

THE  
**7 DANGERS**  
OF IGNORING TOE FUNGUS



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## THE 7 DANGERS OF IGNORING TOENAIL FUNGUS



**T**oenail fungus is more than just an unattractive annoyance. It is a condition that affects approximately 35 million people in the United States alone.

It also carries serious side effects and consequences for sufferers.

In this informational e-book, we'll provide everything you need to know about toenail fungus.

We believe that knowledge is power, and you have to understand what you're up against to fight this condition.

So, first, we'll provide a broad but thorough overview of toenail fungus. Then, we'll explain the seven biggest dangers associated with it from both medical and social perspectives.

## INTRODUCTION: ALL ABOUT TOENAIL FUNGUS



Before we jump into why toenail fungus is so dangerous, we first need to understand what it is from a scientific or medical perspective and how to tell if you have it.

We will also explain some of the most common ways that people acquire this unsightly and hazardous disease.

That way, you can think about whether you've made yourself vulnerable without even realizing it.

What is Toenail Fungus?

The scientific name for toenail fungus is onychomycosis. As a type of fungus, it is a living organism that produces spores and feeds on organic matter, in this case, your skin and nails.

It is most distinguishable by causing ragged, broken, and discolored toenails. The fungus enjoys your feet because they are often kept in dark, damp environments--perfect for fungus to grow.

That alone is pretty unappealing, but there's more. Research has shown that this fungus doesn't stop with your nails. It can spread to other parts of your body and cause further issues.

## HOW TO RECOGNIZE IF YOU HAVE TOENAIL FUNGUS

The most common sign of toenail fungus is damage to your toenails. Here are more details about what that actually looks like:

- Toenails are thicker than normal
- Toenails become misshapen, often warped or U-shaped
- Nails become discolored: either lighter or darker than usual, depending on your normal skin tone; white dots or "stains" are also common
- Nails lose their luster and appear dull
- Nails may chip easily or even fall off: when the fungus builds up, the nail even pulls away from your toe.
- The area around the nail may become painful or inflamed
- It might start to smell worse than expected, almost rotten

If you suspect that you suffer from toenail fungus, schedule an appointment with your doctor or a dermatologist for a formal diagnosis.

## FOUR RISK FACTORS FOR DEVELOPING A TOENAIL FUNGUS

We want to emphasize that developing a problem with toenail fungus is not a moral failing and does not mean you are a "dirty" person.

Even though lousy hygiene can be a contributing factor, anyone and everyone are susceptible!

Below are four of the most common risk factors, but they don't necessarily have to be present for you to catch this dangerous ailment.

First, as with most conditions, **a weakened immune system** is a common risk factor. The fungus is a foreign element, so it is the job of your immune system to attack it when it first appears.

If your immune system isn't firing on all cylinders, it will have a more challenging time doing that.

Most of your immune defense travels through your bloodstream, so if you have **poor circulation**, that is another risk factor. Your toes are the furthest extremity from your heart, so even slightly weakened circulation is a big problem.

Remember that other factors, such as smoking, can decrease your circulation, which also puts you at higher risk.

The third risk factor for catching a toenail fungus is **an infection or a sore on your foot**. The fungus enters your foot through some kind of opening. Therefore, if you have an injury or open cut (including blisters) or even a condition such as athlete's foot, you're more vulnerable.

In order to acquire a fungus in the first place, you have to be exposed to it. But some **behavioral and environmental factors** make people more at-risk.

