or else the meaning of determining a treatment. You should also not use the information as a substitute for professional medical advice when deciding on any health-related regimen, including diet or exercise. You should always consult your own licensed healthcare provider for these purposes, or for any specific, individual medical advice.
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Dear new member

It’s safe to say that I’m hated by pretty much every pharmaceutical executive on the planet. That’s because the information inside this book and the system you are going to discover is costing them millions, if not billions of dollars every month.

They are in an all-out panic about how to silence me before you hear what I have to say. They don’t want you to know that your nail or skin fungus is actually just a symptom of something much more severe and that treating your fungal infection with antibiotics practically guarantees it will come back worse within 6 months.

The real cause of your fungal infections comes from inside your body, where it’s been building up for years like a ticking time bomb waiting to explode.

In fact, by the time you see a fungal infection, unexplained rash, or experience dry and itchy red skin that doesn’t go away it’s probably much more developed than you realize and it’s important that you do something to treat the problem as fast as possible.

That’s why, with the help of some brilliant health researchers, we created the TOENAIL FUNGUS protocol, Ultra Fungus Free and Fungus Clean.

To share with you what we have learnt first hand and what to do if you are suffering from fungus.

Thank you and congratulations for trusting Alliance Naturals to help you become a healthier and happier person.

We are delighted to support you in the restoration of your health. By reading the guide, implementing what is inside and using Fungus Clean and Ultra Fungus Free you’ll eliminate your fungus and destroy the fungal bacteria that’s inside of your body… Above all, you’ll be ensuring each day is healthier than the last.

This book contains proven steps and strategies on how to detect and correctly diagnose the issues involved with nail fungus in your ingernails and toenails.

Early detection is essential, and you must know the warning signs.

It is recommended that you use Ultra Fungus Free and take Fungus Clean daily. These two products will be vital in your battle against Fungus.

Remember we are here to support you and ensure you get the best results from this guide and our products.

Please reach out to me directly with any questions.

Here’s to living without Fungus!
Chapter 1: NAIL FUNGUS THE BASICS

Nail fungus is also called by its medical term, onychomycosis, whereas the infected nails have a condition that starts as a yellow or white spot under the tip of a toenail or fingernail. Few are not aware, but the toenail fungus could be a sign of molds, yeast, or the candida virus within your system.

The Facts

In North America, the prevalence of Nail Fungus has been estimated between 15 - 25% of the total adult population.

Nail Fungus usually affects adults and the probability of getting it increases as you age. As people age the statistics are even higher; which is why senior citizens face a 50% probability of having some type of toenail fungus.

Toe nail fungus is much more common than hand nail fungus, simply because fungi love to live in dark, warm places and your feet create a more proliic environment for them to grow. One dermatology study in the U.S. discovered that almost 50% of the people who came into a doctor’s clinic were coming for fungus related problems. Surprising, isn’t it? But, don’t get discouraged, you’re not alone and you are now armed with the materials you need for success.

Statistics also show that the people who are most prone to nail fungus are seniors, those with diabetes, poor blood circulation and others, such as athletes, who tend to sweat a lot around their feet and walk barefoot in possibly infected locker rooms. Researchers have found that, while it’s true that certain people are more prone to fungal infections, certain activities also create these infections.

If you often walk barefoot in wet places or wear heavy work boots for long periods of time, chances of getting the disease increase considerably.

If you are in one of the high-risk groups for toe nail fungus infection, then it’s important you read this book and follow the program outlined.

The first sign of a fungal infection is itchy and scaling skin between the toes which over time may cause the nail to crumble at the edge and cause the entire nail to become discolored. It can infect more than one nail, but it isn’t likely to involve all of them. The infection can also travel to other areas surrounding the nail and can make up to 50% of the nail with its abnormal appearance.

It is obvious the population is bothered by fungal toenail infections and is determined to get rid of them. Millions of dollars are spent on oral and topical prescriptions, over-the-counter products, laser treatments, and home remedies annually to remove the problems of onychomycosis.
Types of Toenail Fungus

Unfortunately, when there is an imbalance of bad versus good bacteria in your body, you can develop a yeast or fungus infection (bad bacteria) which breaks through your skin with one of these conditions:

**Distal Subungual Onychomycosis (DSO):** The condition is the most common type of fungal nail infection which invades the underside end of the nail plate (the nail bed) and in the nail. It is caused by dermatophytes—Trichopyhton rubru—the same fungi which cause athlete’s foot and can also be found on hair, skin, and your nails. DSO can be a lifelong struggle and is extremely difficult to treat.

**White Supericial Onychomycosis (WSO):** The WSO is the second most common nail infection and can be easily treated. It is also triggered by the dermatophytes—Tricophyton mentagrophytes. White spots are evident on the top layer of the nail surface. Eventually, the entire surface will be covered with a chalky/crumbly powder. The nail clings to the skin and doesn’t thicken.

**Candida Onychomycosis:** The condition is caused by frequent immersion in water where the genus called ‘Candida’ occupies the nail plate. A yeast infection of the nail is uncommon, but the entire nail fold (the skin bordering the nail) and the nail can become infected.

The Candida infection is more common in your ingernails, and it can involve all of the nails at the same time. The nail can become separated from the nail bed. The infection attacks the weakened areas of the nail, which may result in discoloration of green, white, or brownish. The nail will be thicker and become oddly shaped. Unlike other types of fungal nail infections; this one is painful and will exhibit tender, swollen, or reddened areas of skin next to the nail.

**Proximal Subungual Onychomycosis (PSO):** Fungal infection is caused by dermatophytes—Tricophyton rubrum—and invades the nail fold, and penetrates the newly formed nail plate. The skin may become thickened, and the nail opaque and the skin on top of your foot might become infected. As time passes, the fungus will target the root before it progresses to the tip of the nail. This is a common issue for those who are infected with the human immunodeficiency virus (HIV).

Surveys and medical records have indicated that adults are about 30 times more likely to suffer from onychomycosis than children. It is estimated that about 90% of the elderly population has the condition.
Who Is At Risk Of Nail Fungus?

As mentioned earlier it is estimated up to 25% of the US population is suffering some form of nail fungus. Those who are at high risk include:

• **Job Related:** Working in a moist/humid environment or on a job where your hands stay in a lot of water, such as a housekeeper or bartender.

• **Age:** As you become older, the blood flow slows down—more years of fungi exposure and slower growing nails.

• **Hyperhidrosis:** A tendency towards sweaty feet

• **Family History:** A history of nail fungus infections, especially in males

• **House Mates:** Living with someone who has the fungus.

• **Attire:** Wearing shoes or socks which hinder ventilation and won’t absorb perspiration

• **No Shoes:** Walking barefooted in areas like gyms, shower rooms, or swimming pools.

• **Injuries:** Having a nail injury—minor skin injury—or skin conditions such as psoriasis

• **Poor Health:** General poor health can also increase the risk factors.

• **Health Issues:** Having circulation problems, Aids, diabetes, psoriasis or a weakened immune system, taking chemotherapy, or children may have Down syndrome

• **Athletes Foot:** Could be an indication you have a nail fungus

• **Smokers and Heavy Perspiring individuals are also at risk.**
Chapter 2: CAUSES AND IDENTIFICATION OF NAIL FUNGUS

Typically nail fungal infections are caused by a dermatophyte fungus. Molds and yeasts can also be a contributing factor. Fungi are organisms that can survive without sunlight.

Some fungi have beneficial uses. However, the ones that don’t need sunlight exist in these conditions:

- Survive in moist—warm environments, such as your shower or swimming pool
- Fungi can enter your skin through cuts—between the nail and the nail bed.
- Can cause problems if your nails are frequently exposed to moist—warm conditions
- Early infection/damage to the nail or skin
- You live in a humid/moist climate.

You don’t have to become a victim if you act promptly and effectively. Always be one step ahead of the fungus and learn what are the causes and symptoms that trigger the infection. This way you’ll know everything you need to stop the potentially deadly consequences.

Nail fungal infections are caused by microscopic organisms - called fungi - that do not require sunlight to survive. Most commonly, a group of fungi called dermatophytes is responsible for nail fungal infections. However, some yeasts and molds also cause these infections.

Nail Fungus Checklist

If you are uncertain on whether or not you have nail fungus – go through the checklist below.

- Discoloration under the nail near the edge - usually green, yellow or white
- Soft and painful nails
- Unusually thick nails
- Nail that crumbles around the edges
- Smelly nails
- Distorted shape of the nail
- Redness or swelling in or around the nail area
- Nails that separate from the nail bed
- Rough texture and uneven nails
Early fungal nail infection typically does not cause any symptoms (it's painless) unless the nail becomes thick and it causes pain when wearing shoes. As the nail thickens, however, fungal nail infection may restrict you from standing, walking and exercising.

By the time you have reached this stage you may be experiencing other symptoms like Paresthesia (a sensation of pricking, tingling, or creeping on the skin, usually associated with injury or irritation of a nerve), pain, discomfort, and loss of agility (dexterity).

It is very important you do not ignore these warning signs!
If you have a severe nail fungus; it could become painful and cause permanent damage to your nail bed and nail. You may also have difficulty walking. If you have a suppressed immune system because of diabetes, medication, or other conditions; you are at a risk of serious infections which could spread beyond your feet and lead to widespread infection.
You may have reduced nerve supply and blood circulation if you are diabetic. You are also in a higher risk category for cellulitis, a skin infection as previously mentioned. Therefore, any minor injury, including a fungal nail infection, could lead to more serious issues.

How Contagious Is Nail Fungus?

Caution nail Fungus is highly contagious!

If you have nail fungus, then you've come into direct or indirect contact with someone else who is infected.
Nail fungus can be easily spread from one person to another, typically through sharing objects that have come into contact with the infection e.g. shoes, socks, nail polish, nail tools, etc. Hence why one of the most common places for an infection to spread is at a nail salon.

