

People who have toenail fungus infections are often on the lookout for the best home remedies for toenail fungus infections. This is because home remedies for toenail fungus infections. This is because home remedies for the best and most widely used home remedies for the treatment of fungus of any kind not just toenail fungus infection. If you have a toenail fungus infection and are looking for reliable home remedies, we wrote this article for you. After reading this article, you will discover ways through which you can use apple cider for toenail fungus infection. the benefits and possible side effects of apple cider vinegar. If you are diabetic, chances are that your toenail fungus infection is as a result of diabetes and not a fungus per se. People who are diabetic often have the fungus infection known as onychomycosis. This infection affects their toenail. If you are in the class of these people, using ACV will amount to a total waste of your time. Want to cure nail fungus faster? Fight Nail fungus with this proven nail fungus infection with regular use. However, it is important to note that although the remedy works for many people, there have been reliable researches proving that the treatment only works on those whose fungus infection is mild. This means if your toenail fungus infection is very bad, this treatment may not work for you. First, it is important to note that you have toenail fungus infection as a result of the pH of the surrounding skin and nail becoming very basic, or alkaline It is proven that fungus of any kind thrives in an alkaline environment. This means to get rid of toenail fungus, you need to ensure the surrounding skin and or nail turns from basic or alkaline to acidic as fungi dont survive in acidic environments. This is why apple cider vinegar is useful. ACV is acidic enough to get rid of fungi but not acidic enough to cause harm to humans hence it is used as a preservative. Researches show ACV has antifungual qualities that help in slowing down the growth of all types of foot fungus which makes it ideal for toenail fungus infection treatment. you want to make sure you buy raw, unpasteurized, and organic vinegar. To use Apple cider vinegar for toenail fungi infection, all you need to do is to soak your feet in a bowl of warm water and vinegar for a between 20-30 minutes. Do this twice a day till the fungus clears from your toenail. How to use apple cider vinegar for toenail fungus Get Rid Off nail fungus with the NUMBER one nail fungus treatment on the Market ApplicationStep 1 Fill a bucket or basin or a foot tub (whichever applies to you) with water enough to completely cover your feet. You could add the water using cups for measurement purpose. Step 2 If for instance 4 cups of water was used in step one, use two cups of ACV here. You want to make sure the apple cider vinegar added is at least half of the water to be used. Step 3 Immerse your feet in the bowl of water and leave them there for at least 20-30 minutes. Note that it is important that your feet are completely immersed in the water, if the water is not enough, you must add more water and ensure half the quantity of water added as extra is also added in form of Apple cider. Once done you can then wipe your feet properly and repeat the process for at least two times per day in order to see better results. Aside from foot soak, you can use apple cider vinegar for toenail fungus treatment by applying drops (2-3 drops at most) of the apple cider vinegar directly to your toenail bed. Once applied, you should allow the ACV to sit on your toenail bed for about 10-15 minutes undisturbed. This method works perfectly for those who do not have 30 minutes two times daily to soak their feet in Apple cider vinegar. For quicker results, those who want can combine this method with the foot soak method. Whichever of these two methods you intend to use to treat your toenail fungus, should be used for several months or until the fungus toenail is restored back to it normal state. Home remedies generally have no side effects and thats not different with Apple cider vinegar for toenail fungus treatment. ACV is used as preservative; we eat them in our foods at home and cause us no harm. They are only harmful to fungi. However, in everything moderation is important. You should not overuse ACV foot soak simply because you want to get rid of your toenail fungus infection overnight. As mentioned before, ACV works on toenail fungus infection is still mild or at the early stage therefore how soon you see results will depend largely on the seriousness of the infection i.e how bad your fungus infection is. One thing you should note is that your toe did not become how it is overnight, hence you must give it time as results and there are those who have managed to get their nails back to normal within weeks. However, although Apple cider vinegar for toenail fungus has proved to work for everyone. Thankfully, there are great nail fungus has proved to work for many people, it however, although Apple cider vinegar for toenail fungus has proved to work for many people, it however, although Apple cider vinegar for toenail fungus. you, we have done a review of some of the best nail fungus treatments on the market. Photo Credit to mayoclinic.org and pininterest.com Download Article Download Article Download Article Nail fungus refers to a fungal infection that starts underneath your toenails. It could cause discoloration, thickening, or crumbling on one or more of your nails. This is a frustrating problem, so youll naturally want to get rid of nail fungus as soon as possible. One remedy you may have heard of is soaking your foot in vinegar to clear the infection. Vinegar is acidic, so it will kill bacteria and fungus.[1] However, this remedy has very limited success because the vinegar cant penetrate under the nail. You can try it if you want to, but visit a podiatrist for further treatment if you dont see any results in 2 weeks. Mix 1 cup (240ml) of warm water with 1 cup (240ml) of warm water wat with vinegar, then the best thing to do is soak your foot in a vinegar-water mixture. Diluting the vinegar is important to prevent it from irritating your skin. Try a daily soak and see if it helps clear the infection. If not, then don't panic. You can still use more conventional treatments. 1Trim your nail back before soaking your foot. If your nail is covering the fungus, then topical treatments wont work very well. Take a clipper and trim your nail back as far as you can. This helps the vinegar reach the fungus and kill it. Dont try to cut your nail, try softening it with a urea cream first. This is a common cosmetic treatment for skin irritations, and is available at most pharmacies. Disinfect the clipper as soon as youre finished so you dont spread the infection. Soak it in isopropyl alcohol for 30 minutes to kill all the fungus. 