

Coconut Oil May Help Treat Fungal Infections, Study Shows

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Perfect Nail Solution in Irwindale, California, has released new information regarding the possible effectiveness of coconut oil as a natural toenail fungus treatment.

Nail onychomycosis is a type of fungal infection that can be painful, unsightly and very difficult to get rid of. According to Allen Farrar, a spokesperson at Perfect Nail Solutions, "Toenail fungal infections are painful and difficult to get rid of. They are also very common as about 10% of the world population is expected to be suffering from it at any given time. Natural treatments or treatments using natural ingredients are very effective in treating toenail infections."

Fungus-infected toenails look brittle and discolored and they can also emit a foul smell, which is often humiliating for the sufferer. If left untreated for a long time, it can lead to swelling and malformation of the infected toe.

Coconut oil may be considered an effective natural nail fungus treatment. The oil is rich in medium chain fatty acids that help to work as natural fungicides. While the oil is naturally antifungal, the main ingredient

responsible for fighting the dermatophytes that cause toenail infections is lauric acid. Lauric acid is useful as it contains anti-fungal, antibacterial as well as anti-inflammatory properties.

Another ingredient that helps in fighting toenail fungus is caprylic acid, which also has anti-fungal properties. For treating nail infections, coconut oil should be warmed and applied generously over the infected area. This should be carried out 2 to 3 times a day for a couple of weeks till all signs of yellow nails disappear. Unlike other topical treatments, coconut oil can also be ingested to help improve immunity against other bacterial infections in the future.

Perfect Nail Solution has developed a unique 2 step antibacterial fungal treatment for toenail infections that is made using pure essential oils. To learn more about the product, visit Perfect Nail Solution's official website or check out its storefront at the Amazon Marketplace.

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Perfect Nail Solution

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