If a person who has a fungal infection has a nail treatment and the tools are not properly sterilized between treatments, or even a bottle of nail polish is used on an infected person, it can easily be spread to other patrons at the salon. We strongly advise you to ask beforehand about their sterilization techniques and practices or just bring your own nail polish!
Fungus can also be spread from person to person by walking barefoot in the showers at your gym or at your local swimming pool, which is why you should always wear flip flops or sandals when in any damp/wet area. Left untreated, cases of shower fungus can mature and spread across the sole of your feet and onto your toes. Then, it will level up and infect your toenails without you even knowing.

Infection can also occur as a result of some kind of trauma to the nail that will make it susceptible to the infection, such as when someone steps or drops something on your toes; or it could be the repetitive trauma on your toenails from wearing shoes that don’t quite fit properly. If you play certain sports like baseball, tennis, racquet ball or netball you may be more susceptible to a fungal toenail infection because of the sudden stopping movements that cause the foot to slide inside the shoe.

As you’ve already seen, the toenail fungus will at first appear as a small patch of discoloration on one of your toenails, typically white or yellow. Many people will think that it is a scratch or mark, however over time this can turn your nails into an unsightly, thickened yellow/white brittle mess.

Once you have one infected toenail, it is a lot more probable to spread from one toenail to another on the same foot or even jump to your other foot, being spread by everyday items like your socks. Remember, just washing your socks won’t be enough to fully prevent this; you need to do something in order to kill the bacteria or fungus. This could include soaking your socks in eucalyptus oil or bleach before washing (more of these tips later)

Always ensure that proper hygiene is maintained until your nail fungus is truly cured. Nowadays, many non-toxic, all-natural formulas help eliminate toenail fungus or ingernail fungus, while allowing the nail to continue growing. Based on this type of thinking, I’ll be providing you with the best natural plan for your treatment.
Chapter 3: WHY SHOULD I CARE – THE NEGATIVE IMPACTS OF FUNGUS

There are many reasons not to leave nail fungus untreated. A fungal nail infection (tinea unguium) can spread from other sources such as athlete’s foot (tinea pedis) which is an infection from your toes. If not treated early, the infection can spread to the toenails.

As you are now aware the real cause of your fungal infections comes from inside your body, where it has likely been building up for years.

In fact, by the time you see a fungal infection, unexplained rash, or experience dry and itchy red skin that doesn’t go away it’s likely more of a problem than you realize and it is important that you do something to treat the problem as fast as possible.

Generally, toenails are affected more than fingernails because:

Your toes have less/weakened blood flow which makes it more difficult for your body’s immune system to detect or stop the impending infection.

Your toenails are confined inside your shoes where fungi can survive.

However, ingernail infection can also occur from scratching the toenail if it is infected. The fungus can easily travel from the ingers. However, if your hands are in the water a great deal of the time, you can also be infected.

As discussed earlier there

Dangers of Ignoring Toenail Fungal Infections

As you are now aware many people believe they are healthy and just think of their foot fungus as an infected toenail. Unfortunately, the dangers go well beyond appearance. These are some of the complications involved with fungal infection:

**Foot Pain**

Walking can become a difficult task when the nail becomes infected with a fungus. It can make wearing a pair of shoes painful.

**People with Diabetes**

Toenail fungal infections can be especially dangerous for individuals with diabetes. The foot circulation and nerves can become impaired. Bacterial skin infections are also more likely with a potential risk of more serious problems such as cellulitis.
Dangers of Fungal Paronychia

The area around the toenail can be caused by paronychia which can make the area red and swollen. It is possible for complications to occur including infection and abscesses to the bones, tendons, and into the bloodstream.

Blood Stream Diseases & Widespread Infection

This complication of toenail fungal infection is of particular concern for people with diabetes and other chronic conditions that weaken the immune system.

If a toenail fungus spreads to the skin and causes it to crack, bacteria can get in. This may cause cellulitis, a condition that produces swollen, red, tender skin and must be treated with antibiotics, according to the U.S. National Library of Medicine. In severe cases of cellulitis, the infection can enter the bloodstream and be deadly and it can all start from a simple fungal infection.
Chapter 4: TRADITIONAL TREATMENT OPTIONS

For problems of the toenail, most people turn to dermatologists or podiatrists, especially in cases where the nail infection goes beyond the nails. Some people also use topical treatments or medications to get rid of their toenail fungus, but often these don’t work long term or solve the underlying issue.

Some drugs designed to kill nail fungus that you might have tried in the past include itraconazole or terbinaine. These might be taken for anywhere from three to six months to treat fungal nail infections, but many people will still find that the fungus comes back.

Medications in tablet form are much more effective at fighting nail fungus than topical treatments are, but they aren’t guaranteed to work and also have more side effects, long treatment durations and possible interactions. Another downside is that they are like putting a Band-aid on the problem — they’re not addressing why the fungus developed in the first place.

So that you can educate yourself and understand all of the options we have decided to include some information on the traditional treatment options for nail fungus below.

The first step is to start with an examination with a general practitioner/family doctor. The doctor may take a sample by scraping some of the debris from the nail bed or by drilling a small hole in the nail. The specimen will then be sent to a lab for identification of the type of fungus which is causing the infection.

The piece of the nail will be cultured, stained, or tested by PCR (Polymerase Chain Reaction) to identify the genetic material of the organism. The staining and culture process takes about six weeks, but the fungal identification can be done within one day.

Treatments from Your Doctor

Depending on how bad the infection has become; you might need to have a combination of medications to help clear up the fungus. These are the first items used:

• Topical cream, gels, or lotions applied directly to the nail
• Topical nail lacquer
• An antifungal oral prescription medication (pill)
• Removing the damaged area of the skin or nail

Close monitoring is essential because of possible dangerous side effects. Depending on how severe the nail is involved, it may require surgical removal. The topical medications are usually used for mild-to-moderate infections.

Medicated Nail Cream

After soaking, you can apply an antifungal cream prescribed by your doctor to the infected nails. The cream works best if you first thin the nails so the medication can get through the hard nail surface.

To thin the nails you will need to purchase a nonprescription over-the-counter lotion containing urea. Your doctor may also thin the surface with the nail file or another tool.

Nail Lacquer/Nail Paint

Medication by mouth is more effective, but your doctor will advise you which option is most suitable for your specific type of infection.
Medications

In some cases, antifungal tablets will remove a fungal nail infection and will also clear up other skin infections such as athlete’s foot.

Itraconazole Tablets (Sporanox): This medication is a pulsed treatment. For an adult, you should take 200 mg twice daily for one week, with subsequent courses repeated after 21 days has lapsed. Toenails will require at least three courses, whereas ingernails may only need two rounds.

Terbinaine Tablets (Lamisil): The daily adult dosage is 250 mg. For ingernails, the treatment will be necessary for six weeks to three months. For toenails, the plan will be needed for three to six months. Noticeable signs should be present after two months for your ingernails, and three months for improved toenails.

Tavaborole Topical (Kerydin): This medication is new to the market as an oxaborole antifungal product, and is indicated for onychomycosis of the toenail only. It should be applied for daily 48 weeks. Do not use near your eyes, mouth, or vagina.

Ticonazol: This medication can also be applied to the nail which is available by prescription. Research has indicated it doesn’t work as well as the amorolene.

Einaconazole (Jublia): This medication was approved in 2014 as a topical ointment applied to the skin for toenail fungus of Trichophyton mentagrophytes and Trichophyton rubrum. It is to be applied to the infected area daily for up to 48 weeks.

Griseofulvin (Gris-Peg, Gifulvin, & Fulvicin): This medication comes in liquid, tablet, or capsule form and is usually taken once daily, but can be taken up to four times each day. The medication must be closely monitored and carries many risk factors. Remain under doctor’s care while taking this medication, which must be taken up to a year to resolve the nail infections. This treats the nail discoloration.

Ketoconazole (Buzirak): This is effective oral treatment for the fungus candida or if the yeast resists griseofulvin. The medication can be taken daily and must be closely supervised by a physician. It carries some side effects, and some doctors don’t advise its use because of its many side effects and drug interactions.

As with any treatment, you can encounter problems ranging from rashes to liver damage.

It is our view that these medications are like putting a Band-aid on the problem — they’re not addressing why the fungus developed in the first place.

I consider the real key to removing fungus on your toenails is usually addressing your diet. This key to not only destroying your fungus but ensuring it doesn’t return.

Laser and Light-Based Therapies

Types of Laser Treatments:

The following are the perimeters of the laser treatments wavelengths:

660 nanometer (nm) red visible light
940 nm near infrared light
1064 nm neodymium-doped yttrium aluminum garnet laser (Nd:YAG)
The NdYAG laser is usually a pumped laser which uses laser diodes of flash lamps to generate the energy in the 1064nm spectrum.

The laser works by shining a focused, gentle light beam at the surrounding skin and nail. The laser shines through the nail to kill the embedded fungus in the nail plate or nail bed where the fungus lives.

This method needs more studies, but alone or with medications; the lights may help your nails to improve. One study of 24 people discovered benefits from a carbon-dioxide laser therapy treatment plan with antifungal nail cream.

No anesthesia is required for laser treatments. If you experience any pain during the procedure, the laser power can be reduced. Some people might feel an occasional snapping or slight warmth during the process, but in most cases, no post-treatment pain has been reported.

The laser treatment for your nails will usually only take about thirty minutes to complete. Most clinical reports indicate the first treatment will provide significant improvement.

Note: Some insurance companies will not pay for the procedure because it’s considered cosmetic. They are also expensive and aren’t available in all areas.