2Mix 1 cup (240ml) each of warm water and white vinegar into a bowl. Find a bowl or bucket that you can fit your foot into. Pour both vinegar and warm water in, then stir them together. You could also use apple cider vinegar instead of white vinegar. Both contain similar amounts of acetic acid. Advertisement 3Soak your foot for 10-20 minutes so the vinegar can soak into the fungus. If you have any cuts on your foot, the vinegar may sting a little. This isnt dangerous.4Dry your foot off as soon as you soak it. Take a clean towel and pat your foot dry before putting your foot back on. Dont use this towel again before washing it because it could spread the fungus. 5 Repeat this soak twice a day until your symptoms disappear. Nail fungus is tough to get rid of, so itll take a while. Soak your foot with vinegar and water twice every day. If you see some improvement after a few weeks, then you can continue. If you dont see any improvement, then see a podiatrist for further treatment. If your nail grows, trim it back again so the vinegar can reach the fungus. This could take several months to work. If you can't keep up with soaking your foot twice a day or the fungus doesn't seem to be getting better, then see a podiatrist instead. Advertisement Unfortunately, home remedies like a vinegar soak dont have a good record for treating nail fungus. This is frustrating, but there are professional options that have much more success. Topical creams may work, but oral medication is most effective for nail fungus. Visit a podiatrist for an exam and follow their instructions to get rid of your nail fungus once and for all.1Apply an over-the-counter antifungal cream for an easy treatment. Specialized antifungal creams might work better than a vinegar soak. Try getting some from a local pharmacy and applying it exactly as directed. For many creams, you have to apply them every day for a few weeks at least. Follow the directions and see if this helps the infection clear up.[2]Approved antifungal creams include Amorolfine, Ciclopirox, Efinaconazole, and Tavaborole.Keep your nails short so the cream can reach the fungus.Creams usually dont work as well for nail fungus because they cant penetrate the nail. Dont be surprised if you dont see much improvement and have to see a foot doctor.[3]2Take prescription oral medication from your podiatrist. Oral medication is usually the go-to treatment for nail fungus because it works internally. If your infection isnt clearing up with home treatments, then make an appointment with a podiatrist. The doctor will probably examine your toenail, then prescribe a medication to fight the fungus. Take the medication as directed for 2-3 months to clear the infection entirely.[4]Some common antifungal medications include Lamisil and Sporanox. Dont stop taking the medication early. If you stop before all the fungus is dead, the initial appointment, the podiatrist may also trim your nail a bit to remove some of the fungus. This can help, but probably wont cure the infection entirely. [5]Antifungal medications can be powerful,
so your doctor may want to test your blood periodically to make sure the levels in your system are correct. Too much could cause liver damage.[6]3Try medicated nail polish to penetrate your nail. Your podiatrist may try this approach along with oral medications. A medicated nail polish, usually Penlac, can soak through your nail and treat the fungus. In most cases, you brush it onto your nail and leave it there for a week. After that, you wash it off with alcohol and apply a fresh layer. Continue this application process for as long as the podiatrist tells you to [7] The application procedure might be different depending on what medication your podiatrist prescribes. Follow the instructions that they provide. Advertisement While vinegar is a common home remedy for fungal infections, it doesnt have a lot of success against nail fungus. Since it cant penetrate underneath the nail, it can't kill the fungus. You can try it if you want to, but you might not see great results. If the infection doesnt show any improvement in a few weeks, then visit a podiatrist for a more conventional treatment. Even with creams and medications, it still might take a few months for the best results. Add New Question I am allergic to powdered detergent. What can I use to wash my clothes? Zora Degrandpre, ND Natural Health DoctorDr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National Institutes of Health and the National Institutes of Health and the National Center for Complementary and Alternative Medicine. She received her ND from the National College of Natural Medicine in 2007. There are a number of natural, plant-based detergents available. Try using those. Also, put your clothing through a second (or even third) rinse to make certain you have rinsed out all the soap. Ask a Question Advertisement Thanks Advertisement Thanks Advertisement This article was coauthored by Zora Degrandpre, ND. Dr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National Institutes of Health and the National Institutes of Health and the National College of Natural Medicine in Vancouver, Washington. 2007. This article has been viewed 1,398,860 times. Co-authors: 29 Updated: February 24, 2025 Views: 1,398,860 Categories: Featured Articles | Nail Health | Vinegar as a Health Aid Medical DisclaimerThe content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. PrintSend fan mail to authors for creating a page that has been read 1,398,860 times. "I had nail fungus on both my toenails. I tried an antifungal from the pharmacy, but noticed my nails were becoming guite soft so stopped using it. Did not want to spend time soaking my feet every night, so used a dropper to apply undiluted white vinegar (5 - 10 drops on each nail) directly between the nail and the toe. I noticed the fungus stopped spreading and there was no more fungus on new nail growth. It's been 6 months since and am almost fungus widely used home remedies for the treatment of fungus of any kind not just toenail fungus infection. If you have a toenail fungus infection and are looking for reliable home remedies, we wrote this article, you will discover ways through which you can use apple cider for toenail fungus treatment right from the comfort of your home. We will also discuss the benefits and possible side effects of apple cider vinegar. If you are diabetic, chances are that your toenail fungus infection is as a result of diabetes and not a fungus per se. People who are diabetic, chances are that your toenail. If you are in the class