GRANDMA'S REMEDIES

Fight Off Nail Fungus with This Natural 3-Ingredient Recipe

By bestfolkmedicine · 14/03/2019 · 2 min read



Did you know that your nail fungus can be removed within days with two simple, yet potent natural ingredients? Believe it or not, you just need some apple cider vinegar and baking soda and put a stop to the overgrowth of yeast.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Even though fungal infections are not life-threatening, they can change the texture, shape, and color of the nails and diminish their appearance. Usually, a person catches this infection when he/she comes into contact with already contaminated things, for example, the floor or footwear.

It may also happen because of a weak immunity and excessive sweating. Continue reading the article to find out how to prepare the apple cider vinegar and baking soda remedy for fungal infections and get rid of them fast.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Apple Cider Vinegar & Baking Soda Remedy

You will need:

6 cups of water

½ cup of apple cider vinegar

7 ½ tbsp of baking soda

Preparation: Warm up the water and then add the apple cider vinegar. Transfer the content into a foot basin and soak the feet for 15 minutes. Then, towel-dry them and scrub them off with baking soda, focusing especially on the affected areas. Leave it on for 15 minutes before rinsing off the feet with warm water. Apply a moisturizer afterwards.

Repeat the treatment every night until you notice improvement.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

The Benefits of the Ingredients

Apple cider vinegar helps treat fungal infections because:

- **It contains acetic and malic acid- two alkaline substances that cease infections**
- **It possesses bioflavonoids, vitamins, minerals, and fibers that are great for the skin**
- **It is rich in antifungal and antibacterial characteristics**

Baking soda will help you treat fungal infections in the following ways:

- **Possesses alkaline and antiseptic properties that ease the management of infections**
- **When topically applied, it helps eliminate dead cells and stops the spread of nail fungus**
- **It will balance the pH of the skin and lower excessive sweating**
- **It will restore the nails' natural tone and lower the yellowness and browning of the nails**

Sources:

BEST HERBAL HEALTH

STEP TO HEALTH

Read online: https://bestfolkmedicine.com/2019/03/fight-off-nail-fungus-with-this-natural-3-ingredient-recipe/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.