Laser treatments have been reported effective with minimal relapse of the infection up to five years. Laser therapy is a bonus because you won’t receive any medicine side effects.

**Holes In Your Nails**

Harvard research teams are discovering ways to cure toe fungus with a more direct route to the fungus’ home. By cutting holes in the nail, the doctors can treat under the nail. However, don’t try this at home!

The tricky step to the procedure which limits the patient’s ability to perform the deed is making the holes deep enough. Once the hole is open, antifungal cream is placed in them. However, you must know what to do because if you go too far, you could penetrate the nerve-laden soft tissue beneath the nail.

Technology has advanced so a new instrument with sensors can detect the change in resistance and know when to stop drilling. However, many insurance companies consider the treatment a cosmetic procedure, and will not pay for it.

It is possible to get coverage if you have diabetes because the fungus can be very harmful and create many other infections.

**Nail Removal**

The use of a local anesthetic is administered for removal of the nail if all other treatments have failed. It may be the only option for treatment if the nail has become extremely painful. A new nail will come in slowly, but it will take some time. After removal, treatment will include antifungal medication.

Even then, a complete cure, defined as clinical cure (implying nail clearing) plus mycological cure (both negative microscopy and dermatophyte culture), is often unachievable.
Chemical Nail Removal

Chemical removal of the nail is a painless procedure used to remove only the damaged/diseased part of the nail. Either part of the nail (debridement) or the entire (avulsion) nail can be removed.

The process begins with the physician placing a cloth adhesive tape around the unaffected skin around the nail. A urea ointment is placed on the surface of the nail and is covered with plastic and tape. Within the next seven to ten days, the ointment will soften the nail. The dressing must be kept dry.

When you return to the doctor’s office, the nail will be lifted away from the nail bed, and the diseased portion will be removed.

The area must remain dry for another two weeks and should be healed by that time. Toenails might take 12 to 18 months to grow back. Fingernails usually grow back within six months.

The process can be used on nails which have increased in size because of hypertrophic (abnormal growth), and for severe antifungal infections.

Note: Use an antibiotic ointment to prevent infection. The fungal infection might not be killed and could re-infect the new nail as it grows.

How Are Nails Cured?

Patience is at the top of the list when it comes to the issue of how to cure nail fungus. These are some of the basics:

Proper Care of Infected Feet

Whether you have a mild or severe fungal infection or none at all; it’s essential to take care of your feet. This is the proper procedure to prevent the possibility of future outbreaks:

Wash your feet with soap and water.

Dry between your toes completely.

Trim the toenails—straight across—keeping them shorter than the end of the toe.

Be sure to keep the clippers and files clean with soap and water. Wipe all of the tools down with alcohol.

Avoid painting the nails with polish. The nail bed cannot ‘breathe’ which can prevent the fungus from leaving.

Perform Visual Checks

It is important to make a minimal monthly check of your nail beds and the skin around your toenails. Use a mirror if you cannot get a good view. Check for any texture or color changes, as well as any injuries or cuts. If you notice any irregularities, give your doctor a call.
Choose the Right Footwear

Make sure you choose properly fitting shoes made with a material that will allow the air to pass through it, such as mesh, canvas, or leather. Wear socks that will help wick moisture away from your feet, and change them often. If you are in public areas such as pools or locker rooms, wear shower shoes as a preventative measure.

You Must Choose

You must consider which type of infection you have, the side effects, and the cost of the chosen treatment plan.
Chapter 5: NATURAL TREATMENT OPTIONS

Now that you are armed with the knowledge of what causes fungal infections we want to share with you the best natural methods for dealing with Fungus.

Once your destroy your fungus you’ll no longer ind yourself feeling embarrassed in social situations; no more covering up your feet or avoiding the swimming pool.

These methods should be used in conjunction with Ultra Fungus Free and Fungus Clean and we have provided an example step by step in the next chapter.

Please note that after working with tens of thousands of patients we have found that (depending on the type of Fungus and the person) patients respond different to different treatments. All treatments are natural and safe; however, you do not notice an impact from the irst method please give another one a try.

These treatments are extremely cheap and the ingredients aren’t hard to ind and many are found right in your kitchen.

Natural resources are the basis of all wealth, and since you have access to many of them, you will leave your doctor baed by your quick recovery!

Toenail Fungus Home Remedies

Remember these should be used in conjunction with Fungus Clean and Ultra Fungus Free and the proper diet to accelerate your results.

Home Remedy #1 – Baking Soda

Baking Soda

Mix:

½ Cup Baking Soda
¼ Cup Peroxide
½ Cup Epsom Salt
Four Cups of Hot Water

Add ¼ Cup White Vinegar to the mixture.

Soak your infected toe in vinegar and apply the paste to the nail.

Wrap the foot with tape or a bandage.
Repeat the process every 10 hours for four weeks.

If the process is followed correctly, the toenail fungus should disappear.

**Home Remedy #2 – White Vinegar**

Mix 1 Part White Vinegar to 2 parts Warm Water.
Soak the infected area for 10 to 15 minutes.
Rinse the area well to prevent the fungus from spreading.
Dry thoroughly.

Repeat the process every other day.
Note: Add more water to the solution if any irritation becomes evident.

**Home Remedy #3 – Apple Cider Vinegar (ACV)**

Mix equal parts of water and apple cider vinegar to make the antifungal mixture.
You can also use a paste using a few spoons of apple cider vinegar and ground rice lower. Apply and scrub the paste directly to the infected areas. The solution will also remove any dead skin cells.

**Home Remedy #4 – Baking Soda and Vinegar**

1 Cup White or Apple Cider Vinegar
4 to 5 Tablespoons of Baking Soda
Water

Mix the Vinegar with enough water to soak your feet.
Soak for 15 minutes.
Pat dry with paper towels.
Follow this procedure by adding several Tablespoons of Baking Soda to enough water to soak your feet.
Soak for 15 minutes.
Pat your feet until dry with paper towels.
The vinegar will kill the fungus, and the baking soda will inhibit the growth of the nail.
Perform this process in the morning and at night.
Home Remedy #5 – Cayenne Pepper

Cayenne Pepper
Your body can better clear up fungal infections if you use cayenne pepper in your cooking plan. It provides excellent digestive and immune support to increase your circulation and metabolism.

Home Remedy #6 – Honey

Honey
You probably recognize honey for sore throats, but it is also beneficial as a natural antibiotic. Honey contains hydrogen peroxide which is known for drawing toxins out of your foot.
Apply one spoonful of honey to the toenail.
Wrap the affected area with gauze.
You can also ingest one tablespoon of apple cider vinegar and one tablespoon of honey as a daily infectionighter.

Home Remedy #7 – Pumpkin Seeds

Pumpkin Seeds
Omega-3 fatty acids are high in content with pumpkin seeds. The seeds are also superb antiviral, antiparasitic, and antifungal properties. You will also discover a mood boost with the increased omega-3 consumption.

Home Remedy #8 – Salt

Have a salt soak! If you have any open sores on your feet; a salt soak is just what you need.
Dissolve 2 Teaspoons of Salt in 1 Quart of warm water.
Pour the mixture into a shallow basin.
Soak your feet for five or ten minutes.
Repeat the process several times each day until the infection fades.

Home Remedy #9 – Lemon Juice

The lemon juice has citric acid which helps stop the spread of bacterial and fungus infections. Apply the juice of a fresh lemon directly onto your toenail for 10 minutes. Rinse with warm water. Repeat the procedure daily for about one month for best results.
Home Remedy #10 – Mustard Powder

Mustard Powder
This powder contains a strong acid that will kill the fungus.
Add 1 Teaspoon of Mustard Power to a shallow pan filled with warm water.
Soak the feet for approximately 30 minutes.
Repeat the treatment until the fungus disappears in the morning and night.
You can also use a couple of drops of mustard oil if you don’t have powder.

Home Remedy #11 – Starch

Starch is 100% natural and can be placed on your skin, in your shoes, and in your socks daily. You can use tapioca starch, rice starch, and cornstarch seems to work the best. However, it might not stop the itching, but it will remove the moisture that could be the breeding ground for nail fungus.

Home Remedy #12 – Turmeric Powder

Make a turmeric paste by adding water. Apply it to the affected nail and allow it to dry. Wash it thoroughly and dry.

Home Remedy #13 – Vinegar Paste

The acidic pH in vinegar makes it a good product for getting under the nail and attacking the fungus. You can also choose to spend 30 minutes in a nail soak for equal parts of vinegar and water but this is a better way:
Mix any type of lour with your vinegar, similar to making paste with lour and water as many did in the elementary school days. You are creating a thicker consistency, and want it to be smooth.
Apply the paste to each affected nail. You can also use the paste on athlete’s foot. Wrap your foot/feet in cellophane wrap so the past cannot drip. Leave the mixture on for a minimum of 30 minutes, or all day if you wish.
Just be sure to wash and thoroughly dry your feet and keep the towel separated from the rest of the family. You don’t want to pass the fungus from the damp towel.

Home Remedy #14 – Yogurt

Yogurt is a probiotic food that contains nutrients to heal the fungus quickly (See more in Chapter 8). Generally, if you are taking 1 - 2x capsules per day of Fungus Clean this will be sufficient to provide you your Probiotic needs.
Surprising Treatments You Won’t Believe

These remedies are not your usual treatments and have proven effective for some of our patients.

**Surprise Remedy #1 – Baking Soda and Borax**

Fungus needs an acidic environment to exist—making alkaline baking soda a perfect way to prevent the fungus from thriving. Borax/sodium borate is a natural mineral that is also a strong fungicide.

When the two ingredients are mixed with equal parts to enough water to form a paste; you have a fast remedy for nail fungus.

Wet your feet and lightly rub the mixture into the infected nails.

Repeat this twice a day for a minimum of two weeks after the fungus ‘appears’ to be eliminated.

