

Published based on [Vinegar: Effective Toenail Fungus Treatment?](#)

Vinegar: Effective Toenail Fungus Treatment?

Toenail fungus infection is one of the most common ailments affecting people around the globe. Toenails in particular are susceptible to fungal infection because the fungus is more likely to grow in damp and dark environments. Vinegar is repeatedly praised in the homeopathic community for its use as a home remedy for toenail fungus.

Vinegar is a natural remedy for toenail fungus and can be used instead of harsh chemicals and synthetic medicines. Vinegar contains natural properties that cure and hinder the cause of toenail fungus.

Because both apple cider and white vinegar can aid in the eradication of fungal infections of the nail beds, either is acceptable to use as a home remedy treatment. The cheapest remedy available, it is also extremely effective.

Because vinegar is a safe, non-invasive treatment for toenail fungus, you don't need any special training to apply it yourself. Create a solution of one part vinegar and one part water. It is generally recommended that you both alternate between hot and cold baths, as well as soak your feet in the aforementioned vinegar solution for a minimum of 30 minutes daily. In addition, a bath in the morning, mid-day, and evening are commonly recommended for a total of three baths daily.

Toenail fungus causes a pH imbalance in the skin. It makes the skin more alkaline, which causes the cuticles and tissues to be irritated. Fungus is serious business and should be treated immediately since it can cause extreme itchiness in the affected area and sometimes results in pain.

The acidic properties of vinegar restore the pH balance of the skin, which allows the integumentary system to relieve the itchiness associated with the infection. Readily available and relatively inexpensive at local groceries and markets, there are multiple vinegar options available today. These include rice, malt, fruit, coconut, cane, balsamic, and apple cider varieties.

Apple cider vinegar has shown to be able to reduce the inflammation and pain caused by fungal infections. When used with hydrogen peroxide, it can kill bacteria and viruses. An alternative to soaking your feet into a bath is to directly apply the vinegar on the base of the toenail at least twice a day. Just make sure that the vinegar will stay in place long enough to get the desired action from it. A maximum of two drops of vinegar is suggested for an effective remedy.

Vinegar can effectively treat toenail fungus. The next time you get infected, look to your kitchen cupboard first for this simple but efficient solution for your fungal problem.

About the author: Megan Barlow helps others learn and apply natural and green living techniques. For more information, please visit her blog on [Recycling](#).

Source Article: [Will Vinegar Treat Toenail Fungus?](#)

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