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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 have proven to be very reliable and safe for human use. In recent times, using apple cider vinegar for toenail fungus has proven to be one of the best and mostf 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 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 often have the fungus infection known as onychomycosis. This infection affects their toenail. If you are in the class of those 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 killer There have been many researches to show that using vinegar foot soaks will help clear off toenail 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 antifungal qualities that help in slowing down the growth of all types of foot fungus which makes it ideal for toenail fungus infection treatmentFor good result when using apple cider vinegar for toenail fungus 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 fungusGet 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 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 if the 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 has proved to work for many people, it however doesnt work for everyone. Thankfully, there are great nail fungus products that do not cost much money that you can buy to clear up your nail fungus. To make it easier for you, we have done a review of some of the best nail fungus treatment on the market. Photo Credit to mayoclinic.org and pinterest.comDownload ArticleDownload ArticleNail fungus refers to a fungal infection that starts underneath your toenails. It can 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 white vinegar in a large bucket.Soak your feet in the solution for 10 to 20 minutes.Dry 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 dont 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 past where the white section ends. You could cut yourself.If you have trouble cutting your foot, 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. Place your foot into the bowl and make sure the water covers your infected toe. Then keep it there for 10-20 minutes so the vinegar can get into the fungus and cut on your foot. The vinegar will dry your foot thoroughly when youre done. 4Fungus grows in moist conditions, so always dry your foot off as soon as you soak it. Take a clean towel and pat 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 doesnt 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, Eflinaconazole, 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 off your toenail. 3Some 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.[4]5Antifungal 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. 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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 Thanks Advertisement This article was co-authored 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 Center for Complementary and Alternative Medicine. She received her ND from the National College of Natural Medicine in 2007. This article has been viewed 1,398,860 times. 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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 Thanks Advertisement This article was co-authored 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 Center for Complementary and Alternative Medicine. She received her ND from the National College of Natural Medicine in 2007. This article has been viewed 1,398,860 times. 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