**Surprise #2 – Cornmeal**

Corn naturally hosts a fungus form that is harmless to the human body but not to Candida—a common fungal parasite—that causes infection in many people. Use a container large enough to soak your foot/feet. Mix:

One Cup Corn Meal
Two Quarts Water

Allow the mixture to sit for a minimum of one hour.

Submerge the foot/feet in the container for at least ½ hour or more.

Use the mixture as often as you wish since it is all natural.

**Surprise #3 – Camphor & Vicks VapoRub**

Camphor is made by distilling the wood and bark from the camphor tree. In today’s market, the camphor is manufactured from turpentine and is used in Vicks VapoRub. The rub is excellent to help reduce itching and relieve pain. It is also useful for fungal infections of the toenail. The camphor increases the local blood flow to the infected area and stimulates the nerve endings. However; don’t use the rub on broken skin. What a versatile product.

Cut and trim the nail.

Wash the infected area and dry it thoroughly.

Cover the area with gauze or a bandage.

Wear a pair of socks. Repeat the process daily. The infection may still take six to ten weeks before it is healed, but it will work.

Other individuals stated even the Vicks cough syrup helped with the process.
Bleach and other similar substances may be popular home remedies for toenail fungus, but I strongly recommend you don’t use it. The reason is simple, any chemical you use on your skin, including your nails, ends up in the bloodstream!
Chapter 6: ESSENTIAL OILS THE MOST EFFECTIVE METHOD FOR FIGHTING FUNGUS

After working with thousands of people infected with Nail Fungus we have found essential oils to be the most effective method for ighting the external signs of nail fungus.

The secret to natural and effective toenail fungus treatment and getting rid of it for good is essential oils. After researching countless formulations and found that a special combination of these oils used just in the right amounts are the most effective.

The key to effectively ighting toenail fungus with Ultra Fungus Free is consistency. You need to be religious with using Ultra Fungus Free to see lasting results. You can’t do this once a day, then miss a day here and there and say you’re not seeing changes.

If you use these oils four times a day for two months, in 90+ percent of cases, it will clear up your toenail fungus for good.

Below we have included a list of our favorite oils and their fungus ighting impact.

Essential Oil #1 – Oregano Oil (Carvacrol)

Oregano Oil is an antiviral, antifungal, antiseptic, and analgesic which is an excellent remedy for fungus infections. Simply, mix one teaspoon of olive oil and oregano oil. Apply the solution with a cotton ball to the area. Continue this process daily to clear the fungal infection within several weeks.

Not only can the oil of oregano kill the fungus, but it can also kill mold and other issues of candida within your body.

In fact, oregano oil beneits are superior to prescription antibiotics, as it has powerful antifungal properties. Not only can oil of oregano kill fungus, it can kill mold and other causes of candida within your system too.

Essential Oil #2 – Tea Tree Oil

Use oil of oregano along with another essential oil called melaleuca, which is also known as tea tree oil. The uses of tea tree oil will astound you, including its ability to act as a natural antifungal agent.
**Essential Oil #3 – Clove Oil**

Eugenol is also present in the oil of clove. Clove is also a good painkiller as the main ingredient:

- 2 Teaspoons Olive Oil (optional) or Coconut Oil
- 4 to 8 Drop Clove Oil

Blend the ingredients and apply over the toenails. If the skin is broken, weaken the oil with olive or coconut oil. You can use the same process two to three times each day.

**Essential Oil #4 – Castor Oil**

Undecylenic acid, an active ingredient in castor oil, is widely acknowledged for its relief of fungal infections in the body.

Massage your nails with warm castor oil twice daily to treat nail fungus.

Castor Oil has also been shown to strengthen nails and promote healthy nail growth.

**Essential Oil #5 – Almond Oil**

Almond oil contains Vitamin E which is good for the skin and has excellent moisturizing properties. As well as easing soreness it also helps reduce inflammation as well as boosting the immune system.

When curing toenail fungus it also helps ease any pain, reduce any swelling, and heal the skin surrounding the nail. Mixed with another essential oil or oils that have powerful anti-fungal properties and it becomes an excellent treatment for curing toenail fungus.

**Essential Oil #6 – Cinnamon Oil**

Eugenol is a potent antifungal and antiseptic found in cinnamon oil. The oil is also effective against the Candida albicans bacteria, which is one of the many elements behind the toenail fungus. It can be taken internally and used topically.

**Essential Oil #7 – Coconut Oil**

Caprylic acid is a medium-chain fatty acid found in coconut oil which can break through the tough cell wall of the fungi. When the protective coating of the fungi is disturbed, the cells dissolve, and the infection subsides.

Apply a thin layer of oil over the infected areas and let the solution soak for about fifteen minutes. You can frequently apply the oil because it is a natural product. Just be sure to test a small area of your skin before you spread the oil on the nail bed.
Essential Oil #8 – Garlic Oil

Use equal parts of garlic oil and white vinegar for a natural treatment of the affected area. Apply the mixture to the area and cover it with an elastic bandage. The properties of allicin are present in garlic which contains anti-fungal elements. You can substitute some olive oil with crushed garlic if you don’t have garlic oil. Daily, have a clove for additional protection.

You can also take fresh garlic and split it in half (diagonally). Grate it against the edge of the nail, pushing the pulp underneath the edge of the nail. Use a toothpick to push it into the underside of the nail. It doesn’t hurt and will coat the nail surface with a lacquer. Two applications two weeks apart has been reported as successful.

Essential Oil #9 – Lavender Oil

Lavender contains several antiseptic properties to aid in the home treatment for mild cases of toenail fungus. Use a cotton ball to place the oil beneath the top edge of the infected nail. Wear a thick pair of socks to let the solution work more efficiently. If you do this overnight, you will be sure to receive good results.

When you purchase Lavender essential oil, verify you are purchasing pure essential oil and not one with fragrance added. The oil can be found in dedicated herbal stores but can be a bit pricey.

Essential Oil 10 – Lemon Eucalyptus Oil

The oil comes from the lemon eucalyptus tree, and can be applied to the skin as a fungus killing medicine. It does double-time as an insect repellant.

Essential Oil #11 – Neem Oil

The neem tree provides neem oil which is native to India and is a close relative to mahogany. Practitioners in India have used the oil for decades to treat sixty different types of fungus growths, including nail fungus. Neem is applied several times daily to the affected nails until the infection has cleared.

Note: The use of neem should be avoided during pregnancy and breastfeeding. The oil should also be kept out of reach of children because of the risk of Reye’s syndrome-like symptoms, which can also be fatal if consumed.

Essential Oil #12 – Olive Leaf Oil

Yeast can be eliminated from your body with the powerful antimicrobial action of the olive leaf.
Essential Oil #13 – Orange Oil (China)

Daily, you can use a dropper of the oil between the toes and under the toenails. Let the oil sit for approximately an hour. The orange oil can also be used with an equal portion of any carrier oil.

Tip: It is recommended to test a small area of your skin before applying the oil to the infected area. You need to be sure you are not allergic or have any side effects from the treatment.

A Few Suggestions On Using Essential Oils

Below are a few other natural methods for fighting fungus.

Oregano and Tea Tree Oil (also known as melaleuca).

You can use this daily by mixing three drops of the oil or oregano and two drops of the melaleuca.

Apply the solution directly to the toenail (up to 4 times each day). It has been reported by using the two oils for two months—four times daily—90% of the cases were cleared up or good.

Tea Tree Oil

As an excellent antiseptic, you can use pure tea oil with a few drops of thyme or olive oil added. Use a cotton ball and apply the mixture to the affected area. Leave it on the area for 10 minutes. Wait for a few minutes and gently rub the nail with a soft toothbrush. If the infection hasn’t lingered for a long period of time; this method should clear the area. (Discard the brush or sterilize it.)

Tea Tree Oil and Lavender

Out of all of the essential oils, tea tree oil and lavender are a superb mix for treating toenail and nail fungus quickly. Drop a single drop of each of the oils on the affected nail bed each morning and evening. Be sure the nails are trimmed, and the tools are sterilized.

Aloe and Tea-Tree Oil

Alternate regular tea-tree oil with some aloe gel (another skin softener)

Mix 3 Parts Tea-tree oil to one part Aloe Gel

Rub the salve into the area twice daily.

Do this for six to eight weeks.
Tea Tree and Orange Oil Rub

Always remember to dilute the oil before applying it to your nail.

1 Teaspoon Tea Tree Oil
½ Teaspoon Orange Oil
½ Teaspoon Grape seed or Olive Oil

Mix each ingredient. (Grape seed is a good anti-inflammatory source.)

Soak a cotton ball in the mixture and apply it to each nail until the liquid comes out.
Let it dry naturally.

Alternate: You can use 4 to 5 drops of tea tree oil in enough water for a good foot soak.
Soak for 15 to 20 minutes.

You can do either process in the morning and evening.

Vitamin E Oil

Use Vitamin E as a direct application to the infected toenail fungus.
Chapter 7: THE FUNGUS DESTROYING SYSTEM

You now understand all of the basics of how much relief you can achieve using essential oils and similar products. This chapter is going to help you tie it all together.

Remember it is extremely important you use Ultra Fungus Free and Fungus Clean daily both during and after the Fungus Destroying process.

Given the length of treatment varies based on the severity of your fungus we suggest you continue the program until symptoms of your fungus are gone. Following this you should follow all steps outlined in Chapter 11 to ensure your fungus does not return.

Below is an example of a daily treatment of your nail fungus.

Step 1: Take Fungus Clean Daily

A key component of removing fungal and yeast infections is a taking high powered supplement such as Fungus Clean., Fungus Clean will help you get rid of the yeast and candida in your system that’s truly causing your toenail fungus.

