

How to cure nail fungus

Apply Vicks VapoRub to the nail, cuticle, and surrounding tissue twice daily, rubbed in well, after having trimmed the infected nail as extensively as possible to reduce the “biomass” of the fungus. You need not apply the Vicks under the nail, because there will, literally, be no “under the nail;” you have restricted that as much as possible.

Once you see normal nail growing out (after about three to six months, so don't be impatient), continue to remove or trim infected nails, and apply the Vicks twice daily.

Although significant positive effects may take a year or more to appear (because the toenails grow so slowly), be patient. Keep telling yourself that

1. You have had nail fungus for years, so it may take years of therapy to cure it and
2. Vicks is so inexpensive (unlike the alternative antifungal pills) that what have you got to lose?

Once you have got your fungus “on the run,” you can relax. Apply the Vicks daily, continue to clip and remove infected segments.

Eventually, when you achieve success, you can use the VapoRub on an as-needed basis.

-Dr. Peter Gott