

# Treating Toenail Fungus

Carolyn Dean MD ND | Monday, September 27, 2010

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You don't think this is an interesting topic? Think again! I was amazed to learn that more than half of everyone over the age of 70 suffers from toenail fungus. Younger people are far from immune. You can even end up with toenail fungus when you have a pedicure! Yes, I can see that you'll now be compelled to stare at your neighbor's toes at every opportunity.

To identify toenail fungus, it's not mushrooms you're looking for but yucky, thickened, stinky, discolored toenails that seem almost impossible to cure. They can occur when fungus gains a foothold (grin) through minor cuts or bruises. Ill-fitting shoes can irritate your toes and cause the nail to separate from the nail bed and allow infection to become embedded.

OK, enough of what it is. What can you do about it? Fungus grows on dead matter, including dead skin and nails so it's a matter of keeping your cells alive and healthy and not giving any indication of dying.

Here's my favorite way to fight nail fungus.

Soak your feet in 2 cups of magnesium flakes or Epsom salts in just enough hot water to cover the tops of your feet. This solution can be reused three or four times. I know, that sounds gross, but magnesium is a pretty strong antibacterial/antifungal treatment. Do this soak every one to two days. You can also blend up some of the clay I've been recommending for detox and put it in your soaks.

At night drop 6 drops of Nascent iodine on the toenail or toenails in question. Of course, you'll have orange toenails, but they're the rage anyway. Using iodine this way will also create some absorption in your body that can only be beneficial.

Magnesium flakes, Nascent iodine and Clay are all available at [LL's Magnetic Clay](#).

Just so you know, it takes nails grow an average of 1 cm every 100 day, which means toenails may take a year to grow out! So, we're talking a long-term commitment of several months to get rid of your toenail fungus naturally. But it's often the best option since the antifungal drugs that you would have to take otherwise can be pretty nasty.

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**YOUR HEALTH PROGRAM:** To keep healthy join my [Completement Now! Online Wellness Program](#). Email me for a discount (instead of \$240, pay only \$150.) To stay well or recover your health begin with magnesium. Read my [Magnesium Miracle](#) book first. To get well if you have existing health problems, read my [Future Health Now Encyclopedia](#). To know why our health has been stolen from us, read [Death by](#)

[Modern Medicine: Seeking Safe Solutions.](#)

**RECOMMENDATIONS:** For a complete list go to my [Resources](#). I recommend [ReMag](#), my own magnesium product and Natural Calm magnesium, a well absorbed multiple mineral, [ReMyte](#).



**NOTE:** Only you can know if something is helping you. If you don't feel well on a supposed beneficial product, listen to your body and stop taking it! Knowing when to Not take something is a big part of taking responsibility for your health.

**WARNING:** This blog is not to be misconstrued as medical advice. It's up to you to make the decisions about your own health. I have zero staff and I cannot answer personal health questions by email. However, please send general questions that I may be able to answer in my blog. But first, google my name with the condition you are inquiring about and see if I've already addressed it somewhere on the web.



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