And after thoroughly reviewing more than 315 different probiotic strains and ingredients we settled on 7 key strains for Fungus Clean.

We have researched a large number of Probiotic strains and found that there are 7 key strains for destroying fungus.

**Fungus Destroying Probiotic #1: Bacillus Subtilis.**

The immune system supercharger.

**Fungus Destroying Probiotic #2: Lactobacillus Rhamnosus.**

There are over 400 studies showing that this probiotic improves our immune systems. Lactobacillus Rhamnosus has also been shown to prevent eczema and stop dermatitis. And it’s been proven to prevent bacteria and fungus from accumulating in the body.

**Fungus Destroying Probiotic #3: Lactobacillus Casei.**

Lactobacillus Casei is often referred to as a “superstar” probiotic...

It’s been shown to inhibit viral and fungal infections.
Fungus Destroying Probiotic #4: Lactobacillus Plantarum.

Lactobacillus Plantarum has been shown in studies to produce its own natural antibiotics that target “bad bacteria” while leaving healthy gut bacteria intact.

In a recent double-blind and placebo controlled study of people with irritable bowel syndrome 95% of people who took Lactobacillus Plantarum saw a reduction in their IBS.

But even more importantly Lactobacillus Plantarum is proven to fight fungal and bacterial infections and accelerate healing of the skin.

Fungus Destroying Probiotic #5: Biidobacterium Longum.

Biidobacterium Longum is yet another powerful probiotic that has been shown to increase immune healthy and fight fungal infections it’s also been found to produce its own natural antibiotics that destroy bad bacteria inside of you.


By now you can probably guess what Biidobacterium Breve is good at It’s been shown to “suppress the fungus Candida” and to “stimulate the immune system.”

Fungus Destroying Probiotic #7. Lactobacillus Acidophilus.

Lactobacillus Acidophilus was discovered by Noble Prize winning scientist Llya Metchnikoff and has been shown to improve blood pressure and cholesterol, ight viral, bacterial, and fungal infections and repair leaky gut.
Step 2: Follow The Meal Plans

These are outlined in Chapter 9 and will be one of the cornerstone steps in treating the source of our internal fungus.

These meal plans are delicious and low carb so will also assist with weight management and have the potential to assist with reduction in your blood sugar levels.

Acceleration Bonus - Add some Yogurt to Your Diet.

Purchase unsweetened natural yogurt with live bacterial cultures. Check the ingredients list for the note. Avoid the fruity and flavored yogurts since the sugars can cause more harm than good.

Eat ¾ Cup daily to maintain a healthy flora balance in your body.

In case you aren’t aware; acidophilus is a group of probiotics or also called ‘good’ microorganisms which will attack the ‘bad’ bacteria—the fungus. The sachets are available in health stores and similar outlets that sell natural or homeopathic products.

During this phase it is important to get as many sources of healthy probiotics into your gut as possible. Make sure you check out some of the other high probiotic foods and get these into your diet.

Step 3: Soak Your Fungus Infected Area

Any of the soaks recommended in Chapter 7 can be used. We have chosen one of our favorites the Fungus Busting Cinnamon Foot Soak below as an example.

Generally we suggest soaking at least once per day, however in severe cases 2 – 3x may be appropriate.

Fungus Busting Cinnamon Foot Soak

Fill a basin with hot water.

Add ½ Teaspoon of Cinnamon Oil

Soak your feet for approximately 20 minutes.

Optional: Add Sea Salt to the mixture.

Completely dry your feet.

After drying, apply Ultra Fungus Free with the applicator to the infected nails.

Repeat the process twice daily.
Directions

Thoroughly clean the toenail before any applications to the nail. If the nail is thick; you should clip and file them before proceeding. Remember to thoroughly clean your instruments before each use.

It is recommended to dilute the cinnamon oil with water if you have any broken/sensitive skin. Use 1 teaspoon of water to one or two drops of the oil.

It is very important that you thoroughly dry your fungus infected area after this process.

Continue this process daily until all infected areas are repaired.

Step 4: Apply Ultra Fungus Free to Your Fungus Infected Area

After thoroughly drying your fungus infected area apply Ultra Fungus Free to your infected area.

This is the secret to natural and effective toenail fungus treatment — and getting rid of it for good — is essential oils. After researching countless formulations and found that a special combination of oils was extremely effective inighting fungus.

This is the most crucial step.

Even if you do this one thing to solve your problem, with or without changing your diet (although you should change your diet too!), you may be able to get rid of toenail fungus.

The key to effectively ighting toenail fungus with Ultra Fungus Free is consistency. You need to be religious with using Ultra Fungus Free to see lasting results. You can’t do this once a day, then miss a day here and there and say you’re not seeing changes. If you use these two oils four times a day for two months, in 90+ percent of cases, it will clear up your toenail fungus for good.

Note it is very important you conduct a patch test over a healthy part of your body before applying the Ultra Fungus Free directly to your skin.

Allow the oil to set for a minimum of one hour (during this team you can walk around the house, just don’t cover the area with socks or shoes).
Optional Step Have Some Tea

This step is a little more fun and lots of our members like to have a bit of a break at the end of the day.

One Cup Water

½ to 1 Cup Cinnamon Powder

OR

Cinnamon Stick: 1 Teaspoon or Cinnamon Black Tea—1 Teaspoon

Honey: 1 Teaspoon (Optional)

Put the cinnamon power into a pot and cover with boiling water.

Steep 5 to 7 Minutes before straining.

Add honey to taste (if the tea is too bitter)

Drink 2 dimes daily.

Be Aware: Pregnant or breastfeeding women should avoid cinnamon.
As you are now aware fungus is primarily caused by internal issues that you need to address your diet to help eliminate the fungus from your nails.

Your diet has a huge effect on every type of fungus which grows on your body. Some foods will provide you with benefits to reduce your risk of having the issue. There are also some things you should avoid.

The only way that you can actually get rid of nail fungus is to change your eating habits.

Our diet has been designed to help you eliminate your fungal infection in three easy steps:

1) Eliminate sources of sugar that feed the fungus and bad bacteria
2) Include some beneficial foods to your diet to replace the good bacteria in your gut
3) Eat more iber – healthy source of protein and nutritious fats

So, let’s take one step at a time, and start with eliminating the source that feeds the fungus.

The Main Components of a Toenail Fungus Diet

• Water: Drinking plenty of water helps to flush out toxins from your body.
• Sugar: Eliminate all kinds of sugar that can feed the fungus (soda included).
• Veggies to Eat: Eat foods such as onion, broccoli, and soy which are rich in biotin, sulfur, and silicon. These are the ingredients that will keep the nails healthy and prevent nail fungus.
• Include folic acid, Vitamin C, and foods rich in protein to maintain nutritional balance.

The first step in treating your toenail fungus is the removal of sugar. This for our patients is usually the most difficult part of The Fungus Destroying Diet however, it is unavoidable as fungus feeds on sugar.

Step 1 – Stop Feeding the Fungus

These are two things you would not automatically associate when it comes to nail fungus. Candida lives in the skin of every human being and normally shows no side effects.

However, when they are out of control, the fungus is the result. The specific organism is Candida albicans which is what you will eliminate with these diet suggestions.

The best tactic for treating the overpopulation of Candida is to eliminate the food source of the fungus and viruses that live in the digestive tract: sugar and cereal products.
Many people turn to commercially available antifungal creams or medications, but as you now know these products only treat the symptoms, not the environment that enables candida to thrive.

After becoming prevalent, the bacteria and fungi feed on the sugar molecules in the foods you consume and then enter through the digestive tract. Therefore, you must remove the root cause, most likely derived from food and, to some extent, your lifestyle. This will restore the pH in your body, improve your immune function and stimulate the good bacteria present in the intestines.

It will be hard to cure your nail fungus if you don’t completely eliminate sugar and cereal products from your diet. These are two things you would not automatically associate when it comes to nail fungus. Candida lives in the skin of every human being and normally shows no side effects.

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It will be hard to cure your nail fungus if you don’t completely eliminate sugar and cereal products from your diet.

**Step 2 – Replace Your Body with Healthy Bacteria**

The second step in treating your fungal infection consists in the restocking of your healthy bacteria.

The superfoods that help you in this regard are fermented foods such as pickles and kimchi. It is essential to start consuming at least one serving of fermented vegetables per day, besides other probiotic foods like fermented milk products or kombucha.

For example, yogurt and kefir can effectively contribute to increasing the immune function and restore the intestinal health by strengthening your body’s defense mechanisms.

Finally, you need to enrich the fiber intake in your diet. Due to their specific composition and the inability of the body to absorb them, the fibers cross the digestive system without being absorbed by the enzymes and stomach acids, collecting toxins, residues, fats, and cholesterol particles on their way.

Taking into account that you will completely eliminate the foods high in sugar and cereals, besides fiber, you should also increase your consumption of foods rich in quality protein, preferably of plant origin.

Besides fibers and quality protein, healthy fats such as coconut oil should also be consumed. Coconut oil contains caprylic acid and lauric acid, which are antibacterial and antifungal fatty acids that help the body eliminate the fungus.

You need to maintain healthy gut flora for optimum brain function as well as maintaining your immune system.
Eating too many denatured foods can place stress on your body. We need a constant source of good bacteria to keep conditions including fungus at lodge.

**THE FUNGUS DESTROYER CLEANSE**

At the end of this chapter we have outlined the exact 7-day reboot plan used by thousands of our members to Stop Feeding Their Fungus and then Replace Their Good Bacteria.

Following the 7 day plan we have outlined 7 days of delicious low carb low sugar meals for you to try out.

Please remember that you areighting fungus both internally and externally.

The 5 day reboot plan will help you begin to cleanse the fungus internally, however you should not expect that this alone will heal your external signs fungus. You need to diligently follow all steps in this system.

