

Foot Soak Protocol

For ingrown toenails, infections, fungus.

1. Use large basin. (Disposable aluminum roasting pan is cheap)
2. Fill $\frac{1}{4}$ way with warm water.
3. Add one cup distilled white vinegar.
4. Add half cup Epsom salt.
5. Add 1 tbs. Betadine (povidone-iodine solution).
6. Mix solution in basin.
7. Let feet soak for 30 minutes per day, completely immersed.
8. Dry feet thoroughly. (Do not rinse.)
9. (Do not walk on carpeted surfaces with wet feet, Betadine will stain.)
10. Do for 2-6 weeks, depending on instructions.