of these people, using ACV will amount to a total waste of your time. Want to cure nail fungus faster? Fight Nail fungus with this proven nail fungus infection with regular use. However, it is important to note that although the remedy works for many people, there have been reliable researches proving that the treatment only works on those whose fungus infection is mild. This means if your toenail fungus infection is very bad, this treatment may not work for you. First, it is important to note that you have toenail fungus infection is mild. very basic, or alkaline. It is proven that fungus of any kind thrives in an alkaline environment. This means to get rid of toenail fungus, you need to ensure the surrounding skin and or nail turns from basic or alkaline to acidic as fungi dont survive in acidic environments. This is why apple cider vinegar is useful. ACV is acidic enough to get rid of fungi but not acidic enough to cause harm to humans hence it is used as a preservative. Researches show ACV has antifungual qualities that help in slowing down the growth of all types of foot fungus which makes it ideal for toenail fungus infection treatment. you want to make sure you buy raw, unpasteurized, and organic vinegar for toenail fungi infection, all you need to do is to soak your feet in a bowl of warm water and vinegar for toenail fungus. Do this twice a day till the fungus with the NUMBER one nail fungus treatment on the Market ApplicationStep 1 Fill a bucket or basin or a foot tub (whichever applies to you) with water enough to completely cover your feet. You could add the water using cups for measurement purpose. Step 2 If for instance 4 cups of water was used in step one, use two cups of ACV here. You want to make sure the apple cider vinegar added is at least half of the water to be used. Step 3 Immersed in the bowl of water and leave them there for at least 20-30 minutes. Note that it is important that your feet are completely immersed in the water, if the water is not enough, you must add more water and ensure half the quantity of water added as extra is also added in form of Apple cider. Once done you can then wipe your feet properly and repeat the process for at least two times per day in order to see better results. Aside from foot soak, you can use apple cider vinegar for toenail bed. Once applied, you should allow the ACV to sit on your toenail bed for about 10-15 minutes undisturbed. This method works perfectly for those who want can combine this method. Whichever of these two methods you intend to use to treat your toenail fungus, should be used for several months or until the fungus toenail is restored back to it normal state. Home remedies generally have no side effects and thats not different with Apple cider vinegar for toenail fungus treatment. ACV is used as preservative; we eat them in our foods at home and cause us no harm They are only harmful to fungi. However, in everything moderation is important. You should not overuse ACV foot soak simply because you want to get rid of your toenail fungus infection is still mild or at the early stage therefore how soon you see results will depend largely on the seriousness of the infection i.e how bad your fungus infection is. One thing you should note is that your toe did not become how it is overnight, hence you must give it time as results wont arrive overnight there are people who have used apple cider vinegar for toenail infection and have had to wait for months before seeing results and there are those who have managed to get their nails back to normal within weeks. However, although Apple cider vinegar for toenail fungus products that do not cost much money that you can buy to clear up your nail fungus. To make it to not cost much money that you can buy to clear up your nail fungus. easier for you, we have done a review of some of the best nail fungus treatments on the market. Photo Credit to mayoclinic.org and pininterest.comToenail fungus also known as fungal nail infections can be embarrassing and long-lasting. It can cause discolouration, foot odour and pain. Over time, people have come up with many different remedies for treating this common foot condition. One such home remedy is the toenail fungus vinegar soak but does this really work? In this post, well be talking about vinegar foot soaks and other natural remedies, and assessing how effective they really are, particularly compared to medical treatments available for fungal nail infections. If youd like to read more about the symptoms, causes and treatments of fungal nail infections, then head over to this page. Do vinegar soaks help toe fungus? In short, there is a lot of anecdotal evidence to suggest vinegar foot soaks can help you to get rid of fungal toenail infections over time and with repeated use. There are further benefits to a vinegar soak. It could remove dry, cracked or dead skin cells from your feet. Its also thought that giving your feet a vinegar kill toenail fungus? Theres no concrete clinical evidence to suggest that soaking feet in vinegar will definitely work, though some users do report that the treatment can work on mild cases of fungal infections. It is also a low-risk treatment, so it is unlikely to cause you any harm if you do decide to test out this home remedy. Usually, your doctor will recommend using medication to treat toe fungus rather than relying on a home remedy. fungal nail infections: nail paint is available from our online pharmacy for the topical treatment of fungus that causes infections. It also breaks down the fungi cells and removes the fungus as the nail grows out. Amorolfine is the cheaper generic version of the branded Curanail (Loceryl) antifungal treatment. You could also use Loceryl 5% nail lacquer, which is a prescription treatment you apply directly to your infected nail(s). Antifungal tablets like Terbinafine also treat fungal nail infections but have to be prescribed by a GP or nurse and may require an initial blood test before you start treatment. Amorolfine 5% Nail Lacquer View Treatment Why