The steps in this system have been tried by thousands of successful members and work together to attack your fungus from a number of different angles.

After you have completed the 14 days of meal plans you need to remain diligent and continue to eliminate the top offenders from your diet including white flour, sugar, alcohol, and yeast which allow candida to flourish in your body.

Do not revert to your old habits or will get your old results. This is a chance to make a change for good.

You should also remove any processed foods which are also high in calorie content without any substantial nutritional value.

**DAY 1 – 2 Liquids Only**

This step is used for one to two days. Make a Vegetable Broth using organic:

- Celery
- Garlic
- Kale
- Add Sea Salt and Water.

Let the mixture simmer.

Strain and discard the veggies and refrigerate the broth.

Drink throughout the day. Be sure to drink plenty of water to remove body toxins. You can repeat this cleanse every few weeks.

**DAY 3 – 7 Steamed Vegetables**

This process is for three to five days which will greatly reduce the candida overgrowth in your body. You should purchase fresh, organic veggies that have been steamed. For this phase; eliminate any starchy veggies—which can also add sugar—and feed the yeast such as:
• Beets
• Carrots
• Radishes
• White Potatoes
• Sweet Potatoes

Drink a minimum of 72 ounces of water daily to continue flushing out the candida and other by-products from your body.

Once a Day: You can have a salad from leafy greens (romaine) or bitter greens (chard), and topped with some coconut oil, lemon juice or apple cider vinegar.

During either phase (1 or 2); you can use bentonite clay to help surround the toxins in your body and remove them from your system. The clay is also called Montmorillonite clay and has been used for centuries to ward off disease and promote better health.

**DAY 8 – 14 Low Carb Low Sugar Meal Plan**

Generally, a low carb, low sugar diet will be an appropriate ongoing approach. For those suffering with diabetes this will also help with your blood sugar readings.

Check out some of the delicious recipes outlined in your free Bonus 21 Low Carb Low Sugar Meal Plans.
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<table>
<thead>
<tr>
<th>Day</th>
<th>What to Eat</th>
<th>Actions to Take</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Liquids Only</td>
<td>• Drink throughout the day</td>
</tr>
<tr>
<td></td>
<td>Vegetable Broth using organic Celery, Garlic, Kale,</td>
<td>• Drink plenty of water to remove body toxins</td>
</tr>
<tr>
<td></td>
<td>Sea Salt and Water</td>
<td>• You can repeat this cleanse every few weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ensure you are following the program steps outlined in chapter 7</td>
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<tr>
<td>Day 2</td>
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<tr>
<td></td>
<td>Steamed Vegetables</td>
<td>• Drink ten 8-oz glasses of water a day to remove body toxins</td>
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<tr>
<td></td>
<td>Focus on fresh organic vegetables that you have</td>
<td>• No Alcohol</td>
</tr>
<tr>
<td></td>
<td>steams – beets, carrots, radishes, white potatoes</td>
<td>• Take Fungus Clean Daily</td>
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<tr>
<td></td>
<td>and sweet potatoes</td>
<td>• Use Ultra Fungus Free</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ensure you are following the program steps outlined in chapter 7</td>
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<tr>
<td>Day</td>
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<tr>
<td>Day 8</td>
<td>Breakfast Scrambled Egg &amp; Sausage Lunch Lemon Chicken Dinner Lamb Cutlets</td>
<td>• No alcohol &amp; avoid Foods That Cause Fungus outlined in this chapter</td>
</tr>
<tr>
<td>Day 9</td>
<td>Breakfast Mushroom Omelette. Lunch Salmon in Basil Sauce Dinner Chicken and Mushrooms in Balsamic Sauce</td>
<td>• Focus on Foods That Fight Fungus</td>
</tr>
<tr>
<td>Day 10</td>
<td>Breakfast Mixed Berry Granola. Lunch Quinoa and Halloumi. Dinner Chicken Korma.</td>
<td>• Add fermented foods (organic and raw, if possible) to your diet including yogurt, kimchi, kombucha, and sauerkraut</td>
</tr>
<tr>
<td>Day 11</td>
<td>Breakfast Chia Berry Porridge. Lunch Lamb Kebabs. Dinner Sausage and Bean Stew.</td>
<td>• Add in Probiotic Foods that can be found in Bonus Chapter 2</td>
</tr>
<tr>
<td>Day 12</td>
<td>Breakfast Egg Muttins Lunch Sizzling Chicken Wings. Dinner Tuna and Fennel.</td>
<td>• Drink ten 8-oz glasses of water a day</td>
</tr>
<tr>
<td>Day 13</td>
<td>Breakfast Mushroom Surprise. Lunch Tomato and Lentil Soup. Dinner Cod with Garlic Spinach.</td>
<td>• Take Fungus Clean</td>
</tr>
<tr>
<td>Day 14</td>
<td>Breakfast Super Spinach Lunch Roast Chicken with Veggies. Dinner Italian Cod Bake.</td>
<td>• Use Ultra Fungus Free</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ensure you are following the program steps outlined in chapter 7</td>
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</tbody>
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Foods That Fight Fungus

**Fermented Foods or Cultured Dairy Products** – It’s ideal to eat raw and organic foods to replace the good bacteria which provide probiotics to help control yeast and various immune-enhancing effects. For example, probiotics are included in yogurt, or kefir cultured foods such as kombucha, kimchi, or sauerkraut.

**L. Acidophilus** – is the most common healthy beneficial bacteria that exist in your digestive track. It can be found in fruit, veggies, and dairy products. The bacteria produce lactic acid in the intestines which help keep bad bacteria from growing.

**Colorful vegetables** – these nutrient-rich foods are good sources of essential vitamins and minerals that help heal the gut and stimulate the immune system.

**Probiotics or fermented foods** (organic and raw, if possible) – are beneficial to supplement the populations of good bacteria. Probiotics keep fungi under control and strengthen the immunity. Besides kefir, other good sources of probiotics are kimchi, kombucha, and sauerkraut.

**Vegetable juices/ green drinks** – green vegetables enhance immunity and cleanse the body of waste, toxins, and bacteria. Avoid sweetening your green drinks with honey or other sweeteners and opt for fresh vegetables. If you can’t drink them unless they have a sweet taste, use stevia extract that doesn’t contain sugar.

**Coconut oil, ground laxseed, and chia seeds** – These are antifungal and healthy sources of fats. In addition, coconut oil also contains lauric acid, which is a fatty acid with potent antimicrobial and antibacterial properties.

**Garlic, turmeric, and cinnamon** – are effective in combating bacterial and viral infections, and improving digestive health.

**Unsweetened cranberry juice** – creates an acidic environment that fungus doesn’t like. The juice must be 100% cranberry and with no sweeteners added.

**Quality protein** – choose clean protein sources that help you rebuild your cells such as grass-fed beef, wild caught fish, pastured eggs, poultry, and pork.

**Oregano** – is a particularly important culinary herb that contains two antimicrobial agents called carvacrol and thymol that fight fungus and many other pathogens.

**Cayenne Pepper** – contains a compound called CAY-1 that links to fungal membranes, determining cell components to leak, which eventually leads to the death of the cell. Cayenne is also good for giving your circulation a boost. Add a dash of cayenne and a lemon juice to a cup of warm water and drink between meals.

**Cinnamon** – is a powerful anti-fungal, anti-microbial, and anti-inflammatory agent that successfullyights fungal infections.

**Tea** – green tea, white tea, black tea, and oolong tea are great antifungal agents high in fluoride.

Take a look at the bonus chapter at the end of this book for a few delicious meals you can try during this process to ensure you stay on track and still enjoy yourself.
Foods That Cause Fungus

Sugar— all types as much as possible, including cane sugar, coconut sugar, honey, maple syrup. Sugar feeds yeast, so you should avoid it at all costs if you can.

Grains— grains wind up breaking down into sugar molecules which as you know, feed candida, yeast and bad bacteria. Even whole grains (like oats, rice, quinoa) are capable of worsening the problem, but you should especially limit refined grains like the kind used in baked goods, breads, cereals, muffins and packaged foods.

Fruit or fruit juice — even though fruit is generally healthy, it is high in sugar and can make candida worse. Fruit juice also lacks fiber and therefore causes blood sugar spikes that can lead to cravings, low energy, inflammation and poor immune function.

Food intolerances — Some yeast infections are due to food allergies. Try to avoid foods that cause negative reactions of any kind and pay attention to symptoms you experience when eating things like dairy, eggs, certain nuts, wheat-containing foods and grains. If you think you have a food allergy or sensitivity, try an elimination diet to figure out what foods are causing intolerance and work on removing those foods.

Glutens — You should consider minimizing your wheat products, which is another type of food group fungus, will feed upon to cause you trouble. Many new products are on the market that is gluten-free which can help you eliminate or remove gluten from your diet.
Grains – Grains will break down into sugar modules, which in turn feed yeast, candida, and bad bacteria. Whole grains such as peanuts, rice, oats, and quinoa can worsen the problem; you should also limit refined grains such as breads, cereals, baked goods, muffins, and packaged food products.

Sugar – All types, including cane sugar, honey, corn syrup, and fructose, maple syrup, or coconut sugar should be limited as much as possible (either alone or as an ingredient). Sugar will feed a yeast infection, and the fungus will thrive.

Fruit Juice or Fruit – The high sugar content in fruit can make the candida worse.

Alcohol – Yeast is produced with alcohol, and many alcoholic drinks are also high in sugar (especially commercially brewed). These are bad combinations which must be avoided.

Note: You can drink some home brew. Use caution if you stop drinking alcohol, and resume drinking it slowly. If your symptoms come back, you might need to reconsider your drinking habit. For example, you can avoid wine and have a moderate amount of refined spirits as a substitution.

