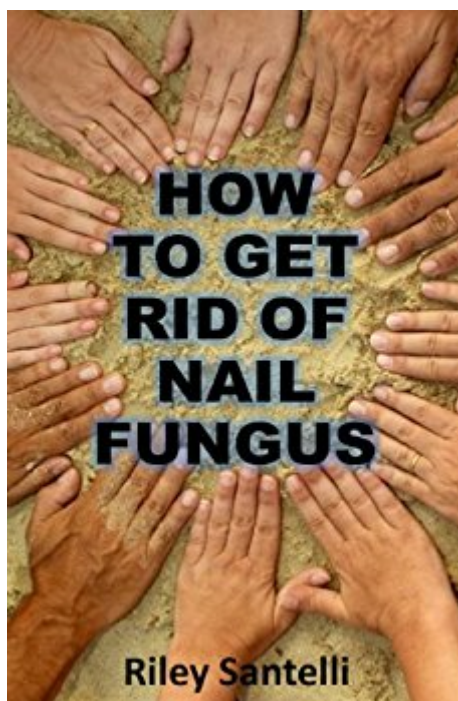


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# How To Get Rid Of Nail Fungus



## Synopsis

Riley's book is not just another boring list of do's and don'ts. She has taken the time to carefully research this very sensitive matter and to present useful information to you about nail fungus that you can understand. She begins by defining the condition that damages and disfigures our nails. She then goes on to relate both the causes and symptoms of this ailment. This was simply paving the way for you to have a better understanding of the treatment options she has chosen to share. These options include making use of everyday household items to get the results you desire and which foods attribute to quicker healing. Riley gives advice on how to avoid getting nail fungus altogether. Now wouldn't that ensure your nails look pretty all year round? The ball is now in your court, come take advantage of this great opportunity to get the nails you have always wanted. Do not miss this great opportunity.

## Book Information

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## Customer Reviews

Nail fungus seems to be a growing problem especially for people who may frequent nail salons. No one may want to talk about this condition, so fortunately this book provides some answers in a straightforward style. The author cautions up front that the reader should consult a medical doctor,

and the book is informational only. It discusses the causes, symptoms and treatment: home remedies, diet, and medical. Particularly important is the chapter on how to prevent getting a fungus. This is a practical and easy to understand guide to a common medical problem.

How to Get Rid of Nail Fungus is a short but to-the-point book about the causes, symptoms and treatments of nail fungus on both the toe and fingernails. It gives just the right amount of information anyone could ask for when researching this topic: what is nail fungus, what causes it, how do I treat it if I can't get to a doctor, what do I use when I do get to the doctor, and how do I prevent it from happening in the first place? All these questions get answered with a straightforward tone, a few succinct chapters, and a nice section on home remedies for treating nail fungus once it's diagnosed. The home remedies section was particularly enlightening, as it taught me about the multiple uses for apple cider vinegar, Listerine, and tea tree oil. A quick and informative read, this book will get you all the information you need if you happen to find your nails looking a little funky.

This book was very helpful for me. I've been dealing with this problem for a while now and the information in this book has assisted me tremendously. Although you should consult a doctor, this book will explain both the causes and symptoms of this problem. The home remedies section is very well explained as well. Highly recommended.

This book is very short and very informative about nail fungus. My Grandfather has a really bad case of it and since he was hesitant about getting it treated by his Doctor, I thought I'd share this book with him. Being 84, he doesn't know how to type, so here is his review. "I love to garden and am known to work outside in slippers and without gloves. I had no idea that's where I was coming into contact with fungus. I always did a great job of washing my hands, but neglected my feet. I also didn't know there were so many home remedies that could help me. I will try the one with listerine and hopefully it'll save me a trip to the doctor's office!" Thankfully he is now taking wearing protective gear and the fungus is now getting better. This book has it all; what precautions to take, what to eat, what medicines can help, and how to get rid of nail fungus on your own. Check it out!

This is a very informative book on nail fungus. I have dealt with this problem for quite a while and I guess I should really consult a doctor on it. I just haven't wanted to take the time. While the author does talk of some home remedies, he really doesn't give details of how to mix the concoction or the percentages of the remedy with the carrier. That would have been helpful.

I work out a lot, and I work in my yard, but I've never known that I'm putting myself at risk for nail fungus. After reading this book, I'm much more conscious of what my nails should look like and how to properly clean them. A good short read on how to keep yourself healthy!

Abundant amount of information on nail fungus, the causes, and treatments. I especially liked the home remedies chapter. I never realized how changing my diet can also help treat an infection. This book is very helpful!

How to Get Rid of Nail Fungus is a very informative book! Over 6 million people suffer from onychomycosis, the common toenail and fingernail fungus. Knowing these staggering numbers, reading How to Get Rid of Nail Fungus enables the reader details on just who is likely to pick it up and how to prevent spreading. In this book, you will find out what it is, what causes it and its symptoms along with treatments and home remedies. Also covered are dietary recommendations for assistance in prevention and details on medical treatment and basic prevention. This particular book is a great one to have if you or anyone you know suffers from common nail fungus.

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