

Toenail Fungus Infection

<http://g2crforum.org/index.php/list/general-discussion/15-the-reason-mms-does-not-work-on-fungus?start=14>

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How I got rid of a fungus infection in my big toenail. I had tried all the topical applications I could find at the local drug stores to no avail. There was at that time a pill, a prescription drug, with marginal claims of success, but terrible potential side effects. So, I was not inclined to this solution.

This malady had persisted at that point about three years. The toenail was yellow and nothing I used seem to be able to get under the nail to get at the fungus infection. Recognizing that dilemma I even considered at one point making small holes through my toenail with a drill to provide access of the topical medicines, but decided against that.

While pondering this dilemma of how I could penetrate my toenail to get at the fungus, it occurred to me that when making wine, if the temperature of the must rises over about 90 degrees Fahrenheit the yeast will die and you'll get what's called a struck fermentation. I thought that's it, heat kills yeast which I think is within the fungus classification. And heat can penetrate the toenail. So, I took a piece of corrugated cardboard about 6 inches or 15 centimeters square and made a round hole in the center about 7/8 of an inch or 1 centimeter in diameter. The other thing I used was a pistol type hair dryer.

What I did was each morning after my shower, I would put my foot on a high stool and hold the cardboard with the hole in it so the hole was about one half inch or one centimeter above the fungus infected big toenail. Then I'd direct the heat from the hair dryer held about 2 to 4 inches from the cardboard through the hole at the toenail. And, I'd move the hole around so as to heat the whole toenail. I used the cardboard with the hole so that the hair dryer heat wouldn't hit the other healthy tissue of the toe around the toenail.

I was very careful when applying the heat as I did not want to cook the cuticle and kill it. So, as soon as I felt the slightest pinch from the heat, I would take the hair dryer away knowing the heat had penetrated the toenail. Then I'd wait about 15 to 20 seconds or until the toe returned to a comfortable temperature and then I'd reapply the heat again. I would do this 3 times each morning. And as I recalled I intended to do this for 1 week, but I believe I extended that to ten days just as an extra measure to make sure.

Key here is there's no need to hurt your good tissue in order to kill the fungus.

My belief was good tissue is more heat resilient than the fungus and that fungus is critically sensitive to heat. For instance, when you get a high fever when you're sick, it's my understanding that your body is trying to use heat to kill the pathogen. So, the heat doesn't have to be that intense or extreme to kill the fungus. Don't use a paint stripper gun or anything like that. It's far too intense. Just use a hairdryer that's meant to be used around human tissue.

As indicated, I did this procedure for what I recall was ten days, but was certainly a week. Then I just left it alone, and low and behold the the nail grew out normally and I haven't had any return of the nail fungus since. That was about 5 or 6 years ago now.

I hope this is of help to someone out there, because I know how much seeing the nail fungus bothered me and how hopeless I felt about finding a cure for it.