If this seems like an overwhelming task, keep in mind that many people have successfully done it, plus it doesn’t necessarily need to be forever.

Following this protocol for several months might be able to help solve the problem for good, and then you can slowly reintroduce sources of sugar like fruit, or whole grains, while monitoring your progress.

However, keep in mind that some candida or yeast sufferers have lived with their condition for years, so combating the issue might take more than just a few weeks or months.

Eating in accordance with an anti-candida diet for six months or more might be needed for some people, and for a percentage eliminating all refined carbs, sugary foods and alcohol permanently might be necessarily in order to prevent the overgrowth of fungus from returning.
Consume More Protein, Fiber, and Quality Fats

Begin your plan by consuming a high-iber diet. Fiber passes through our digestive system unabsorbed by any digestive enzymes and acids in the stomach. During the process, you are also removing grains and sugars from your diet, as well as iber, so you also need to increase the protein-rich foods you eat.

It is best to go organic with cage-free eggs/poultry, grass-red beef, unpasteurized dairy and wild-caught fish. You will be consuming plenty of protein and reducing toxins in your diet.

Coconut oil is a good product for the healthy fats. Lauric and caprylic acid are contained within the coconut oil, which has natural antimicrobial and antibacterial fatty acids that help the body kill off candida. With the removal of candida, you will be on the path for eliminating toenail fungus.

Fermented foods are a natural source of probiotics, and range from dairy to vegetables, which can be easily fermented at home.

Detox Drinks

Vegetable Juices/Green Drinks: Your immune system will show improvement and lush the toxins and bacteria from your gut if you eat green veggies.

Note: Avoid adding sugar or fruit to the green drinks. You can use a small bit of organic stevia extract to sweeten the veggie juice since the extract is sugar-free.

Green Detox Machine Juice Recipe

8 Celery Stalks
1 Bunch Asparagus
1 Cup Broccoli
1 Bunch Chard
1 Bunch Cilantro

Add the ingredients to a veggie juicer. Stir gently and consume immediately. This is a great way for the nutrients to reach your body quickly to help repair the damage and boost your health.

Ready in 5 minutes
Serves 2
Dandelion Root Tea

The dandelion contains antifungal and antibacterial components useful in curing skin irritation such as athlete’s foot. The root is used in doses of 9 to 12 (g) grams daily and is prepared as a tea. A percentage eliminating all refined carbs, sugary foods and alcohol permanently might be necessarily in order to prevent the overgrowth of fungus from returning.
Chapter 9: EFFECTIVE PREVENTION OF FUNGUS

Once you have undertaken all of the steps outlined in the Toe Nail Fungus Protocol it is important that you take the proper steps to not only to prevent fungal infections, but also to stop them from recurring.

Following completion of the 14 Day Fungus Destroyer Cleanse it is important you do not return to old habits.

Prevention and stopping the fungus from spreading to other toenails may be one of the best options. Of course, treating a single toenail is easier that treating ten toenails. Moreover, if you take action before it becomes aggressive, you can cure it naturally, without pumping your body with all sorts of chemicals.

Prevention Methods for Fungus

While you are battling nail fungus, it is best to keep the nails trimmed straight across, and iled down in the thickened areas at least once each week.

Trim Your Nail Frequently & Use Clean Tools

Trim your nails frequently and avoid cutting too close to the nail bed. Socks should be worn when you wear closed-toe shoes. This helps protect your feet from potential spores from your shoes.

Don't use your ingernails to clean under the nail. Use a metal tool or clipper. For best results, be sure to start with a sanitized tool and new emery board. The emery board is disposable and cannot spread the germs/

Clean Tools: Always use sterilized tools to do a manicure or pedicure. You must properly clean the tools to prevent spreading the problem. These are several ways to ensure they are clean:

1) Rubbing Alcohol: Wash off the instruments in a bowl of boiling water.
   Use a toothbrush to scrub the entire surface.
   Wipe down the entire surface with a disposable towel soaked in rubbing alcohol.
   Dry the clippers with a paper towel and allow them to dry.

2) Bleach: Soak the instruments in bleach after each use.

3) Barbicide: Barbers use this solution to sanitize razors and scissors to remove microbes, bacteria, and fungus.
4) Hospital-Grade Disinfectant: The directions should be followed according to the manufacturer of the

5) UV Lights: Exposure to 45 minutes of UV rays is enough to kill a colony of fungus and are used to kill MRSA and other staph infections as well as the fungus that causes onychomycosis.

Clean Hands and Feet
Wash your feet with soap and water; then rinse and thoroughly dry, being sure to take special care between your toes. Wash your hands thoroughly after touching the infected areas. (Use a hair blow dryer between your toes to be sure they are dry.)

Use Medication
Be sure to use antifungal sprays or powders. Use according to the manufacturer’s instructions and sprinkle or spray the infected areas of your feet and the inside of your shoes.

Healthy Nails
Keep the nails clean—dry—and short.

Note: Don’t pick or trim the skin around the nails. It can give the germs access to your skin and other nail beds.

No Biting
If you bite your nails, you must stop because of the fungus factor.

No Sharing
It is unhealthy to share your shoes or socks if you have a nail fungus. As added prevention; you should never share your grooming tools with other people. You should also use a separate pair of clippers on the infected nails to prevent contamination to the other nails. You should also not share your towel.

Clean Socks
Change the socks daily or more if they become wet. Wash the socks in warm water after each use. Socks made of natural materials - such as cotton or wool - are preferred over synthetic materials such as nylon and spandex, for they have better ventilation and absorb moisture from your feet. When your socks get damp, remove them as soon as possible. Dry your feet thoroughly before putting on a clean dry pair.

Baking Soda
Sprinkle/Spray some baking soda in your socks and on the nails before wearing shoes to help keep your feet dry and protected.

**Wear The Right Shoes**
Nail fungus grows best in warm and moist areas. Keep your feet dry and well ventilated at all times with breathable shoes. Clean your insoles regularly and dry them thoroughly before using them again. Store your shoes in a cool, dry place.

Avoid Tight Shoes and instead use ones with a wide toe box.

Wear sandals or water shoes when you are in public areas like swimming pools, spas, showers and locker rooms. The warm, moist floor is the ideal breeding ground for fungus spores. Avoid touching the floor directly. After visiting these public areas, thoroughly wash and dry your feet.

Where possible choose breathable footwear. The more air that’s able to circulate around your feet, the drier and less susceptible to toenail fungus they’ll be. Your best bets: Shoes made of a breathable material like leather or canvas.

**Stay Cool**
Keep your feel as cool and dry as possible. Wearing open-toe footwear can help keep your feet cooler.

**Wear Gloves**
Protect your ingernails by using vinyl gloves for wet work and cotton for dry work. Between uses, it is advisable to turn the gloves inside out so they can completely dry.

**Wick the Moisture**
You should wear clothing that provides ‘wicking’ which helps keep moisture away including nylon, polypropylene, and wool.

**Replace Old Shoes**
Consider replacing any old footwear since they could contain fungal spores. If you have to be in damp places such as locker rooms, be sure to wear lip lops or other protective shoes.

**Nail Salons**
If you visit a nail salon for treatments, be sure you have a reputable company that will sterilize the equipment after each client is completed. If you want to ‘pay-it-forward,’ take some disinfectant and clean them after
your nails are done.

It is recommended to let your nails be naked (that includes artificial nails) while you are treating them for the nail fungus. It is so tempting to try that new shade, but wait until you are fungus-free for the treat. Don’t give up, and come back in a few months. The coat of pretty polish can trap unwanted moisture and cause the infection to multiply.
Thank you again for purchasing this book, Nail Fungus Treatment: Cure Nail Fungus Naturally with This Fast Toenail Fungus Treatment and Toenail Fungus Cures!

I hope the information contained within this book will help you to understand you need to act quickly to remove nail fungus. You may need to receive occasional blood tests to diagnose how your treatment plan is progressing.

The next step is to actively continue the process of proper care of your hands and feet to prevent nail fungus. You have the game plan, with different options provided by the doctor as well as other home remedies. What works for one, might not work for another. You will surely devise a personal plan to improve the condition of your nails.

Remember you are now part of a bigger group of people working to ight fungus from the inside out.

We are committed to tackling the actual causes of fungus and not just treating the symptoms.

We are here to support you and together I know we can make a different.

Living Without Fungus
In most cases, fungus lives in perfect harmony with other microorganisms inside your body and is actually harmless.

But if it happens for your natural bodily flora to fail in controlling the fungus, an overgrowth can occur, triggering a series of effects such as fatigue, mood swings, depression, carb and alcohol cravings, learning and behavioral disorders, itching, memory loss, sinus infection, food intolerance, oral thrush, vaginitis, athlete’s foot, jock itch, ringworm, diaper rash, canker sores, kidney and bladder infections, and even gastrointestinal disturbances.

The many reasons why this happens is because we are frequently consuming high processed foods that are high in sugar and carbs, alcohol, oral contraceptives and steroids, antacids and ulcer medications, foods that contain molds such as cheeses, yeast, soy food, or vinegars. I know it’s shocking to find out that all those things are found in the processed foods you eat, but that’s the truth!

On the other hand, following a healthy and nutritious diet can help you stay away from fungus and have a balanced system. Next, I’m going to show you how healthy food will help your body keep its distance from fungal attacks.

Therefore, here are the main criteria for fungus fighting recipes:

- Low sugar – less than 5 grams per serving
- Low carb – less than 15 grams per serving
- Zero molds – foods that contain molds due to processing or storage must be avoided (vinegar, alcohol, peanuts, dried fruits, cheeses, yeast)
- Fats that help you fight fungus – coconut oil is the best example of antifungal and anti-inflammatory fat (peanuts, dried fruits, cheeses, yeast) turmeric, oregano, green tea, cinnamon, cloves, coconut oil.
- Anti-fungal foods: onions, brussels sprouts, garlic, broccoli, shallots, leeks, bok choy, cabbage, ginger, turmeric, oregano, green tea, cinnamon, cloves, coconut oil.

