

# Fungal Toe Nails

## What Are Fungal Toe Nails?

A fungal toe nail is an infection that affects the keratin, i.e. the hard material of the nail. The infection can develop slowly and cause the nail to become thick and discolored. The nail can turn a number of colors, including yellow, white, black, or green. The nail can look unsightly but shouldn't cause any further complications. The main problem with fungal toe nails is that they look unattractive and can cause pain.



**“I have been massaging the Ancient Minerals Magnesium Oil onto my fungal toe nail on a daily basis, and I’m already amazed by the difference. The pain has eased, and my toe nail is now looking back to its normal colour again.”**

**- Bev, Cheshire**



## What Causes Fungal Toe Nails?

The cause of fungal toe nail infection is through dermatophyte fungi that can also cause athlete's foot. There are several factors associated with fungal nail infection; these include wearing shoes that can make your feet hot and sweaty, damage to the nerve or the skin, being in a humid environment, and suffering with poor health, i.e. diabetes or psoriasis.

## Fungal Toe Nails FAQ

**Q: My son has a fungal toe nail infection on his left foot, and I've been wondering if Serrapeptase can help to ease the pain?**

A: It could help, but I recommend Ancient Minerals Magnesium Oil Ultra which should be massaged into the feet and leg muscles daily, especially after a shower. Magnesium encourages the growth of healthy skin tissue, while acting as a cellular protectant to restore cellular magnesium levels.

*Follow the Health Plan as recommended for the best results:*

## FUNGAL TOE NAILS HEALTH PLAN

The following health plan can provide relief for the symptoms associated with fungal toe nails, especially when it's combined with a naturally healthy lifestyle for long-term good health and healing.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support healthy skin - in order of priority:*

- [Ancient Minerals Magnesium Oil Ultra](#) - To stop the fungus, massage Ancient Minerals Magnesium Oil Ultra into the feet and leg muscles daily after a shower.
- [BlockBuster AllClear](#) - Take 1 capsule x 4 times a day. This improves circulation and clears biofilm.