THE NAIL CURE

REPAIR · RESTORE · REGROW

A practical guide to fungal nails, nail lifting and weak, brittle nails

SECOND EDITION



Ruth Jones DipCFHP & Moncie Evans

FOOT HEALTH PRACTITIONER · NAIL TECHNICIAN & EDUCATOR

www.thenailcure.com

SECOND EDITION

ABOUT THIS BOOK

The Nail Cure was first published in 2017 for people with fungal toenails. This second edition is a complete rewrite that also covers nail lifting (onycholysis) and weak, brittle and salon-damaged nails, on fingers as well as toes.

How to use it

- See the **Contents**, or go to **Start Here** and pick the problem that looks most like yours.
- Every coloured link is clickable. Chapter links jump inside the book. Product links open the product page.
- Tap **Contents** in the bar at the bottom of any page to come back to the contents.
- Choose your plan's bundle and the **Progress Tracker** for your phone comes free.

Important information

This book shares general information and our own experience of nail care. It is not medical advice. It doesn't diagnose any condition, and it is not a substitute for seeing your doctor, pharmacist or podiatrist. Always read and follow the directions on any product label. Before using a new topical product, try it on a small area first. If you are pregnant or breastfeeding, take regular medication, have a medical condition, or are buying for a child, speak to your pharmacist or doctor before starting any supplement. See When to See a Doctor before you begin.

About the product links

The nail-care products in this book are sold by Step Right at stepright.ie and ship internationally. The supplements we mention are made by Life Extension and sold on their own website. If you use our code, you get 5% off and we earn a small commission. You pay nothing extra, and it does not change what we recommend.

THE NAIL CURE by Step Right

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NAVIGATE

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START HERE

WHICH NAIL PROBLEM DO YOU HAVE?

TAP THE ONE THAT LOOKS MOST LIKE YOURS

Thick, yellow or crumbling nails

Chapter 4 →

White, yellow or light-brown discolouration, thickening, debris under the nail, nails that are hard to cut. Most common in toenails. Often comes with athlete's foot.

A nail lifting away from the skin

Chapter 5 →

A white or opaque area at the tip with a gap underneath that keeps catching. Often starts after gel, BIAB or acrylic removal, or after an injury or tight shoes.

Peeling, splitting or snapping nails

Chapter 6 →

Thin, dry nails that peel in layers, split at the edge or snap easily. Very common after repeated salon treatments, frequent hand washing or cleaning chemicals.

Keeps coming back, or slow progress?

Chapter 7 →

Follow the plan for your main problem, then add the inside-out support.

Not sure? Quick comparison

	FUNGAL NAIL	NAIL LIFTING	BRITTLE NAILS
Nail thickness	Often thicker	Normal or thinner	Thinner
Colour	Yellow, white, light brown	White where lifted	Mostly normal, white patches
Texture	Crumbly, debris underneath	Smooth with a gap underneath	Peeling layers, split edges
How many nails	Often starts in one and spreads	One or a few	Usually several

The problems can overlap. A lifted nail can pick up fungus, and fungus can cause lifting. If two columns fit, follow the fungal plan first. Still unsure? A podiatrist or doctor can test a small nail clipping. Any dark brown or black streak, or a mark that spreads into the skin, needs a doctor's check. See **When to See a Doctor**.

CHAPTER 1

WELCOME

YOUR NAILS · YOUR CONFIDENCE · YOUR RECOVERY



Maybe it's a fungal nail that won't clear. Maybe your nails have become weak and keep splitting, or one has lifted and turned white. Or maybe, after years of salon treatments, your nails just aren't what they were.

Most nail problems start small. You expect them to grow out or fix themselves. When they don't, they become frustrating, embarrassing and sometimes worrying. Over the last decade, working in foot clinics and nail salons, we've helped hundreds of people improve the strength and appearance of their nails, often after they felt they'd run out of options. We keep seeing the same thing:

> **When you understand what's happening, remove what's causing the damage, and look after the new nail as it grows, real improvement is possible.**

Why a second edition

The first edition, in 2017, focused on fungal toenails. Since then we've heard from hundreds of readers who finally saw progress. In Ruth's foot clinic, one question kept coming up: "Can this help with my fingernails too?" Along with it came new concerns: nails damaged by gels and acrylics, nails lifting from the nail bed, and nails that had stopped growing normally.

Ruth specialises in foot health and toenails, so she teamed up with Moncie, who works with fingernails every day. Between us we cover the clinical side and the cosmetic side, because most nail problems involve a bit of both.

