

5 Ways To Improve Your Nail Fungus

Description

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While nail fungus is not a national health concern, it can be a particularly pesky concern. It results in pain and visibly ruins the appearance of your nails. The nail may also become brittle and even experience a whitish or brownish discoloration. As a result, you may feel bothered and will likely even be unable to wear your favorite open footwear. The fact that nail fungus is notoriously difficult to treat does not make anything better. In this article, we look at 5 ways that can help improve this condition.

1. Protect your nails

Protection is the first step â?? whether you are already dealing with nail fungus or are looking to avoid catching this infection. Health experts recommend that you wear socks that are able to wick away perspiration. Acrylic materials tend to do a much better job at this compared to cotton. Use antifungal powder on your foot every day, and avoid shoes that press your nails or make it difficult for your feet to â??breathâ??. When in a shower room, gym, or pool, make sure to wear flip-flops or sandals so you can avoid an infection.

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What Can You Do To Maintain Your Nails Health?


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2. Use home remedies

There is no evidence that home based antifungal preparations can cure nail fungus. But they can in-fact improve your nailsâ?? appearance These are usually created from easily available materials and ingredients that have been known to fight fungus, but there is little to no evidence showing that they can work in a homemade concoction. You will need to apply them on and under the nail using some type of brush.

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3. Apply topical treatments

Topical treatments are available that have been shown to be effective in alleviating nail fungi. Good examples of these include tavaborole (Kerydin), efinacozole (Jublia), and ciclopirox (Penlac). These products need to be applied on a daily basis and may take up to one year before you can see any noticeable improvements. Topical antifungal ointments are most commonly effective against early infection since they kill fungal agents on the surface of your nails. For older infections, you may need to file down on your nail to enable the treatment to penetrate the deeper layers of your nails.

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4. Take oral medication

Some oral medications such as terbinafine (Lamisil) and Itraconazole (Sporanox) can help get rid of nail fungus in under a year. These are actually FDA approved and have shown higher effectiveness compared to other antifungal remedies. However, they tend to come with the risk of side effects such as liver damage. If this medication is administered for your nail fungus problem, your doctor will usually monitor your liver function. People who are taking oral medication for nail fungus also need to stay out of the sun and avoid alcohol.

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5. Try Keravita Pro

Nail fungus can be a long-term annoyance. Home remedies will hardly show any result other than improving the appearance of your nails. While topical ointments and oral medication can help, they need to be applied in a controlled environment and may not be ideal for everyone. You need everything on your arsenal so you can improve or treat this condition for good. Keravita Pro is one of the best rated supplements for nail fungus. This product â?? while was formulated by a seasoned expert â?? delivers all the crucial ingredients that your body needs to deal with nail fungus from the inside out. Even better is the fact that this antifungal supplement is created using plant-based compounds and has no side effects â?? making it safe for use by anyone. You only need to ingest two pills per day and the product will work its magic at the microscopic level. CHECK OUT THE NAIL FUNGUS SOLUTION



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Date Created
December 31, 2020
Author
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