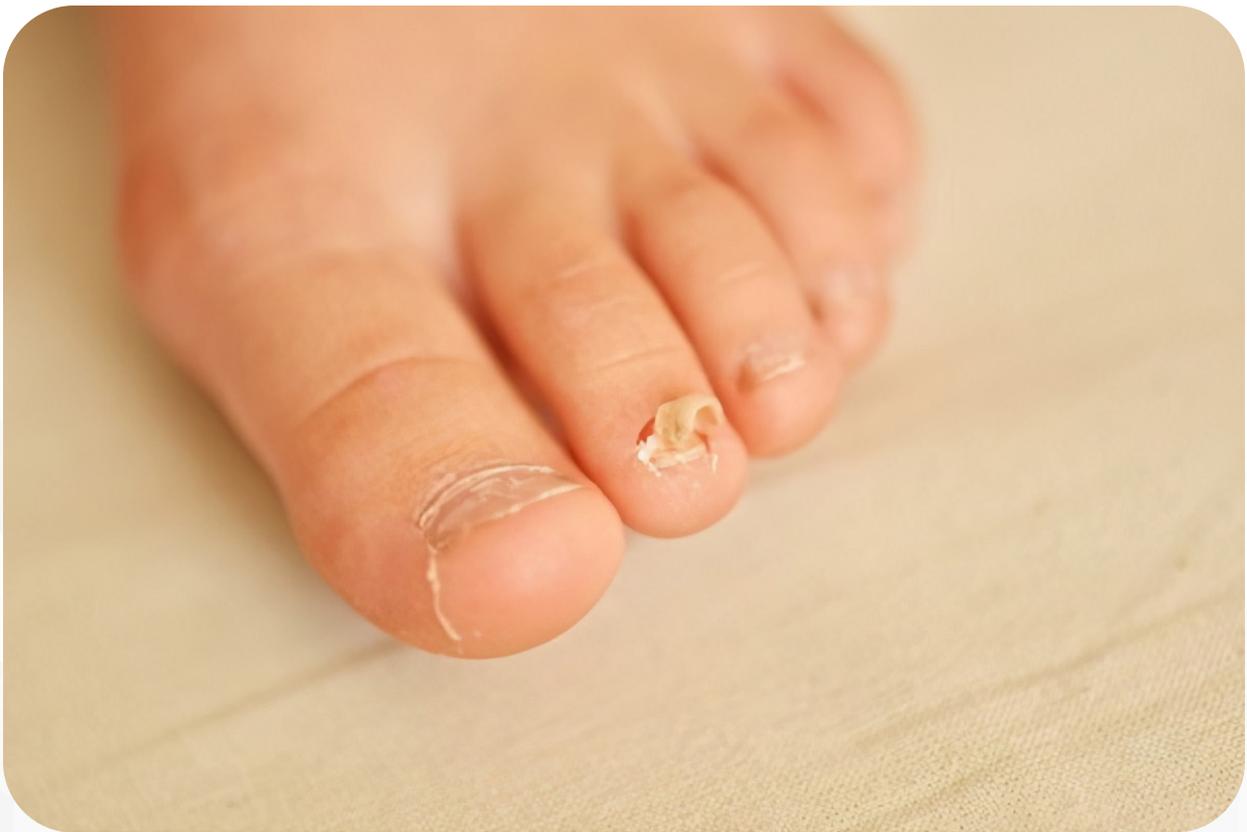
For example, if you spend a lot of time in public places without shoes, you're putting yourself in danger. This is particularly true if they are places where other people are frequently barefoot, such as gym locker rooms, yoga studios, and bathrooms at public pools.

In addition, if your feet are frequently damp--if you work outdoors in rainy weather conditions, for instance--you're also at a higher risk.

Now that we understand toenail fungus--what it is, how to tell if you have it, and the most common causes--we can look at the seven biggest dangers of leaving it untreated.

1

## IT'S CONTAGIOUS



**T**his first danger of toenail fungi may not be news to you; after all, exposure is the primary way that a person contracts it in the first place.

Unlike viruses such as the common cold or COVID-19, fungi aren't typically airborne. That means that an opening in your body has to come into direct physical contact with it to contract it.

That being said, viruses can't survive outside the body for very long, while a fungus can live for days, as long as it has some kind of organic matter on which to feed. That means that you could contract a foot fungus from someone who showered hours before you do.

Therefore, toenail fungus is very dangerous since it can be transmitted so readily. You need to be diligent about preventing, especially if you have any of the aforementioned vulnerability risk factors.

But it's also a major reason that you want to avoid contracting it in the first place. If you have a toenail fungus, you have a social responsibility not to spread it to others. That could potentially present real changes to your lifestyle.

If you shower at the gym before work, for example, it would be irresponsible for you to continue to do so. Swimming with your children or grandchildren would also be out of the question, as well as renting bowling shoes and many other things that you might enjoy.

You also need to be careful not to spread the infection to members of your own family. Can you imagine what an annoyance it would be to disinfect your shower every time you use it? Or to have to wear shoes at home at all times?

More than likely, someone else's carelessness has caused a significant inconvenience to you. You don't want to be that person for someone else, so that's also why it is so important to cure your toenail fungus once and for all.

## 2

# IT CAN SPREAD TO OTHER PARTS OF YOUR BODY



**T**he fact that toenail fungus is contagious may not be news to you, but fewer people know that it can spread to other parts of your body.

Did you know that the fungus that infects your toenails is the same as the one that causes athlete's foot and jock's itch?

