

Natural Vine

# YOUR GUIDE TO



# HEALTHY NAILS

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# About Natural Vine

At Natural Vine, we begin with a simple belief: real wellness comes from nature's gentle touch and the confidence to live without nagging discomfort. We wanted to craft something that doesn't just "fix" a problem but brings back comfort, health, and a little spark of vitality. This vision has turned into a promise—to offer you products that work, feel kind, and lift you up without cutting corners.

Our path took us straight to nature's finest ingredients, picked with care to tackle those stubborn nail struggles head-on. We blend powerful botanicals with a touch of science to create formulas that restore the health and clarity of your nails. Every drop sinks in deep, helping them recover and giving you that quiet confidence to step out feeling like yourself again.

“Inspired by Nature, Perfected by Science” isn’t just a catchy line—it’s what drives us. Each bottle is proof of our commitment to keep things safe, clean, and effective, without harsh chemicals or anything that doesn’t need to be there. We believe feeling good shouldn’t come with a trade-off—not for your health, not for animals, and not for the earth. So we make products that are strong yet gentle, for you and the world we share.

Natural Vine isn’t just a brand to us—we’re a partner in your journey to healthier nails and renewed confidence. Your trust keeps us going, pushing us to tweak, improve, and deliver the kind of care you deserve. When you feel strong from the ground up, we know we’re onto something good.

Welcome to Natural Vine. Here’s to stepping forward with strength and confidence.



# UNDERSTANDING NAIL FUNGUS

## Definition and causes

Nail fungus is a common but often persistent infection caused by fungi such as dermatophytes, yeasts, and molds. These organisms thrive in warm, moist environments and can spread through direct contact, contaminated surfaces, or shared personal hygiene items like nail clippers and towels. The infection typically begins under or on the surface of the nail and gradually progresses if left untreated. Nail fungus can affect both toenails and fingernails, though it is more prevalent in toenails due to the dark and humid environment inside shoes.





## RISK FACTORS

Certain conditions and habits increase the risk of developing nail fungus:



- Diabetes or weakened immune system: People with diabetes or compromised immunity are more susceptible to infections, including fungal nail infections.
- Poor circulation: Reduced blood flow to the extremities, common in older adults, can make it harder for the body to fight off infections.
- Prolonged exposure to moisture: Wearing sweaty socks or shoes for extended periods creates an ideal environment for fungi to grow.

- Walking barefoot in public showers, pools, or gyms: Public places with wet surfaces can harbor fungal spores, increasing the risk of infection.
- Sharing nail clippers or unsterilized salon tools: Fungi can spread through contaminated manicure or pedicure equipment.
- Toenail injuries or nail disorders: Cracks or injuries in the nail can serve as entry points for fungi.
- Wearing tight-fitting shoes: Tight shoes can cause nail trauma and create conditions for fungal growth.



# **SYMPTOMS AND STAGES**

Fungal nail infections develop gradually and worsen over time. Recognizing the symptoms early can help with effective treatment.

## **Early Signs:**

- Appearance of small white or yellow spots on the nail
- Slight discoloration or dullness of the nail surface

- Nails becoming unusually thick or brittle

## **Progressive Symptoms:**

- Thickened, brittle, or crumbly nails that break easily
- Increased discoloration, ranging from yellow to brown or black
- Distorted nail shape and uneven texture
- Nail separating from the nail bed (onycholysis), creating gaps where bacteria can grow
- Foul odor due to bacterial buildup in severe cases



### Severe Cases:

- Significant pain and tenderness around the nail
- Spread of infection to surrounding skin, leading to redness and inflammation
- Increased risk of secondary bacterial infections, especially in individuals with diabetes or compromised immune systems
- Complete nail detachment in extreme cases



# Types of Nail Fungus

Nail fungus can manifest in different forms, depending on the type of fungi involved and the pattern of infection.

- Distal Subungual Onychomycosis – The most common type, beginning at the tip of the nail and gradually extending underneath. This type is usually caused by dermatophytes.
- White Superficial Onychomycosis – Affects only the nail surface, causing white, powdery patches that may spread across the entire nail. It is more common in toenails.
- Proximal Subungual Onychomycosis – Starts at the base of the nail and spreads outward. This type is more common in individuals with weakened immune systems.
- Candida Onychomycosis – A yeast infection that can affect both fingernails and toenails. It often occurs in people whose hands are frequently exposed to water.