does vinegar soak work? The idea behind taking a vinegar foot soak for toenail fungus is relatively simple: vinegar is a diluted form of acetic acid (of course, one that is perfectly harmless we do put it in and on our food!). As a result, it is an antifungal agent meaning it slows down the growth of some types of foot fungus because the acidity affects the pH level of your skin. This makes fungal overgrowth and infection much more unlikely. Its an antifungal agent meaning it slows down the growth of some types of foot fungus because the acidity affects the pH level of your skin. worth noting though, that there is no scientific evidence that shows vinegar soaking is a reliable method for treating toenail fungus. How do you make a vinegar foot bath at home, you can follow the instructions below. Step 1: Get a bottle of vinegar you use doesn't necessarily matter most people either take a white vinegar foot soak or an apple cider vinegar foot soak. The important thing is the pH of the vinegar, which should typically be 2-3. So, its not a question of what is better for toenail fungus (white vinegar, which should typically be 2-3. So, its not a question of what is better for toenail fungus (white vinegar or apple cider vinegar), its a question of what is better for toenail fungus (white vinegar or apple cider vinegar), its a question of what is better for toenail fungus (white vinegar or apple cider vinegar), its a question of what is better for toenail fungus (white vinegar or apple cider vinegar), its a question of what is better for toenail fungus (white vinegar or apple cider vinegar), its a question of what is better for toenail fungus (white vinegar or apple cider vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toenail fungus (white vinegar), its a question of what is better for toena with 1 part vinegar and 2 parts warm water (you can add a cup at a time if youre worried about getting quantities right, but this is just a rough guide). Top tip: if youre finding the smell of vinegar too strong or unpleasant, you can add a few drops of essential oils to the mixture, such as lavender oil. Step 3: Soak your foot (or feet) for 15-30 minutes daily in the mixture. Do not soak for longer than 30 minutes. Step 4: Make sure that you dry your foot/feet thoroughly after your soak. The fungus grows best in a moist environment, so leaving feet damp encourages fungal growth especially if you are putting on socks or shoes next. Step 5: Repeat this process daily until you can see that your infection has disappeared. If you have particularly sensitive skin, you may find that vinegar causes some skin irritation. If this is the case, you can try decreasing the time you spend soaking your feet to 10-15 minutes or diluting the mixture with more water. You could also try reducing the time you spend soaking your feet to 10-15 minutes or diluting the mixture with more water. you arent having any skin irritant issues and are not seeing any improvements, you can increase the vinegar in the mixture to equal parts vinegar foot soak on its own will rid you of toenail fungus. In these situations, it is best to seek advice and a prescription treatment from your doctor. Medical treatments dont tend to work immediately, so you may be able to continue using vinegar soaks while youre waiting for the medication to kick in as long as your doctor says its okay. Curanail 5% Nail Lacquer View Treatment What other home remedies for toenail fungus are there?Vinegar foot soaks arent the only home remedy for toenail fungus. Alongside nail fungus vinegar soaks, there are a number of different household products you can try (with varying results) to tackle fungal infections. Listerine have antibacterial and antifungal properties, so have been reported to be used to treat toenail fungus. Some home remedy recipes suggest mixing mouthwash with vinegar in a 1:1 solution (or adding 2 parts water for a more diluted solution). As with vinegar, using mouthwash has no further scientific evidence to back or explain how it works against fungal infections. Tea tree oil has antifungal and antiseptic properties too, so may help to treat fungal infections. This is not the most effective of methods, however, especially if your fungal infection is well established most people report that tea tree oil area first and then apply the oil directly to the toenail using a cotton swab. Allow to soak into skin and nail for approximately 10 minutes and then wash off. Repeat as necessary. Other essential oils such as lavender oil have been reported to be used similarly. Epsom salt bath can draw out your teet, helping to boost the effects of taking medication for your infection. You can give yourself an Epsom salt foot soak for fungus on your toenails by following the steps below: Clip your toenails before preparing the bath or basin with warm waterAdd half a cup of Epsom salt to your foot bath or basin with warm waterAdd half a cup of Epsom salt to your foot bath or basin with warm waterAdd half a cup of Epsom salt to your foot bath stir until it dissolves. minutesDry your feet thoroughly get between your toes to stop the fungus from spreading Let your feet air dry for as long as you can Put socks back on once your feet air dry for as long as you can Put socks then you could bathe your feet once in the morning and once in the evening. Vicks VapoRubPatients have said mentholated ointments like Vicks VapoRub can help treat toenail fungus. This could potentially be because these ointments like Vicks VapoRub can help treat toenail fungus treatment can be effective. However, there is no clinical evidence to suggest this works. Doctors or pharmacists can prescribe a clinically proven medication to successfully treat toenail fungus. If your infection doesnt improve or appears to get worse, you should stop using these treatments and contact your doctor for advice. SummaryVinegar solutions can work for toenail fungus in some cases especially if you only have a mild infection. However, there is no scientific evidence to back the use of vinegar foot soaks. The main benefit of trying out a vinegar soak (or any other natural remedy) is that it is easy and cheap for you to try at home. You are also very unlikely to encounter any negative side effects. However, prescription treatments that have been specifically created to combat fungal infections are much more effective. In most cases, we would recommend speaking to a doctor or pharmacist to get prescription or over-the-counter treatments. Nail paints like Amorolfine are highly effective: you can start a free online consultation and buy Amorolfine, take a look at our Amorolfine reviews page. Sources 18 Nov, 2024 By Myrriel N. Comments think about Amorolfine, take a look at our Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from us with next-day delivery. To see what real users think about Amorolfine from users think about Amorolfine from users the from us 18 Nov, 2024 By Myrriel N. Comments Many people turn to vinegar for toenail fungus as a natural remedy, hoping that a simple vinegar might not be the best solution and the risks of delaying proper treatment. By understanding these risks, you can make an informed decision about the best way to restore your nail health. The idea behind apple cider vinegar as a remedy for toenail fungus is based on its acidic properties. Many people believe that soaking their nails in vinegar will create an environment where fungus cannot thrive. Why People Use ItSearches for terms like "apple cider vinegar for toenail fungus is based on its acidic properties. fungus" and "vinegar soak for toenail fungus" reflect the belief that this simple home remedy is an effective, natural cure. The RealityUnfortunately, while vinegar may slow down fungal growth, it isnt strong enough to penetrate the nail bed where fungal infections live. Without proper treatment, the infection can spread deeper, making it even harder to treat later. While vinegar might seem