RUTH A man once contacted me about his mother. Chemotherapy two years earlier had badly damaged both of her big toenails. In his words, "She only had a stub of a nail left." She believed it was permanent. She followed the plan in this book consistently, and nine months later two new nails were growing through. Every case is different, but stories like hers are why we wrote this book.

Who we are

Ruth Jones DipCFHP

Foot Health Practitioner specialising in toenail conditions, fungal nails and everyday foot care. She has worked in clinical practice for over a decade.

Moncie Evans

Nail Technician and Educator with more than 10 years' experience working with fingernails, salon systems and nail restoration after cosmetic treatments.

What this book will help you do

- Understand what is actually happening to your nail
- Stop the habits that keep damaging it
- Follow a clear, step-by-step plan for your problem
- Stay consistent long enough to see the healthier nail grow through
- Keep your nails healthy once they've recovered

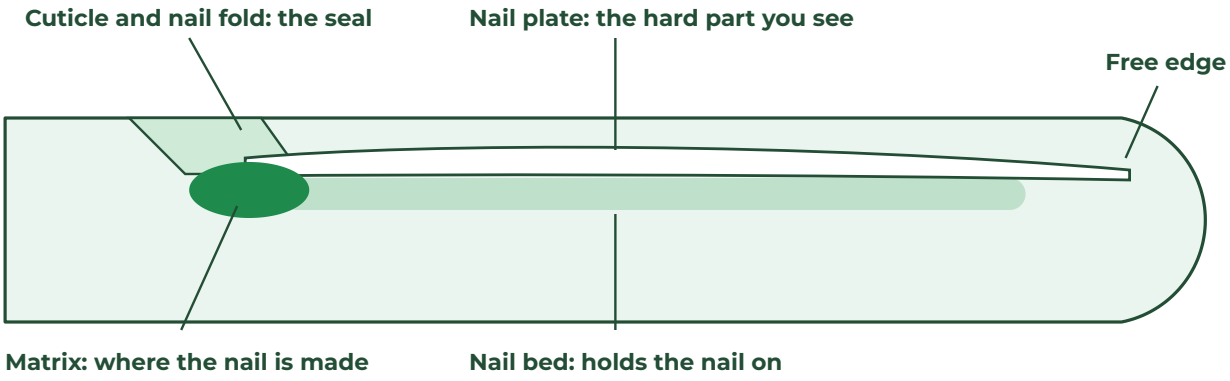
None of this is a quick fix. It's about giving the new nail the right conditions to grow back well. If you want to get going straight away, go to **Start Here** and jump to your plan. Chapters 2 and 3 explain the why, and they're worth reading when you have ten minutes.

CHAPTER 2

HOW NAILS GROW AND RECOVER

UNDERSTANDING THE NAIL GROWTH TIMELINE

The nail in 30 seconds



The nail is made in the **matrix**, under the skin at the base, and slowly pushed forward over the **nail bed**. The **cuticle** seals the gap where the nail emerges. If any part of this system is disturbed, problems show up weeks or months later as the nail grows out.

Fingernails

- Grow faster and are thinner
- More exposed to water, chemicals and salon treatments
- Brittleness and lifting are more common

Toenails

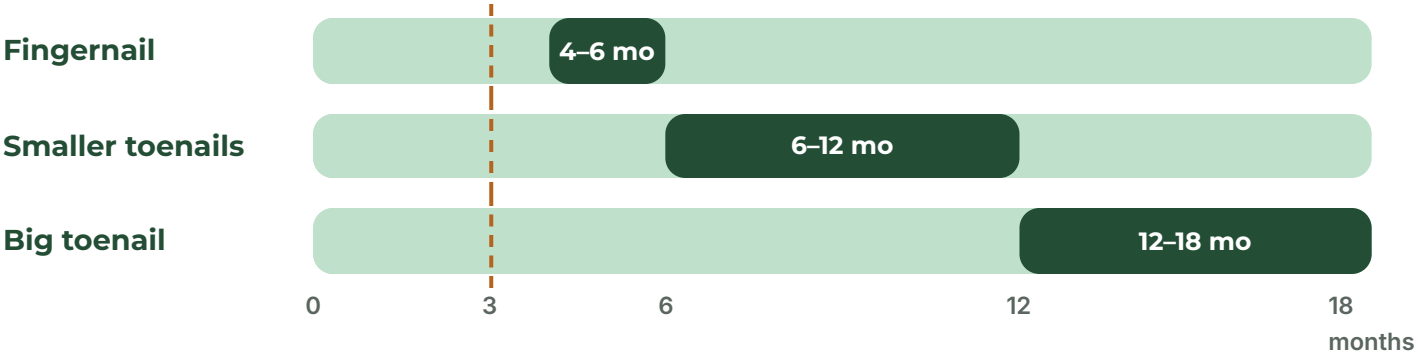
- Grow slower and are thicker
- More exposed to pressure, footwear and moisture
- Fungal infection is more common

Nails grow best with three things: **good circulation** to deliver nutrients to the matrix, **good nutrition** (protein, vitamins and minerals), and **protection** from repeated trauma, harsh chemicals and constant moisture.

