



Transform Toenail Fungus into Pretty Beach Feet!

About Your Show Host ~ Marilee Tolen

Marilee Tolen RN is a Board Certified Holistic Nurse and an industry expert in Alternative/Integrative Medicine and Health Care. Her clinical background is in Intensive Care Nursing and she holds many certifications and credentials in the field of Holistic Health and Healing.

Her years of training and experience include:

- Board Certification in Holistic Nursing from the American Holistic Nurses Association
- Graduate of the four year Brennan School of Healing Science (considered the 'Harvard' of Energy Medicine)
- Certified Healing Touch Practitioner and Instructor (for 13 years)
- Completed Intuition Training with Caroline Myss PhD and Norman Shealy MD
- Graduate of Christina Pirello School of Natural Cooking and Integrative Health Studies
- Health Perspectives Rosemont College
- Certification Colon Hydrotherapy - IACT / ARE
- Completing Clinical Certification in Aromatherapy
- Owner and Director of physician staffed Wellness Center offering IV Chelation/ Anti-Aging Therapies
- Member of American Academy of Anti-Aging Therapies

Other studies include trainings with:

- Donna Gates~ Body Ecology Diet
- Denny Waxman ~ Strengthening Health Institute / Macrobiotics
- David Wolfe - Longevity Training
- Alissa Cohen Living on Live Food Chef Certification
- Specific Carbohydrate Diet - Elaine Gotschall
- ARE - Massage Therapy / Reilly Method
- Gary Young - Raindrop Technique / 12 years of Essential Oils Studies
- Foot Reflexology, Reiki, Therapeutic Touch

As a Holistic Nurse and Educator it is Marilee's passion to disseminate and share information about natural health and healing to empower people to make informed choices in their health care.

Marilee has her 'finger on the pulse' of the ever expanding area of Holistic Health / Alternative and Integrative Medicine / and natural therapies that people can access to keep themselves well and live a long, healthy, disease-free life!

Please go to Marilee's website to learn more! <http://www.marileetolen.com>

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Inner Circle 20/20 "Transform Toenail Fungus into Pretty Beach Feet"

Good morning, everyone. This is Marilee Tolen and this is our monthly Home Spa Lady Inner Circle very special membership 20/20 teleseminar with quite an interesting topic. The topic is how to fight toenail fungus naturally. Now, it's not the most pleasant thing to be thinking about, but I'll tell you, when I put these topics together and make them available for you, what I based a lot of this on is a very common complaint from many people.

As you probably know when you sign up to become a subscriber to my [Tips Of the Week](#), I offer information about requesting your challenges, current situations you're dealing with. Plus, I have a lot of people, as you can well imagine, writing to me for advice on different things. I used to do it a lot more but because it was so overwhelming, that's one of the main reasons why I created the Inner Circle membership site, so I could really consolidate this information for people and have them become members and be accountable for just getting the information and having a nice exchange.

So, the reason why I'm bringing that up is because toenail fungus was a very, very popular and common problem that people wrote in about and have requested information on. So, I thought this would be a very good topic to cover in our 20-minute monthly teleseminar for the Inner Circle members. OK, so what I'm going to go through and how I'm going to handle our short time together – as you know, 20/20 is a 20-minute teleseminar, sharing information with you on ways that we can help ourselves and our health naturally at home in less than 20 minutes.

So, many of these tips and techniques, I'll be sharing with you are definitely less than 20 minutes. How I'm going to cover this information with you is I'm going to go over what toenail fungus is, what it causes, some of the signs and symptoms, the reasons why many people get toenail fungus, and two approaches to treatment. One would be from a systemic perspective, and then the other is from direct application. And then, some really awesome little tips and home remedies you can do, which include the Essential Oils, but I'm also going to talk about other things and some of these things actually may surprise you.

All right, this might be something if you're dealing with, you might want to take some notes here. Of course, this recording will be available for you in the membership site.