harmless, using it as a primary treatment for toenail fungus can be risky. Heres why:Surface-Level Treatment Only:Vinegar only affects the top layer of the nail and skin, leaving the deeper infection untreated. Skin Irritation and Dryness: Extended soaking in vinegar can dry out your nails and the skin around them, leading to discomfort or even peeling. Delayed Proper Treatment: Relying on ineffective remedies like vinegar allows the start of effective treatment. The longer you wait, the worse the infection can become. Many people who search for "natural remedies for toenail fungus vinegar" arent aware that by delaying treatment, they risk making their nails more damaged and more difficult to heal. If youve tried vinegar and havent seen real results, it may be time to reconsider your approach. Ignoring the early signs of fungal infection can result in thicker, harder-to-treat nails, and may even lead to secondary infections. Now that you understand the risks of relying on vinegar, its time to consider a better, safer option: Dermatool Fungal infection actually resides. Clinically Proven:Dermatool contains tolnaftate 1%, an FDA-approved antifungal ingredient thats clinically proven to treat and prevent fungal infections. Safe and Effective: Dermatool is free from harsh chemicals like parabens, sulfates, and formaldehyde releasers, making it a safe choice for long-term use. This is the product that people searching for terms like "does vinegar kill toenail fungus" should be looking into instead. Its proven to work, unlike vinegar, which only provides temporary relief. While home remedies like vinegar are popular, they are often based on myths rather than science. If youre dealing with toenail fungus, you need a solution that works. Dermatool is specifically formulated to kill the fungus at its source and restore your nails to health.Deep Penetration: Unlike vinegar, which stays on the surface, Dermatool penetrates into the nail bed to attack the fungus.Proven Results: Users of Dermatool report visible improvements within weeks, without the dryness or irritation caused by vinegar might seem like an easy, natural fix, its not enough to fully treat toenail fungus. The risks of delaying proper treatment are real, and the longer you wait, the harder it becomes to restore your nails. For a safe, proven solution, choose Dermatool Fungal Nail Treatment and start seeing real results. Previous post Back to blog Next post Apple cider vinegar has become one of the most popular at-home remedies for toenail fungus due to its antifungal properties [1]. Vinegar has shown to slow the growth of most fungus. There are many ways to use apple cider vinegar (ACV) on your feet and one of the most popular uses is a foot soak. This article, will cover the uses of ACV, the benefits, how to properly use it, and more. CAUTION: If you have diabetes you should avoid all treatments listed below. People with diabetes should have their healthcare team treat any foot issues they problem to repare the Foot SoakOne of the best ways to maximize the results is to thoroughly wash your feet and trim your toenails prior to the soak. This will allow the vinegar to reach the fungal spores and eliminate the problem from the source. Once you have done this you can begin preparing the soak. To properly use apple cider vinegar for nail fungus, add one cup of apple cider vinegar for nail fungus, add one cup of apple cider vinegar for nail fungus, add one cup of apple cider vinegar and two cups of warm water into a water basin. Perform this soak twice a day for a month or until the fungal infection subsides.QUICK TIP: For this soak, you will want to use unfiltered and contains something called the mother which is a colony of beneficial bacteria. If you can handle the taste, you can also drink a cup full of apple cider vinegar with water to hit the fungus from all angles. This brand contains the motherOut of all the things, one of the most important is to ensure that your feet are completely dry after finishing this foot soak because fungus treatments, the answer to this question is dependent on the severity of the fungal infection. The sooner you start treating it the sooner you will get rid of it.Remember that your toenail fungus did not happen overnight. In order to see real results means that your toenail is going to have to grow out a new healthy nail. This can take months. However, if you managed to catch the fungus infection when it just started you could possibly see results as quickly as a few weeks. It can be frustrating living with toenail fungus but using ACV as we mention in this article can have you comfortable going barefoot at the beach in no time. Applying ACV birectlyThe apple cider vinegar that I use at home. Not only can apple cider vinegar be used in a soak but it can also be applied directly on to your nails. If you dont necessarily have the time for a soak then this could be a great alternative. All you have to do is just pour a little ACV into the fact that vinegar is an acidic solution. So if you have sensitive skin you should not use this method without diluting the vinegar first before application. People with sensitive skin may encounter slight irritation of the skin if applying it directly to the nail. Apple Cider Vinegar and Baking SodaBoth baking soda and apple cider vinegar are great ways to get rid of fungus on your nails and using them in unison with each other makes them even more powerful. Studies show that baking soda help prevents fungal growth in 79% of the specimens tested [2]. This is due to the fact that baking soda is great for absorbing moisture and has antiseptic properties. a solution that can knock the socks off of fungus. Reasons to pair baking soda with apple cider vinegar is because baking soda can assist with the odor caused by fungal infections as well as help with discolored nails. How to UsePerform the apple cider vinegar foot soak by following the aforementioned steps (steps listed above). Dry your feet and pay special attention to the nails.Create a thick paste with baking soda and water. (Thick enough to stick and stay on the affected nails).Let the paste at day.Following this process