A proper diagnosis is crucial to determine the best treatment. Since nail fungus can resemble other nail disorders, a doctor may perform specific tests.



## DIAGNOSIS AND WHEN TO SEE A DOCTOR

### Examination and Tests:

- Visual inspection: A doctor will assess the nail's appearance, texture, and color.
- Nail scraping and culture tests: Small nail samples may be analyzed in a lab to identify the type of fungus.
- KOH (potassium hydroxide) test: A simple test to dissolve non-fungal elements, making the fungal structures easier to see under a microscope.
- Biopsy: In rare cases, a small piece of the nail may be removed for further examination.

### Differentiation from Other Conditions:

- Psoriasis: Can cause thickened, pitted nails that resemble fungal infections.
- Trauma-related nail damage: Physical injury to the nail can cause discoloration and changes in nail texture.
- Bacterial infections: Unlike fungal infections, bacterial infections typically cause swelling, redness, and pus formation.

## PREVENTION & NAIL CARE



Preventing nail fungus requires good hygiene and proper nail care.

- Wash and dry feet thoroughly, especially between the toes.
- Trim nails straight across and avoid cutting too close to the skin.
- Use antifungal sprays or powders if prone to infections.
- Avoid walking barefoot in damp public areas like pools and locker rooms.



- Wear moisture-wicking socks and breathable shoes to keep feet dry.
- Disinfect nail tools regularly to prevent fungal spread.
- Change socks and shoes frequently to reduce moisture buildup.
- Choose nail salons that sterilize their tools properly.
- Keep nails short and clean to prevent dirt buildup.
- Avoid using artificial nails or nail polish if susceptible to fungal infections, as these can trap moisture.
- If an infection occurs, treat it promptly to prevent spreading.





# Natural Vine Fungal Nail Treatment Kit

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## **ADVANCED DUAL-ACTION FORMULA**

Our Nail Fungus Treatment Kit combines the power of liquid solution and ointment to target stubborn nail fungus at its root. Designed for deep penetration, continuous treatment, and complete nail restoration, this easy-to-use solution helps reclaim clear, healthy nails.



### Step 1: Deep Cleansing & Fungus Removal (Liquid Solution)

- Penetrates deeply into the nail to eliminate fungus where it thrives.
- Cleanses the nail and surrounding area, removing bacteria, dirt, and fungal residues.
- Active ingredients like salicylic acid and natural herbal extracts directly combat fungal growth and prevent further spread.

## Step 2: Long-Lasting Protection & Repair (Ointment)

- Forms a protective layer over the nail, ensuring continuous antifungal action.
- Locks in moisture to prevent cracking and support healthy nail regrowth.
- Works synergistically with the liquid to fully eradicate fungal infections and nurture strong, clear nails.

## Consistent Treatment for Lasting Results

- Apply the liquid first to prepare and purify the nail.
- Follow with the ointment for sustained healing and protection.
- Continue use until a fully healthy nail grows in, ensuring the infection is completely gone.



## Why Choose Our Nail Fungus Treatment Kit?

- ✓ **Powerful & Effective Against Stubborn Fungus**
  - Targets multiple types of fungi (dermatophytes, yeasts, and molds).
  - Penetrates thickened nails for deep, lasting treatment.
- ✓ **Reduces Recurrence, Supports Healthy Nail Growth**
  - Many treatments only suppress symptoms—our formula fully eliminates fungus.
  - Moisturizes, strengthens, and restores nails for a smooth, natural look.
- ✓ **Safe, Non-Invasive & Easy to Use**
  - No need for painful nail removal or harsh chemical treatments.
  - Simple daily application—just soak, trim, apply liquid, then ointment.
  - Free from artificial additives, made with powerful natural ingredients.
- ✓ **Prevents Secondary Infections & Discomfort**
  - Antibacterial and anti-inflammatory properties protect against reinfection.
  - Reduces itching, discomfort, and nail deformities, restoring nail strength and clarity.

## Key Ingredients That Make the Difference

- Salicylic Acid:  
Breaks down fungus and boosts ingredient absorption.
- Borneol & Camphor: Eliminate fungal infections and soothe inflammation.
- Sophora Flavescens & Coptis Chinensis: Natural antifungal and antibacterial extracts.



