

## Fighting Fungus with Herbs

Fungus can show up on your toes or fingernails without notice or indication of where it came from. Antibiotic use can make you susceptible to fungus as well as a compromised immune system. It is best to boost your immune system with good healthy food, exercise, good sleep and supplementation. This will make getting rid of the fungus more effective.

It is important to keep the nails trimmed as closely as possible and cleaned. Fungus does not like air or light, it thrives in a dark and moist environment.

It can be more effective to treat it internally and externally with herbs. Treatment should last months and it is best to stick to the protocol faithfully. If you are off and on with your treatments and have not completely killed off the fungus, it will come back and you have to start all over again.

Total annihilation of the fungus will involve faithful stick-to-it-ness for (lets plan for) 3-6 months. Of course, if you have had the fungus for years it can take much longer. If the fungus is new, 3 months can be the magic number for you.

### Internal or topical herbs to use

- [Oregano oil liquid](#)
- [Oregano oil \(softgels\)](#)
- [Garlic](#)
- [Goldenseal](#) is a good antifungal herb which with toenail fungus would be more effective topically. Taking it internally as well would OK but would not help with the toenail fungus.

## Topical ONLY herbs to use

- [Tea tree oil](#)
- [Thuja oil](#) can be applied liberally topically but never ingest it.

## Internal herbs to use

- [Thuja Homeopathic](#) remedy
- [Oregano oil \(softgels\)](#)

Most importantly in regards to toenail fungus is to be consistent and relentless until it has cleared away. Toenail fungus is gross and ugly but it is not a health threat.