All right, well what is toenail fungus? Toenail fungus is called onychomycosis. Not that that is a well-known term, but the reason why I bring it up is the second part of that word, "onychomycosis." "Mycosis," many times when you see "myco," it is related to fungus in the body. So, any kind of mycosis denotes fungus. So, this is called onychomycosis, and this is caused by a group of fungus or fungi, we should say, called dermatophytes, der-mat-o-phytes, however you want to pronounce it. And that really has a lot to do with more or less skin cells and then the cells that affect nails.

What toenail fungus does or onychomycosis – and those of you who have dealt with this or are dealing with this probably know – it can cause bad disfiguration and discoloration of nails. Now for us ladies, especially in the

summer, we like to wear sandals, and having pretty feet is important to us. It's not something that maybe a lot of people think about that often until you go and you get your pedicure or you shop for your sandals or flip flops or pretty open-toed shoes, and you really start to pay attention to your toenails and toes. And so, this can be a pretty big deal. Of course, more people are connected to how they look, their face, and especially as we age, we want to do things, wonderful, natural, anti-aging things for that. But the feet are very important. Hands and feet are very important, too.



Now, I am specifically talking today about toenails, but much of this information can also be related to fingernails, as well. We really see more toenail fungus than fingernail fungus unless, of course, somebody is dealing with something occupationally. And I'll get into this when we get into causes that might be causing fingernail fungus, along with the whole idea of nail tips and things that women do to get their nails looking long, the fake nails, however you want to put it, whether they're pink and whites, that's a popular thing, or sculptured nails. That can really lead to fingernail fungus, as well. But I'm specifically talking today about toenail fungus.

OK, so the most common toes that are affected are the big toe and the little toe, which is very interesting. So, I'm going to go through signs and symptoms, then causative factors, and then get into a little bit of the treatment.

Signs and Symptoms



A yellowing or a brownish color of the nail. This can definitely start leading to a thicker nail and one that is overgrown. If it gets really bad, these toenails can actually crumble and fall off. There's varying degrees, and what I'll be sharing with you will address the varying degrees. But when you start to see or sense that you might be getting a fungus in a toe, you'll start to see the yellowing or brownish color, at first, I would say at that point, it's important to intervene. And there are many things we can do naturally at home,

which I'm going to cover.

Let me just throw in my little disclaimer here that if you ever feel the need to seek medical attention, definitely do that. I'm not telling you not to go to the doctors for this stuff. We're all of like mind here in the Inner Circle, and we know that many of the medications and conventional treatments out there have side effects that we really don't want to deal with. So, if we can either prevent or intervene in early stages of things with some natural therapies that we can do at home, including using our [Essential Oils](#), then a lot of us choose to go in that direction.

And it's also important to note here that many times, medications, in general, that are given for fungus in the body on any level, the anti-fungals, can be very harsh on the body and very harsh on the liver. So, I'm not even really going to go there today, I'm not going to talk about names of medications and side effects because that is not my area of expertise and that is not my department. But I do want to say that the information I'm sharing with you is not intended to be hey, just do this and don't go get medication. But I think with this type of thing, if you catch this stuff early on, you'll find that you probably won't need to go in that direction.

OK, so continuing on with signs and symptoms, yellow or brownish in color, thick overgrown, crumble, can fall off, and it can be very painful to wear shoes. The interesting thing here is that if you've got a toenail fungus that is sore and painful to wear shoes, you want to wear open-toed shoes to be a little more comfortable but at the same time, if you're dealing with a fungus, you don't really want to wear open-toed shoes for your feet to be seen. So, it's kind of that Catch 22. So, what many people do, in terms of the visual effects, just putting a Band-Aid or something like that on it, but hopefully, it won't get to the point where it's really, really unsightly because if you can intervene like I said, then you won't get to those really unsightly points.

Another sign and symptom is that it could have a bad smell. And yes, it kind of sounds gross, I know, but fungus, in general, can have a bad smell. And especially think about what happens is that when feet are sweating and they are in a tight environment in the shoe and it's dark and moist, then what typically happens is many pathogenic organisms, including unwanted fungus, can grow there. So, what we're saying here is don't let this go untreated or without you intervening. Another possible problem that if you don't give any attention to this is it could get into a situation where it does get infected.

