

Fungus Toenails & Athlete's Foot

Discolored nails, white spots, thickened nails and yellow nails are all telltale signs of nail fungus. I would estimate that at least 10% of the adult population has a foot fungus problem. Seniors and those with diabetes are subject to dramatically higher rates of infection.

Simply put, if your nails are not thin and clear, there is a high likelihood you have some degree of fungal infection. Although fungus of the nails starts out quite benign, over time the nails will continue to thicken and turn varying shades of yellow. Eventually, due to the thickening nail(s) wearing shoes will become uncomfortable and typically the nail will become so difficult to cut that the fungus sufferer will seek out the aid of a podiatrist.

There is no question that early identification and treatment of nail fungus will make this problem easier to deal with. A fully involved nail will take with the aid of treatment about one year to fully grow out. If proper care and dedicated hygiene

habits are adopted then very good results are possible.

Athlete's foot occurs in two forms acute and chronic. In the acute stage the infected foot will exhibit blisters that itch and or weep. The main identifying feature of chronic athlete's foot is dry and flaky looking skin, the nails are almost always involved and the itching that was present with the acute stage is no longer present. No more itchy feet does not mean that the athlete's foot condition has improved. It has only changed form from the acute stage to the chronic stage. In this chronic stage the nails become deeply infected. I want to stress that most dry flaky skin on the foot is not simply dry, flaky skin! It is an athlete's foot infection. I know this will come as a big surprise to many of the women reading this article who routinely moisturize their feet in an attempt to cosmetically make them look less dry. The problem isn't moisture its fungus and it needs to be taken care of immediately before it spreads to your long sought after beautiful toe and fingernails.


A few words about the cause of athletes foot and fungus nails. The organism responsible is fungus which is a mold. Think of a piece of bread in a dark closet, it grows mold, this similarly happens to your feet and nails. By wearing shoes we set up an environment which is dark and damp. This is the perfect environment for mold growth. The two most common ways to get a nail fungus infection is either by injuring the nail which then allows the fungus to invade the wound site or to acquire it through pedicures and manicures. Fungus can be introduced by unclean nail implements and contact surface areas. Fungus survives all around us; it is commonly found in areas that are damp or moist such as: public locker rooms or public/private bath and shower areas, shoes and socks.

After many years of inconclusive results with the products that were available both over the counter and by prescription, I

decided to take on the challenge of finding a solution for fungus of the nails and skin. I wanted something that was safe, effective, reasonably priced and over the counter.

I scientifically approached the problem by not only focusing on the fungus but by changing the environment of the foot that allows the fungus to thrive. This approach provided the answers to unlocking the solution to this very stubborn problem.

I decided with the aid of a top Australian chemist to research the natural botanical Tea Tree oil known for its anti-fungal properties. My goal was to investigate whether if compounded with other natural actives if the anti fungal benefits could be enhanced to a level that would significantly improve my patient's fungal issues. After two very long years of trials and a multitude of advanced fine tuning procedures the formula was successfully penetrating deep into the nail matrix where the birth of new nails begin. This penetrating formula carried with it the natural anti-fungal properties of the Tea Tree oil; prior to this discovery the Tea Tree oil could only affect the fungus that resided on or very near the skin surface. The formula has now taken shape into a four part system, the Foot Fixer Kit provides 24 hour a day anti-fungal protection by both changing the environment of the foot and by providing deep Tea Tree oil penetration so that the solution goes directly to the root cause of the problem.

Results on the skin can be seen in days and within three to four weeks on the nails. Seeing a podiatrist or pedicurist to aggressively cut and clean the nails regularly is recommended. It will take from a few months in early stage cases to one or possibly two years in difficult cases. The Foot Fixer kit is highly effective if used as instructed. If desired in can be used in conjunction with oral prescription anti-fungal pills. It is possible to have beautiful feet again. If you have any questions please visit my web site at www.DrRoths.com or call 949-646-8413 for more information. 

Athlete's Foot Prevention Top Ten Helpful Hints

- 1) Wash your feet with soap and water.
(Dr. Roth's Foaming Foot Wash)
- 2) Dry your feet well after bathing.
- 3) Foot Spray to keep feet dry.
(Dr. Roth's FootSpray)
- 4) Use shower shoes in public areas.
- 5) Keep toenails short.
- 6) Wear light and airy shoes and sandals.
- 7) Avoid wearing nylons or tight socks which promote moisture.
- 8) Wear socks made of synthetic fiber that wick away moisture faster than cotton or wool.
- 9) Change socks and shoes regularly.
- 10) See your podiatrist at first sign of an abnormal or discolored nail.
(Dr. Roth's Foot Fixer Kit)