It can also cause other skin infections as well. Remember, the fungus is a living thing, and just like you, its primary biological function is to stay alive and reproduce as much as possible. In other words, it will not go away on its own.

It may spread over time to the rest of your foot (likely causing athlete's foot), your ankles, and the skin all over the rest of your body. You may develop an itchy, uncomfortable, and unsightly rash.

You may even develop an allergic reaction as a result of the growth and spread of the fungus. This condition is called dermatophytid and can lead to painful lesions on your skin.

Finally, having a skin fungus makes you more vulnerable not only to skin conditions but to other illnesses and afflictions as well.

For one thing, the fungus eats away in and around your toenails, which means that you will have an open infection on your feet at nearly all times. Anything that your feet come into contact with can potentially enter through these sores.

In addition, your immune system--even if weakened--will continue trying its best to fight the fungus for as long as it affects you. That means that any other bacteria, virus, or other pathogens you encounter have an advantage because your immune system is already "busy" elsewhere.

## 3

## IT CAN CAUSE A LOT OF OTHER HEALTH PROBLEMS

**U**nfortunately, this is where toenail fungus starts to look really scary. However, it is vital to understand the full extent of the risks and why it is crucial to seek treatment if you are afflicted.

One of the most dangerous conditions with a direct link to toenail fungi is **cellulitis**. No, this is not the same thing as cellulite!

Cellulitis is a very serious bacterial skin infection that attacks the inner layer of the skin organ. Because it occurs so deep, it can enter the bloodstream. As you know, your blood travels to every part of your body.

Once the cellulitis bacteria are in your blood, it is only a matter of time before they are also in contact with your lymph nodes, major organs, and more.

**We cannot emphasize this enough: it is life-threatening!**

Some of the signs of cellulitis are:

- Painful, red sores on your skin: they are most likely to appear on your legs and feet but can be anywhere, even your face.
- The sores also tend to expand or spread rapidly.
- Pain, swelling, and tenderness around the sores.
- The skin around the sores may feel warm to the touch.
- Predisposition to other skin abrasions, such as blisters, red spots, and skin dimpling
- Fever

If you suspect that you have a toenail fungus and show any of these signs of cellulitis, *seek medical attention immediately.*

While cellulitis is the most dangerous direct result of a toenail fungus infection, there are others.

There is a definite link between toenail fungi and severe headaches. This may not seem like a significant complication, but it can become frequent and interrupt your daily life.

In addition, there is a correlation between toenail fungus infections and breathing problems. Fungi are well-known causes of lung issues.

This is especially dangerous in a person with other conditions or an already weakened immune system, as it makes common ailments such as colds and influenza exponentially more dangerous.

Finally, we must emphasize again that toenail fungus will affect the immune systems of ordinarily healthy people.

Don't leave yourself more susceptible to every germ you come into contact with; get treatment today.

## 4

# THE OLDER YOU ARE, THE MORE DANGEROUS IT IS



**T**his risk factor may not come as a huge shock either, since age is a vulnerability factor for many conditions.

But it is still worth mentioning, because the older you are, the more likely you are to contract a foot fungus, and the more dangerous it is. The prevalence of ugly toenails is not just a natural part of the aging process.

The numbers are a bit staggering:

- 70% of people afflicted with toenail fungus are age 65 or older
- 20% of those with the condition are 35-64 years of age
- Only 10% are under 35 years old, and they usually have one or more other factors that increase their susceptibility.
- As many as 20% of people age 65 or older have an active toenail fungus. As we age, our immune systems weaken over time. In addition, there are other reasons that older people have a greater vulnerability, including:
  - Long-term, repeated exposure to fungi throughout their lifetime
  - Older people have slower nail growth, which can give the fungus greater opportunity to grow.
  - Slower circulation of blood, especially in people with heart and blood pressure issues, which are also more common among the elderly.

All of the above factors make older people more susceptible not only to contracting toenail fungus, but also to the damaging, detrimental, and dangerous effects of this insidious disease.

Finally, because it is so common among individuals 65 and older, it is also more likely for a person to become infected because they are in close contact with their peers. Gyms with high senior populations or senior centers with showers are prime places for toenail fungi to wait for their next victim.

Pools in these places as well as retirement living communities are also breeding grounds, especially since swimming and water exercises are so good physically for older people.

If you are a senior citizen, you need to be especially diligent about contracting toenail fungus, as well as very quick to seek treatment if you're one of the 1 in 5 people in your age group who is affected.