Causes for Toenail Fungus

Typical external causes would be being in public places, public gyms, showers, swimming pools where you're running around barefoot. Yes, you are susceptible to many different types of unwanted organisms out there. Another thing to keep in mind if your feet are in damp areas – like tight-fitting shoes that I just mentioned - your feet are sweating; you could have more of a tendency to develop a fungus. But here is the most important thing, which is actually primary. The external ones like being in the gyms and swimming pools and damp areas are really secondary to this. A lot of it has to do with your own physical terrain, your pH balance, whether you're acidic or alkaline, how well your immune system is functioning, and the condition of your body. So, that is primary when it comes to fungus.

It's very interesting to me, when I had my Wellness Center and we were seeing a lot of patients with psoriasis and skin conditions that were coming in for colon hydrotherapy that had the knowledge and the know-how that hey, one of the ways to treat this is by colon cleansing and internal cleansing, we would see that population coming in that were maybe just learning about full body cleansing as an approach to deal with skin disorders.

So, what I'm saying here is many people are under the impression when there is a skin disorder, eczema, psoriasis, things like that and also fungus in toenails and fingernails, they think it's actually from an external force. But many, many times, I would have to go ahead and say 95 to 98 percent – and I'm basing this on some information that comes out of Dr. John Pagano's book, "[Healing Psoriasis Naturally](#)" – most dermatological problems are from your internal terrain.

OK, so what I'm going to share with you here are approaches, from a full body approach, what we would call systemic and direct. It's important to say at this point – and this is one of the most important things that I'd like you to go away with understanding, along with the treatments – that if you're dealing with a toenail fungus or fingernail fungus, if you've got a fungus in a nail, you've got a systemic problem in your entire body.

So truly, a toenail fungus is never isolated. It is indicative of a full body system situation, whereas, you're probably more acidic than you should be, meaning acid and alkaline pH balance. And things that make you

acidic are sugar, meat, stress, medications, alcohol, all the things that people love and like to abuse that are bad for them. Those things are acid producing. We want to be much more alkaline, in terms of our acid-base balance in our body. So, alkalization comes in from drinking things like lemon water, being free from sugar in the diet, simple carbohydrates like breads, pastries and things like that, being stress-free, so eating vegetables, fruits and things like that.

First and foremost, if you're dealing with a fungus, treat your full body. We're going to talk about a full system approach here. A full system approach that I will recommend to you is sometimes known as the yeast-free diet or the Candida diet. Yeast is a fungus, and many times people that have toenail fungus have a systemic yeast overgrowth situation, which would be *Candida albicans*, which is the name of the actual fungus. Those of you who listen to me quite often really do hear me talk about this quite a bit. So, it's something that is actually underlying many, many different conditions in the body.

So, the Candida diet, very, very simply put, would be eliminating sugar and simple carbohydrates and eating good protein, whether you're a meat eater or not. You want to eat good protein and complex carbohydrates, such as a lot of vegetables. In some theories out there from experts who have written books, many will say even to stay away from fruit because they're sugar as well and even the natural sugars aren't good. I have counseled a lot of people who have Candida issues, and I have actually had a lot of personal experience with this, as well.

To the degree that you can stay off of sugar because sugar feeds yeast, sugar feeds fungus, to the degree that you can stay off of sugar, sugar substitutes, which you don't want to be on anyway, but even Stevia, honey and the more natural sugars, stay away from these for a while. What you're wanting to create here is the die off of fungus and the killing of fungus. And the way you kill the fungus really, ultimately is by not feeding it.

So, we're going to combine that dietary approach, and other systemic recommendations here for those of you who are Young Living oriented, a great way to alkalize the body is by using [Alkalime](#). [Vita Green](#) helps, as well. Other things to do here, apple cider vinegar is really helpful in this instance. You can take a little bit of apple cider vinegar and water in the morning and at night. It's important to take in your probiotics, such as [Life 5](#) in the Young Living line or any other probiotics that you're taking.

