



**BLACKS IN GOVERNMENT  
IRS NEW CARROLLTON CHAPTER  
HEALTH AND WELLNESS MONTHLY REPORT**

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**IRS NCC BYLAWS RESPONSIBILITIES**

**ACTION ITEMS**

- Produce quality H&W newsletters (on going).

**INITIATIVES /ACCOMPLISHMENTS/PROBLEMS**

- None

**INVITATIONS & EVENTS**

- No Report.



## Health Notes

### May 1, 2017

This month's topic is toe nail fungus!

Toe nail fungus is slowly killing millions world wide. Toe nail fungus is a fungus that lurks inside the blood stream, however, it manifests itself in the toe nails. It makes toes discolored, thick, hard and crusty. The more severe cases the toe nail fungus may be eating away on the nail.

This fungus can cause many ailments by acting on the liver, heart, brain and other organs and internal systems. It can even death in the worse severe cases.

***There are many medical treatments and medicines for this disease. However, all most don't work!***

**Member this from a previous health note: The Power of Coconut: An Excellent Natural Fungus Inhibitor:** Do you remember when you were younger and you took a bath with coconut milk bath and bath oil. Remember those quart size hard plastic containers that hold the milk bath and oil. Do you remember coming out of that bath feeling totally clean.

Take a bath in coconut oil and milk bath (regular basis). Then rub your toe nails (perhaps your feet too) with coconut oil.

*I haven't found that coconut bath oil and milk bath again (yet) (it just disappeared from all stores every where all at save time). But I have found coconut oil at the grocers. I found it at Giant: Pure Coconut Oil! I rub my toes nails and feet with it after I soak them.*

Here is what I learned over the internet:

You can soak your feet in a mixture of baking soda, vinegar and warm to hot water on regular basis and it will help clear up the toe nail fungus. I tried it but I'm still in the process of working with this home remedy. My toe nails are not thick and crusty as they once were. They are clearing up but they are still hard. I soak my feet in mixture twice a month.

You can google, "Home remedies for curing toe nail fungus" to find a home remedy you may want to try to remedy your toe nail fungus if needed.