- Paeonol & Atractylodes:  
Help prevent fungal recurrence and maintain skin health.

## Reclaim Healthier, Stronger Nails

Our Nail Fungus Treatment Kit is designed to restore nail clarity, strength, and health with deep penetration and long-lasting results. No complicated procedures, no painful treatments—just an easy, effective solution for beautiful nails.



# Complications of Untreated Nail Fungus

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- Spreading infection: Fungal infections can spread to other nails, the skin, or even the bloodstream in severe cases.
- Chronic pain: Thickened nails can cause pain and discomfort while walking or wearing shoes.
- Secondary bacterial infections: Open wounds from nail fungus can lead to bacterial infections like cellulitis.
- Permanent nail damage or loss: Prolonged infection can cause irreversible nail deformities or loss.





# MYTHS VS. FACTS

Myth 1: Nail fungus is just a cosmetic issue.

**Fact:** While nail fungus does cause discoloration and thickening of nails, it can lead to more serious health concerns. If left untreated, the infection can spread to other nails, the skin, and in severe cases, even enter the bloodstream, especially in individuals with weakened immune systems or diabetes.

Myth 2: Only people with poor hygiene get nail fungus.

**Fact:** Nail fungus can affect anyone, regardless of hygiene. While maintaining good foot and nail care helps prevent infection, exposure to fungal spores in public places like pools, gyms, or nail salons can cause an infection even in those who practice excellent hygiene.

Myth 3: Nail fungus will go away on its own.

**Fact:** Fungal infections rarely resolve without treatment. In most cases, the infection worsens over time, leading to thickened, brittle nails and potential pain. Proper treatment is necessary to eliminate the fungus and restore healthy nail growth.

Myth 4: You can catch nail fungus only from direct contact with an infected person.

**Fact:** Nail fungus can spread through indirect contact as well. Fungal spores linger on surfaces such as floors, towels, shoes, and nail salon tools. Walking barefoot in damp environments or sharing personal grooming items increases the risk of infection.

Myth 5: Over-the-counter treatments always cure nail fungus.

**Fact:** While some OTC treatments can help in mild cases, severe or persistent infections often require prescription antifungal medications or medical interventions like laser therapy. Nail fungus is notoriously stubborn, and successful treatment may take months.

Myth 6: Home remedies like vinegar or tea tree oil can completely cure nail fungus.

**Fact:** While some home remedies may have antifungal properties, they are not scientifically proven to cure nail fungus effectively. They may help slow fungal growth, but prescription medications and medical treatments are often needed for full eradication.

Myth 7: If the infected nail falls off, the fungus is gone.

**Fact:** Losing a nail does not necessarily eliminate the infection. If the underlying fungus is not treated, the new nail may grow back infected, continuing the cycle.

Myth 8: Nail fungus only affects older adults.

**Fact:** While nail fungus is more common in older individuals due to slower nail growth and reduced circulation, people of all ages can develop the infection, especially athletes, swimmers, and those with frequent foot moisture exposure.

Myth 9: Artificial nails and nail polish protect against fungus.

**Fact:** Acrylic nails and nail polish can actually trap moisture, creating a perfect environment for fungi to thrive. Some antifungal nail polishes exist, but regular polishes can contribute to fungal growth if applied to already infected nails.

Myth 10: Cutting off the infected part of the nail cures the fungus.

**Fact:** Simply trimming the affected portion of the nail does not eliminate the fungus. The infection resides beneath the nail and within the nail bed, requiring antifungal treatment for complete eradication.





## Co-Founder's Note

Dearest Friends and Valued Customers,

When we first set out on this journey with Natural Vine, it came from a place deep in our hearts—a longing to create something meaningful, something that could truly touch lives and make a difference. Along the way, we've been blessed beyond words to have you by our side. Your trust, your encouragement, and your presence in our little community mean more to us than we can ever express.

This guidebook? It's for you—straight from our hearts to yours. We poured ourselves into it, gathering insights and knowledge we hope will light the way as you navigate your condition. More than anything, we want it to be a steady friend—a resource that empowers you, comforts you, and helps you feel confident in the choices you make for your well-being.

With Gratitude,

A handwritten signature in black ink that reads "Nathanael". The script is fluid and cursive, with the first letter 'N' being particularly large and stylized.

Nathanael Yang

Natural Vine



# Natural Vine

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