This might be an opportunity to do a full body cleanse. The cleansing trio is an awesome three-product, one-month program under the Young Living umbrella. And then, these capsules, again for those of you who are Young Living oriented, taking capsules of these. And oregano oil is very, very instrumental in killing fungus in the body. I actually have had the experience of making my own oregano capsules and taking that internally. What I'll do is make gel caps. I put a little bit of olive oil in them and then I might put two drops of oregano. That's a great way to take an oregano capsule. Honestly, if you are dealing with Candida in the body, you can notice a difference within hours. These capsules are also good.

OK, so here's a few other remedies and then we're going to wrap up because we just have a few minutes left here. These are the really good home approaches. Number one, you can create a foot soak with warm water and apple cider vinegar and do it 50/50, 50 percent warm water, 50 percent apple cider vinegar. And for 15 to 20 minutes, soak your foot or actually if you can, soak all feet. It is said that this can continue to grow into other toenails. Again, I think a lot of it has to do with the condition of the body but if you can arrest it, interrupt the growth and start to heal it with some of these natural measures and approaches, then they

definitely won't move on to other toes. Anyway, so the foot soak is really great. For 15 to 20 minutes, soak your feet in warm water and apple cider vinegar, 50/50.

Another thing you can do is you can make a paste of ground rice flour. That would probably be the ultimate to use, the rice flour. Sprinkle in a little apple cider vinegar to make it pasty so you can put a paste on that and keep it on for 5 or 10 minutes maybe before or after your foot soak. And actually that paste, after it sits on that toe, you can make an exfoliating scrub and just scrub your whole entire foot with that, as well.

Number three, you can massage your feet with olive oil or any other kind of massage oil or [V6 oil](#) that we use in Young Living, and combine that with an Essential Oil. I'll get into all of the Essential Oils in just a minute, in terms of what you can put on topically, but a foot massage with a lavender and oil would be great. Lemon is really nice. Do both of your feet with lemon and olive oil or [lemon and V6](#).

And then last but not least, topical treatment of [Essential Oils](#). You can put the oils on directly from the bottle, you can put it on with your finger or put it on a Q-Tip. For the most part, I will use the oils neat in situations like this. If you don't feel comfortable with that, you can put a little puddle of olive oil or V6 oil in the palm of your hand, add a few drops of your Essential Oil that you want to use, and put it directly on your feet. Here are some of the recommendations for the Essential Oils to use: Typically, people talk about tea tree oil, using tea tree. You'll see that in many things written about this, in general. Tea tree oil is actually melaleuca. So, in our Young Living line, we've got melaleuca alternifolia or ericifolia. Melaleuca alternifolia is tea tree oil. That's awesome. You can put that on directly.

[Oregano oil](#), I've heard from many people who've been dealing with this situation, oregano topically is extremely effective. Then in some of our blends, Purification and Melrose, they are a combination of many wonderful oils but both the Purification and Melrose have the melaleuca in it, which is very beneficial. So, I think the two highlighted ones to use would be oregano and melaleuca, which is tea tree oil.

I was also doing a little research on this and seeing what the conventional world out there likes to use. The conventional world likes to use natural substances but does not know anything about Essential Oils, OK, if that makes any sense. The two primary things out there are the apple cider vinegar and Vicks VapoRub. And what's interesting about Vicks VapoRub is that this was like the cure for everything a few decades ago. The main reason that Vicks VapoRub helped so many things, and they also indicate this for toenail fungus, is because it has the [Essential Oil of eucalyptus](#) in it. That is why Vicks cured so many things because of the eucalyptus oil in the Vicks. Anyway, eucalyptus would be another recommendation, as well.

Well, I'm going to wrap up here. I hope that this was helpful information for you. This is taking care of our 20/20 teleseminar for the month of August, 2010 here. It's been great being with you. I hope this has been helpful, and we will see you in the Inner Circle. Talk to you later, bye-bye.