can more effectively expedite the fungal removal process from your nails. The apple cider vinegar will work by killing the fungus and the baking soda will help prevent any further spreading. Why Use Apple Cider vinegar is a diluted form of acetic acid that boasts powerful benefits and harmless. Typically used to cook and clean but also to treat our tired, fungus-ridden feet. According to a study, apple cider vinegar shows a fungicidal effect [3]For Athletes FootAthletes foot is a fungal infection that affects the toes and feet. The toes appear red and irritated and the skin may begin to peel. Athletes foot often will be associated with a burn and itch. For mild forms of this condition, a vinegar soak may work well. As mentioned above, apple cider vinegar is a fungicide which means it will kill the fungus causing your athletes foot. If the symptoms do not improve or if they worsen, you should seek medical attention. If you noticed increased dryness or peeling, you may need to decrease the frequency of the soaks. For Foot OdorApple cider vinegar can also disinfect your feet. getting rid of the bacteria that cause the smell. When treathable cotton socks. Tips for foot odor, it is also important to consider lifestyle choices. Invest in breathable shoes and be sure to wear breathable shoes and be sure to wear breathable cotton socks. Tips for foot odor. sprayFor CallusThe acid content within apple cider vinegar can soften the hardened skin of a callus. Soak your feet as mentioned above by mixing apple cider vinegar with water with a 1:2 ratio. You may be able to peel a layer or two off of the callus once you have removed your feet from the soak. Be patient and do not move too much skin because it could cause an infection. White Vinegar vs. Apple Cider Vinegar also is known as distilled or spirit vinegar is clear. Standard white vinegar contains roughly 4-7% acetic acid and 93-96% water. White vinegar is made from the fermentation of grain alcohol and contains antimicrobial properties which make it useful against fungi. Apple cider vinegar (ACV), in contrast, is a brown color and typically has something called the mother. The mother is basically a colony of beneficial bacteria that are best utilized when ingested internally. ACV typically has 5-6% acetic acid and 94-95% water. It is made by crushing apples, extracting the liquid, and then going through a two-step fermentation process. Apple cider vinegar is a great inexpensive way to treat a variety of different ailments including toenail fungus. Not only can it be used externally but also can be ingested internally for maximum health benefits. Toenail fungus is a common and often frustrating condition that affects millions of people worldwide. While there are various treatments available, many individuals are turning to natural remedies, and one such remedy that has gained significant attention is apple cider vinegar. With its antibacterial and antifungal properties, apple cider vinegar (ACV) has become a popular choice for those looking for a natural solution to toenail fungus. In this blog post, well dive into how apple cider vinegar can help treat toenail fungus and offer practical advice on how to use it.What is Toenail Fungus, or onychomycosis, is a fungal infection that affects the nails. Its a condition that can be both unsightly and uncomfortable, sometimes even causing pain or an unpleasant odor. Toenail fungus thrives in warm, moist environments, making it more common in individuals who frequently wear tight shoes, live in humid climates, or have weakened immune systems. Why Apple Cider Vinegar? Apple cider vinegar has long been touted for its health benefits, ranging from weight loss to improved digestion. However, its antifungal properties make it a potential remedy
for toenail fungus. ACV contains acetic acid, which has been shown to inhibit the growth of various types of fungi and bacteria. This makes it an excellent natural option for combating the infection at the source. Heres why apple cider vinegar works for toenail fungus. help it fight off the fungal infection responsible for toenail fungus. The acetic acid in apple cider vinegar can alter the pH of the skin, creating an environment that is hostile to fungal growth. Antibacterial Benefits: Fungal infections are often accompanied by bacterial infections. ACVs antibacterial properties can help prevent further complications and speed up the healing process. Natural and Safe: Many people are looking for natural alternatives to prescription medications, which can come with side effects. ACV is a relatively safe and natural option that has minimal risks when used properly. How to Use Apple Cider Vinegar for Toenail Fungus? Using apple cider vinegar to treat toenail fungus is simple and can be done at home with just a few ingredients.1. Soak Your Feet in Apple Cider vinegar and warm water in a foot basin or tub.Soak your affected feet in the solution for 15 to 20 minutes. After soaking, dry your feet thoroughly with a clean towel, especially between the toes. Repeat this process once or twice a day until you see improvement. 2, Apple Cider Vinegar and Baking Soda Instructions Mix the apple cider vinegar and baking soda into a thick paste. Apply the paste to the affected toenail ensuring it covers the entire nail and surrounding skin.Let the paste sit for about 15 minutes, then rinse off with warm water.Repeat daily for the best results.3. Apple Cider vinegar and tea tree oil in a small bowl.Apply the mixture directly onto the infected toenail using a cotton ball or swab. Allow it to dry, and leave it on for a few hours before washing off. Repeat this method twice a day for optimal results. 4. Direct Application of Apple Cider VinegarIf you dont have time for a foot soak or want a more targeted approach, you can apply apple cider vinegar directly to the toenail using a cotton ball or swab.Gently rub the vinegar onto the affected area and let it dry. This method can be done once or twice a day.What to Expect When Using Apple Cider vinegar may take time. The infection will not clear up overnight, and you may need to continue your treatment for several weeks to notice significant improvement. Additionally, the severity of the fungus will influence how quickly you see results. Precautions and Tips for Using Apple Cider VinegarDilution Is Key: Always dilute apple cider vinegar with water before applying it to your skin. Direct application of undiluted vinegar can cause irritation or burns, especially if you have sensitive skin. Consistency Is Crucial: For the best results, be consistent with your treatment. Apply apple cider vinegar daily, and try not to miss any applications. Consult a healthcare professional for further treatment