Let’s take a look at the fungus-fighting diet that was put together to suit your special preferences, and help you keep fungus away for good.
BONUS RECIPE #1 - Arugula Salad with Olives and Pecans

With a couple of simple ingredients and without doing much work in the kitchen, you can enjoy healthy and nutritious fungusighting meals every day.

Ingredients:
8 small organic Kalamata olives, halved
3 cups organic arugula • ½ ounce pecans, chopped
½ cup shredded organic carrots
1 tsp freshly ground black pepper
1 tsp mustard powder
1 tsp Sea Salt
1 tbsp. organic balsamic vinegar
2 tbsps. organic extra virgin olive oil

Preparation Method:
Use a small bowl where you can whisk the balsamic vinegar with the oil (save one teaspoon for later) and mustard. Season the mixture with salt and pepper.

Now, take the arugula and place it in a medium bowl and sprinkle 1 teaspoon of oil over it. Add a small amount of sea salt and then gently massage to cover all the leaves. Add the shredded carrots and olives, the dressing and chopped pecans. And you’re done! Easy, right? Enjoy your fungusighting salad!

BONUS RECIPE #2 – Black Bean and Mango Salad

This is a vegetarian option, rich in fungusighting ingredients that will protect you from any future infection.

Ingredients:
6 green onions, thinly sliced
1 seeded Jalapeno pepper, minced
Sea salt or kosher salt, to taste
2 cups mango, diced
1/4 cup cilantro leaves, chopped
1/4 cup fresh lime juice
1 tablespoon olive oil
1 cup sweet red, orange, or yellow bell pepper, diced
115.8 ounce can black beans, drained and rinsed
Preparation method:

Use a large bowl in which you can mix the drained and rinsed black beans, diced bell pepper, minced jalapeno, fresh cilantro and green onions.

Whisk together the olive oil and lime juice in another bowl.

Add the olive oil and lime juice mixture to the bean mix, and toss together. After you’ve combined all the ingredients, fold in the diced mango and season with sea salt or kosher salt to taste. Enjoy your salad!

**BONUS RECIPE #3 – Homemade Paleo Chocolate Bars**

At first glance, this may not seem like healthy food. But, the truth is that a high-quality dark chocolate with high cocoa content and little sugar is one of the healthiest foods you can consume.

**Ingredients:**
- 9 tbsp. organic, natural unsweetened cocoa powder
- 2 tbsp. organic coconut milk
- 4 tbsp. virgin coconut oil, melted
- 10 drops liquid stevia

**Preparation Method:**

Use a medium bowl in which you mix well the coconut oil with the stevia drops. Then, whisk in cocoa powder and coconut milk. Pour the resulting mixture into candy molds. Transfer to the freezer to set, and then store in the refrigerator. You will obtain 8 servings of ½ ounce each. They are incredibly delicious and healthy.

**BONUS RECIPE #4 – Pan Roasted Wild Salmon with Olives**

Everybody knows salmon is one of the healthiest choices you can make. An extra advantage of this food is that it is packed full of nutrients that will help your body stay fungus free.

**Ingredients:**
- 24 oz. wild Alaskan salmon
- 16 small organic Kalamata olives
- 1 tbsp. organic avocado oil
- ½ tsp. freshly ground black pepper
- ¼ tsp. Celtic sea salt
- 2 tbsp. fresh organic basil leaves, thinly sliced

**Preparation Method:**

Start with preheating your oven to 400 degrees F. Use an oven-proof sauté pan. Add oil and heat it over medium-high heat. Rinse your salmon, pat it dry and then sprinkle salt and pepper. When you notice that the oil is shimmering and the pan is hot, add the...
salmon illets, and cook for 3 minutes on one side (skin side up).
Add the olives next to the fish, and cook for two more minutes. Flip the illets. Now, place the pan in the oven: 2 minutes for medium-rare or 4 minutes for mediumwell. Get the pan out of the oven and top with fresh basil. Enjoy your healthy meal!

BONUS RECIPE #5 – Secret Ingredient Meatloaf
This healthy version of an old classic will supercharge your immune system.
Ingredients:
16 oz. pastured chicken livers
1 pound pastured pork, ground
1-pound grass-fed ground beef
2 large pasture-raised eggs
2 tsp. organic dried parsley
½ tbsp. organic dried thyme
2 tsp. smoked paprika
1 tbsp. blackstrap molasses
8 tsp. Coconut Oil
2 stalks organic celery, finely diced
1 medium organic onion, finely diced
4 cloves organic garlic, crushed
1 tbsp. organic dried oregano
1 tbsp. organic raw apple cider vinegar
¼ tbsp. extra virgin Macadamia Nut Oil
½ tsp. freshly ground black pepper • sea salt to taste

Preparation Method
First, preheat your oven to 350 degrees F. Heat a nonstick skillet over medium-high heat. Add oil to coat the pan, onion, and celery to cook until soft for 6 minutes. Add the garlic and cook until fragrant. Remove the pan from heat. Puree the liver in a blender. Whisk the eggs in a bowl.
Combine all ingredients and mix with hands. Place the mixture in the refrigerator for 4-6 hours to let the flavors marry. Put your meatloaf in a large loaf pan set on a rimmed cookie sheet and bake for 1 hour and 30 minutes.
Enjoy your delicious and healthy meal. The truth is you are what you eat. If what you choose to consume is natural, with no artificial additives and never submitted to chemical processes, then your body will embrace it, and become as healthy as the foods you choose to give it.
BONUS CHAPTER 2: Probiotic Food Groups

Research studies have indicated that positive effects have been discovered using probiotics to combat yeast and fungal infections.

If you suffer from internal yeast infections; it is not the same fungal species but practitioners believe if you are susceptible to one, you are more likely to be plagued with the other. These are some of the ‘good’ food groups to consider:

**Group 1: Unpasteurized Cheese**

Cheddar, Gouda, Gruyere, and Provolone are some of the ‘good’ bacteria or anaerobic Lactobacilli cheeses that are ripened and aged. These carry live cultures because the type of cheese acts as a protectant against the stomach acid which kills off most of the beneficial microbes before they reach the habitable space in the small intestine.

Other moldy cheese includes Brie, Bleu, Roquefort, Gorgonzola, and many more.

**Group 2: Buttermilk**

Buttermilk is another Lacto-fermented healthy dairy product. It is a nutritional booster to ease stomach acid. It is also a good source of calcium, potassium, protein, B12, and riboflavin.

**Group 3: Fermented Cod Liver Oil**

The probiotics are loaded in fermented cod liver oil, and it is also full of Vitamin D and Vitamin A. Cellular regeneration from Vitamin A is a plus. The oil is available in the traditional oil form and capsule form.

**Group 4: Keir**

Vitamin A and D can be delivered with Keir, as well as a good source of probiotics. This effervescent beverage is milk-based and similar to the flavor of yogurt. You will also get a boost from the protein, B12, and calcium. Most natural health food stores stock the item.
**Group 5: Japanese Miso**

Soybeans are the ingredient used in this Japanese seasoning which has been fermented in koji and salt. Not only is it full of nutrients and protein, but it is also probiotic. The flavor can vary depending on the species, fermentation duration, and the temperature/growing conditions of the ingredients.

Red and white are the most common and can be used to make Miso soup. For more flavor and texture, you can add shitake mushrooms to the soup for more health benefits.

**Group 6: German Sauerkraut**

Fermented cabbage originated in Germany, and is loaded with antioxidants, minerals, vitamins and is also a sufficient source for its probiotic qualities.

Note: Be sure to purchase raw sauerkraut because many of the prepackaged products have been heated to extend the shelf-life of the products. The process will destroy all or most of the healthy bacterial found in the kraut.

**Group 7: Tempeh**

The North Carolina Mountains near the city of Asheville is one of the best locations to sample fresh organic foods. Tempeh is a fermented soy product which offers many of the benefits of tofu, but with a better texture and flavor. Tempeh can be used as an alternative to meat and can be used in sandwiches or salads.
BONUS CHAPTER 3: Top 3 Natural Tips to Beat Foot Odor

You take care of your feet by washing them regularly. You change your smelly socks at least once a day. Your shoes are well kept. But in spite of all this, your feet stink. Sometimes the condition is so bad that by simply removing your shoes, people around you know that you have smelly feet. The condition can be embarrassing, especially in public. By following some simple tips, you can take care of your feet and avoid the problem of smelly feet.

Apply tea to the area

Using a soak made from tea bags and applying it to your feet will eliminate the problem of smelly feet. This is because the tannic acid from tea tans the skin. Take a couple of tea bags and boil them in a pint of water for 15 minutes.

Then remove the tea bags and pour the pint of this strong, hot tea into a basin or a large pot and ill it with two quarts of cool water. Soak your feet for 30 minutes daily for seven or ten days and you will not experience the problem any longer.

Go for a foot antiperspirant

There are special foot deodorants to remedy the problem but they can be quite expensive. But you can go in for any underarm antiperspirant, which is a cheaper alternative.

Go for a roll-on that has aluminum chloride hexahydrate as the active ingredient. Use it twice a day. But avoid aerosols since all their smell is dissipated in the air.

Foot Powder

Before wearing your shoes, you can dust your feet with baby powder to minimize sweating. Rub your feet with one or more of the following powders. Do this between your toes as well. This is what most foot powders and sprays contain to combat foot odor:

• Talcum powder. It’s an astringent, so it’ll dry out your feet.

• Baking soda – this creates an alkaline environment that’s not bacteria-friendly.

• Corn starch. This helps absorb sweat.