How long recovery takes

A damaged nail doesn't heal the way skin does. The damaged part grows out and is gradually replaced. It's like hair: you can change how new hair grows, but not the part that has already grown.

How long recovery takes: the timeline



Dark green shows when the nail is typically fully replaced. The dashed line at 3 months is the earliest point to judge whether your plan is working. Fingernails grow about 3 mm a month and toenails about 1–2 mm a month.

Weeks 1–6

Little visible change. Damage stops progressing and new nail starts forming at the base. Consistency matters most here.

Months 2–6

A clearer, healthier band appears at the base and grows forward. This is when most people feel encouraged.

Months 6–18

Most of the damaged nail has grown out, leaving a smoother, stronger nail. Big toenails take the longest.

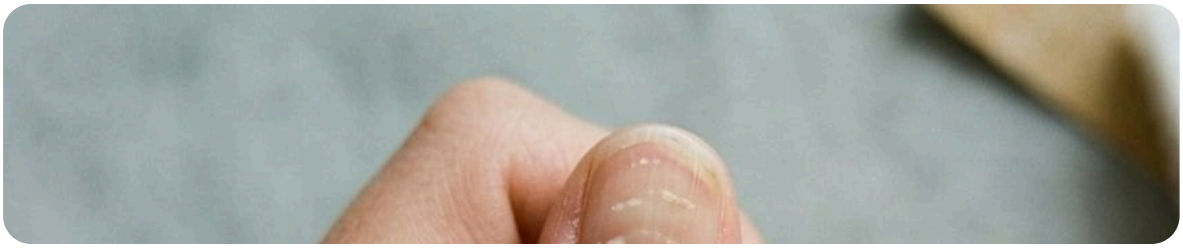
The number one reason plans fail

Stopping too early. The nail often looks better on the surface while the new growth underneath is still coming through. Keep going until the healthy nail has completely replaced the damaged one. Recovery can be slower with age, poor circulation, ongoing illness, nutritional gaps, repeated trauma, or shoes and socks that keep reinfecting the nail.

CHAPTER 3

WHY NAIL PROBLEMS HAPPEN

THE FOUR ROOT CAUSES



What you see today usually started weeks or months ago. In our experience almost every nail problem comes down to one or more of four root causes. Knowing yours saves a lot of wasted time.

1 Infection

Fungus or yeast gets into a nail that is damp, damaged or lifted. Most common in toenails.

Signs: thickening, yellow, white or light-brown colour, crumbling or debris underneath, lifting, recurring athlete's foot.

2 Physical or chemical damage

Over-filing, repeated gel or acrylic removal, cleaning chemicals, tight shoes, sport, picking or biting.

Signs: thin or peeling nails, white surface patches, nails that bend or break easily, lifting after salon work.

3 Internal health and nutrition

Circulation, nutrient gaps, stress, illness, hormonal changes and blood sugar all affect how well the nail grows.

Signs: slow growth, brittleness across many nails, stronger ridges, no improvement despite good care. See Chapter 7.

4 Environment and lifestyle

Moisture, footwear, sock material, how often you wash, harsh products and temperature.

Signs: infections that keep returning, nails that improve then worsen, problems tied to a season or job.

Most people have more than one

Damage lets infection in, poor internal health slows recovery, and damp shoes cause reinfection. That's why every plan in this book works on several fronts at once. You don't need a perfect diagnosis to start. Choose your plan from Start Here.

CHAPTER 4

FUNGAL NAILS

UNDERSTANDING IT · THE FUNGAL NAIL RECOVERY PLAN



Fungal nail infection (onychomycosis) is one of the most common nail problems in the world, and one of the most misunderstood. It isn't only cosmetic. Fungus feeds on keratin, the protein your nail is made of, which gradually weakens the nail and changes how it grows. Left alone it rarely improves and usually spreads slowly. The good news is that with a consistent, structured approach, most people see real improvement.