options. Other Tips for Preventing Toenail Fungus. prevention is always better than cure. Keep Your Feet Dry: Fungi thrive in damp, warm environments, so keeping your feet dry is essential. Be sure to dry your feet thoroughly after showering or swimming paying special attention to the areas between your feet from becoming too moist. Change Socks Regularly: If your feet from becoming too moist. Change your socks throughout the day to keep your feet dry. Avoid Walking Barefoot in Public Areas: Fungi can be spread through contaminated surfaces, so be cautious when walking barefoot in places like pools, gyms, and locker rooms. Final ThoughtsApple cider vinegar can be a great natural remedy for toenail fungus. Its antifungal and antibacterial properties help fight the infection and promote healing. Whether you choose to soak your feet, apply a paste, or use it in combination with other oils, apple cider vinegar can be an effective part of your toenail fungus treatment regimen. As with any remedy, results may vary, so patience is essential. If you dont see improvement after several weeks of use or if the infection worsens, its important to consult with a healthcare professional. Have you tried apple cider vinegar for toenail fungus? Share your experience with us in the comments below! Its monsoon, and we know for a fact that fungus loves moisture! Fungal infections can pop up anywhere. Even your toenails are not spared. In fact, a research published by National Library of Medicine revealed that fungal infections are reported to cause 50 percent of nail conditions in people who have been seen by dermatologists. Also, going by online searches like what kills toenail fungus fast, we can safely say that it is a problem that bothers a lot of people. There are many home remedies for toenail fungus. Soaking feet in vinegar is one, but people often get confused about what to use white vinegar or apple cider vinegar for toenail fungus! To help you decide, Health Shots consulted Dr Vaishali Lokhande, Consultant, Internal Medicine, Apollo Hospitals, Navi Mumbai. Toenail fungus is technically called onychomycosis, and is a common fungal infection that affects the toenails. says Dr Lokhande. Various types of fungi such as dermatophytes, yeasts and molds are behind this infection. It is not pretty as it typically starts at the edge or the base of the nail and gradually spreads, leading to thickening, discolouration, brittleness and sometimes a foul odour. Causes of toenail fungus The most obvious cause is poor hygiene. If you are not keeping your feet clean and dry, wearing dirty or sweaty socks, and using unclean footwear, it can all create a comfortable environment for fungal growth. Toenail fungus can be caused by more factors. Lets check them out!1. Fungal overgrowthFungi thrive in warm and moist environments, such as public swimming pools, gyms and showers. Walking barefoot in these areas can increase the risk of fungal infection, says Dr Lokhande.2. Damaged nailsInjuries or trauma to the toenails, such as cracks or separation from the nail bed, can allow fungi to enter and cause an infection.3. Weakened immune systemCertain medical conditions such as diabetes, HIV/AIDS, and immunodeficiency disorders, can weaken the immune system and make people more susceptible to fungal infections Also read: Diabetes and fungal infections: Find out the connection White vinegar as toenail fungus treatment White vinegar has been often suggested as a home remedy to help manage toenail fungus due to its acidic properties. They can create an unfavourable environment for fungi.White vinegar or apple cider vinegar may help to get rid of toenail fungus. Image courtesy: ShutterstockHeres how to use it: Mix equal parts of white vinegar and warm water in a tub. Soak the affected foot or feet in the solution for 15 to 20 minutes. After soaking, dry your feet, including your toenails properly.The expert suggests to do this once or twice every day for several weeks or until improvement is seen. Apple cider vinegar for toenail fungus treatment. Like white vinegar, it is believed to possess antifungal properties. Heres how to use it: Take apple cider vinegar and dilute it with an equal amount of warm water. Soak the affected foot or feet in it for 15 to 20 minutes. Thoroughly dry your feet. Repeat this process once or twice daily for several weeks. White vinegar to kill toenail fungus, but there is no clear scientific evidence to demonstrate the superiority of one over the other, says the expert. The acidic nature of both vinegars might create an inhospitable environment for fungi. Some people might create an inhospitable environment for fungi. remedies might not work for everyone. The expert says that vinegar might aid therapy, but it is not a complete treatment in itself. Ways to treat toenail fungusOver-the-counter antifungal creams, ointments, or nail lacquers containing ingredients such as clotrimazole, terbinafine, or ciclopirox are easily available. They can be applied directly to the affected nails. Here are some more ways to treat toenail fungus: 1. Oral antifungal medications like terbinafine and itraconazole are to be taken for several weeks or months, says the expert. They help to eliminate the infection as new nail growth replaces the infected one.2. Surgical or procedural interventions. This might involve partial or complete removal of the affected nail, laser treatment or photodynamic therapy. These treatments aim to remove the infected nail and allow for the growth of a healthy nail. It is best is to take preventive measures even after treatment is over so that you dont have to face toenail fungus again. That means keep your feet clean and dry, change socks regularly, wear well-ventilated shoes and avoid walking barefoot in public areas.Disclaimer: At Health Shots, we are committed to providing accurate, reliable, and authentic informational purposes and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider for personalised advice regarding your specific medical condition or concerns. Download Article Download Article Download Article Nail fungus refers to a fungal infection that starts underneath your toenails. It could cause discoloration, thickening, or crumbling on one or more of your nails. want to get rid of nail fungus as soon as possible. One remedy you may have heard of is soaking your foot in vinegar to clear the infection. Vinegar is acidic, so it will kill bacteria and fungus.[1] However, this remedy has very limited success because the vinegar cant penetrate under the nail. You can try it if you want to, but visit a podiatrist for further treatment if you dont see any results in 2 weeks. Mix 1 cup (240ml) of warm water with 1 cup (240ml) of white vinegar in a large bucket. Soak your feet thoroughly. Repeat soaking twice a day until symptoms improve. If you want to try treating your nail fungus with vinegar, then the best