## 5

## IT CAN AFFECT YOUR SOCIAL LIFE



One of the less obvious side effects of toenail fungus is the impact that it can have on a person's mental health and social life.

To begin with, having a toenail fungus is embarrassing. We all want to look our best at all times, and that's hard to do with ragged, discolored toes.

Unfortunately, toenail fungus also carries a social stigma. We mentioned early on in this book that we know this condition is usually not caused by a lack of hygiene.

However, the reason why we said that was because that's the assumption held by many other people.

Those other people may include your friends, relatives, and others you come into contact with frequently.

The assumption that a person with toenail fungus is "dirty," along with the disgusting appearance that is off-putting to many people, can lead to social ostracization.

Many people with this condition may opt to wear closed-toe shoes when in public, but if it is very hot or wet outside, that can be uncomfortable, especially since the nail beds and toes can become inflamed and painful.

In addition, bear in mind that eventually the sores may begin to appear on legs and other parts of the body--even the face.

These social and psychological effects aren't just possible consequences; they are very real and have been documented among toenail fungus sufferers. At least one in five people with toenail fungus infections report that they have avoided or regularly turn down social invitations because of their condition.

In addition, toenail fungus leaves people susceptible to:

- Depression, largely due to isolation and ostracization
- Anxiety, particularly social anxiety
- Stress
- Other mental health crises

Life is stressful enough and you have enough to worry about without adding toenail fungus--and all of its physical, social, and mental consequences--to the mix.

## 6

## IT IS CORRELATED TO DIABETES

**Y**ou might be aware that diabetes, both type 1 and type 2, can cause serious issues for your toes and feet. In the worst-case scenarios, toes may even need to be amputated.

Much of the reason for this is poor circulation, which we already know can make a person more susceptible to toenail fungus in the first place.

The relationship between diabetes and toenail fungus is well-established, as approximately 30% of people with toenail fungus also have diabetes.

In fact, the appearance of toenail fungus may even be a warning sign for some people whose diabetes is not yet diagnosed.

When a person has diabetes, their body does not process the sugar in their blood properly (different types of diabetes cause this for different reasons). The frequent high blood sugar levels weaken a person's immune system over time.

Once again, a weakened immune system is a precursor for developing a toenail fungus.

Because both toenail fungus and diabetes impact the overall health of a person's toes and feet, and because both have a detrimental impact on a person's immune system, it is even more important to seek immediate treatment for toenail fungus and to face the problem head-on.

Finally, we recommend that you screen for diabetes if you have recently developed a toenail fungus, especially if you are predisposed to diabetes for any reason. That is because the rate of occurrence between the two is so high.

## 7

# IT IS DIFFICULT TO TREAT AND CURE

**W**e hate to be the bearers of bad news, but in all honesty, toenail fungus is not a simple or easy condition to treat. There are a couple of reasons for this.

The first is because of the genetic and pathological makeup of fungi itself. Unfortunately, fungi are actually genetically similar to humans, much more so than viruses or bacteria.

This fact makes sense when you think about it because humans and fungi are both multi-celled, complex organisms.

It's bad news for treating toenail fungus, though, because any medications that attack and kill fungus are also likely to kill your own cells. In a person with a weakened immune system, this is bad news. Therefore, these types of treatments just don't work.

In addition, it's just as hard to treat toenail fungus from the outside as it is from the inside. Your nails--even if they are weakened from an infection--are very hard and durable. They're designed to protect the flesh underneath. For that reason, many of the drugstore topical aids don't contain the necessary oils and surfactants to penetrate the hard exterior and bring anti-fungal medication to the fungus growing underneath.

Finally, one of the most discouraging aspects of treating toenail fungus is relapse. Many people experience relief from their condition, only to have it return mere weeks or months later.

It is endlessly frustrating for toenail fungus sufferers and leaves them wondering what they can possibly do for relief.

# THERE IS AN ANSWER



Luckily, there is a solution to this problem. Thousands of people who have suffered for years with toenail fungus have finally been able to achieve lasting relief and long-term remission.

Our unique solution addresses the biological and medical source of the problem from the outside-in and the inside-out by targeting the true root cause of your fungus.

The unique and proprietary two-step fungal flush system targets both the internal and external causes of cracked, crumbling, and yellow toenails.

Imagine being able to wear sandals and go swimming again with confidence!

Feel free to visit us online or give us a call today to see how we can help you deal with your toenail fungus once and for all, so you can get back to living!

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