



## Now Caring for Babies from Top to Bottom!

Introduced over 20 years ago, Earth's Best is the first choice for organic infant foods grown in soil NOT contaminated with potentially harmful chemical pesticides or fertilizers.

In a continued effort to provide a healthier alternative for babies and a cleaner, safer world for them to grow up in, Earth's Best proudly introduces Earth's Best TenderCare Chlorine Free Diapers.

Earth's Best TenderCare diapers are made from non-bleached certified chlorine free woodpulp, all diapers are latex free, dye free, and perfume free, ensuring a non-irritable environmentally responsible diaper.



*A Healthy Way of Life™*

VIVA | *beauty expert*

## Insider secrets for natural beauty



DONNA PACE, RHN,  
CERTIFIED ESTHETICIAN

**Q** | I have a bit of fungus on my toenails. It is yellow-ish in colour, and it takes up half of the nail. I've taken a heavy (and expensive) antifungal prescription, and it did go away for a while, but now it's back. Any natural solutions?

- Gina, Woodbridge, Ontario

**A** | Dear Gina,

Fungal nail infections seem to be on the rise and are generally the most resistant to treat. There are many remedies for toenail fungus and although the antifungal prescription may have appeared to have done the job, it often takes several months to be rid of it. Try to avoid applying moisturizer to the nail area as fungus thrives in moist places. The best natural method I have seen to rid toenails of fungus is the use of oregano oil, externally as well as internally, as it has antifungal properties. For better penetration of the oil, it is best to buff the nail surface with a file and apply the oil to the top and underside of the nail two to three times per day, and keep your nails polish-free for a while.

**Q** | After my pregnancy, I got stretch marks all over my body, including my back. Over time, these have faded and I can barely notice them, but the ones on my stomach and my sides are still noticeable in certain lighting. Am I stuck with them forever?

- Amanda, Halifax, Nova Scotia

**A** | Dear Amanda,

Stretch marks do fade eventually, becoming less noticeable. Unfortunately, some take a little longer than you would like. Stretch marks that haven't turned white as yet respond well to rubbing the area with lavender oil, rosehip oil, coconut oil or olive oil. Using alpha-hydroxy acid (glycolic acid made from sugar) will stimulate collagen production and exfoliate deep down, breaking up tough scar tissue. Adding Brazil nuts, pecans and pumpkin seeds to your diet is a good source of zinc, which promotes tissue healing, since stretch marks are essentially torn skin tissue. ♥



### Got a question?

Send an email with the subject line "Ask an Expert" to [letters@vivamagonline.com](mailto:letters@vivamagonline.com).

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