thing to do is soak your foot in a vinegar-water mixture. Diluting the vinegar is important to prevent it from irritating your skin. Try a daily soak and see if it helps clear the infection. If not, then don't panic. You can still use more conventional treatments wont work very well. Take a clipper and trim your nail back as far as you can. This helps the vinegar reach the fungus and kill it. Dont try to cut your nail, try softening it with a urea cream first. This is a common cosmetic treatment for skin irritations, and is available at most pharmacies. Disinfect the clipper as soon as youre finished so you dont spread the infection. Soak it in isopropyl alcohol for 30 minutes to kill all the fungus. 2Mix 1 cup (240ml) each of warm water in, then stir them together. You could also use apple cider vinegar can soak into the fungus. If you have any cuts on acetic acid. Advertisement 3Soak your foot for 10-20 minutes so the vinegar can soak into the fungus. If you have any cuts on your foot, the vinegar may sting a little. This isnt dangerous. 4Dry your foot thoroughly when youre done. Fungus grows in moist conditions, so always dry your foot dry before putting your shoes and socks back on. Dont use this towel again before washing it because it could spread the fungus.5Repeat this soak twice a day until your symptoms disappear. Nail fungus is tough to get rid of, so itll take a while. Soak your foot with vinegar and water twice every day. If you see some improvement after a few weeks, then you can continue. If you dont see any improvement, then see a podiatrist for further treatment. If your nail grows, trim it back again so the vinegar can reach the fungus. This could take several months to work. If you can't keep up with soaking your foot twice a day or the fungus. This is frustrating, but there are professional options that have much more success. Topical creams may work, but oral medication is most effective for nail fungus once and for all.1 Apply an over-the-counter antifungal cream for an easy treatment. Specialized antifungal creams might work better than a vinegar soak. Try getting some from a local pharmacy and applying it exactly as directed. For many creams, you have to apply them every day for a few weeks at least. Follow the directions and see if this helps the infection clear up.[2]Approved antifungal creams include Amorolfine, Ciclopirox, Efinaconazole, and Tavaborole.Keep your nails short so the cream can reach the fungus.Creams usually dont work as well for nail fungus because they cant penetrate the nail. Dont be surprised if you dont see much improvement and have to see a foot doctor.[3]2Take prescription oral medication from your podiatrist. Oral medication is usually the go-to treatment for nail fungus because it works internally. If your infection isnt clearing up with home treatments, then make an appointment with a podiatrist. The doctor will probably examine your toenail, then prescribe a medication to fight the fungus. Take the medication as directed for 2-3 months to clear the infection entirely.[4]Some common antifungal medications include Lamisil and Sporanox.Dont stop taking the medication early. If you stop before all the fungus is dead, the infection could come back. At the initial appointment, the podiatrist may also trim your nail a bit to remove some of the fungus. This can help, but probably wont cure the infection entirely.[5] Antifungal medications can be powerful, so your doctor may want to test your blood periodically to make sure the levels in your system are correct. Too much could cause liver damage.[6]3Try medicated nail polish, usually Penlac, can soak through your nail and treat the fungus. In most cases, you brush it onto your nail and leave it there for a week. After that, you wash it off with alcohol and apply a fresh layer. Continue this application process for as long as the podiatrist tells you to.[7] The application procedure might be different depending on what medication your podiatrist prescribes. Follow the instructions that they provide. Advertisement While vinegar is a common home remedy for fungal infections, it doesnt have a lot of success against nail fungus. You can try it if you want to, but you might not see great results. If the infection doesnt show any improvement in a few weeks, then visit a podiatrist for a more conventional treatment. Even with creams and medications, it still might take a few months for the infection to clear completely, so use all these treatments exactly as the podiatrist tells you to for the best results. Add New Question Question I am allergic to powdered detergent. What can I use to wash my clothes? Zora Degrandpre, ND Natural Health DoctorDr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National College of Natural Medicine in 2007. There are a number of natural, plant-based detergents available. Try using those. Also, put your clothing through a second (or even third) rinse to make certain you have rinsed out all the soap. Ask a Question Advertisement Thanks Advertisement Advertisement Thanks Advertisement Thanks Advertisement Thanks Advertisement Thanks Advertisement Thanks Advertisement Advertisemen Dr. Zora Degrandpre is a Natural Health Doctor and Licensed Naturopathic Physician in Vancouver, Washington. She is a grant reviewer for the National College of Natural Medicine in 2007. This article has been viewed 1,398,860 times. Co-authors: 29 Updated: February 24, 2025 Views: 1,398,860 Categories: Featured Articles | Nail Health | Vinegar as a Health Aid Medical DisclaimerThe content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. PrintSend fan mail to authors for creating a page that has been read 1,398,860 times. "I had nail fungus on both my toenails. I tried an antifungal from the pharmacy, but noticed my nails were becoming quite soft so stopped using it. Did not want to spend time soaking my feet every night, so used a dropper to apply undiluted white vinegar (5 - 10 drops on each nail) directly between the fungus stopped spreading and there was no more fungus on new nail growth. It's been 6 months since and am almost fungus-free."..." more Share vour story

Does apple cider vinegar help kill fungus. Fungus apple cider vinegar. Does apple cider vinegar kill fungus. Does apple cider vinegar kill fungus on toes. Does soaking your feet in apple cider vinegar help with toenail fungus. Using apple cider vinegar on toes. Apple cider vinegar for fungus toes. Can apple cider vinegar help get rid of toenail fungus. Using apple cider vinegar on toenail fungus.