Why it happens, and why it's stubborn

What makes a nail vulnerable

- Previous damage, injury or lifting
- Tight or poorly ventilated shoes
- Sweaty feet and damp environments
- Athlete's foot spreading to the nail
- Slow growth, poorer circulation and age
- Diabetes, or recovering from treatments such as chemotherapy

Where fungus lives

- Inside the nail plate
- Under the nail
- In the surrounding skin
- In shoes and socks

If you only deal with one of these, reinfection is common. That's why the plan below covers the nail, the shoes and the new growth together.

Fungal nails are about **vulnerability, not hygiene.** Many people feel embarrassed and avoid open shoes, but you are far from alone, and it's very manageable with the right routine.

Check first

If you have diabetes, poor circulation or a weakened immune system, or the nail is painful, red, swollen or has a dark streak, read When to See a Doctor before you start.

The Fungal Nail Recovery Plan



1 Prepare the nail

A thick nail is hard for any topical product to reach through. Have it thinned by a foot health practitioner, chiropodist or podiatrist, or file the surface gently yourself. **If you have diabetes or poor circulation, always have this done professionally.** Make sure the nail is clean and completely dry before each application.

2 Apply Formula 3 twice daily

Formula 3 is an antifungal solution in a penetrating oil base that can be used on toenails and fingernails. Morning and evening, apply it to:

- the whole nail plate and the free edge
- under the tip, where you can reach
- the skin around the nail, if it's affected

Missed applications are the most common reason for slow progress, so link it to something you already do every day, like brushing your teeth.

3 Treat your shoes every day

Fungus can live in shoes long after the nail looks better. Spray the inside of the shoes you've worn with **Clean Sweep** each evening and let them dry fully before wearing them again. Treating the nail but not the footwear is one of the main reasons infections return.

4 Keep feet cool and dry

Fungus thrives in warm, damp conditions. Choose breathable shoes, alternate pairs so each can dry out, and wear moisture-managing socks. We recommend **Copper Cloud** copper-infused socks, especially if your feet sweat or infections keep coming back. Dry carefully between your toes after washing.

5 Condition the new nail

Fungal nails often grow back chalky, brittle or thin at first. Once things are settling, or alongside Formula 3 from the start, apply **Myrrhage Nail Serum** in the evening. It's a plant-based serum that conditions the nail and cuticle so the new nail looks smoother and feels more flexible.

What to expect

Month 1–3
Clearer, healthier nail starts to appear at the base. Don't judge results before 3 months.

Month 3–6
A visible band of healthier nail is growing forward. Less thickening and crumbling.

Month 6–18
The affected nail is gradually replaced. A big toenail takes 12–18 months. Partly affected nails recover sooner.

Keep going until the healthy nail has completely replaced the affected nail, then keep treating your shoes for a few more weeks.

Your daily routine

WHEN	WHAT TO DO
Morning	Apply Formula 3 to clean, dry nails · wear breathable shoes and Copper Cloud socks
Evening	Apply Formula 3 · spray worn shoes with Clean Sweep and let them dry · apply Myrrhage when the nail is dry
Monthly	Take a progress photo and fill in your **Progress Tracker**

Products in the Fungal Nail Recovery Plan

All available from Step Right, with international shipping.



Formula 3® CORE

Antifungal solution in a penetrating oil base · twice daily

View product



Clean Sweep® CORE

Antimicrobial shoe spray · every evening

View product



Copper Cloud socks RECOMMENDED

Breathable, copper-infused socks · crew, ankle and no-show

View product



Myrrhage® Nail Serum RECOMMENDED

Plant-based serum for the nail and cuticle · evenings

View product

Shop the Fungal Nail Recovery Plan →

Tip: when a bottle is about a quarter full, reorder so you don't break the routine. If infections are stubborn or keep returning, add **Chapter 7**.

CHAPTER 5

NAIL LIFTING (ONYCHOLYSIS)

UNDERSTANDING IT · THE NAIL SEPARATION RECOVERY PLAN



Onycholysis simply means the nail plate has separated from the nail bed. It can look alarming, and it has become much more common with gel polish, BIAB and acrylics. The good news is that, managed correctly, the nail can grow back attached and healthy.

What's actually happening

Normally the nail plate sits firmly on the nail bed, which keeps it pink and protected. When that seal is disrupted by trauma, over-filing, chemicals, pressure or infection, a small gap forms. Air gets in and the nail looks white. Moisture and debris can collect underneath. **The lifted part will not reattach.** Recovery happens as new, attached nail grows forward from the base, which is why patience and protection matter so much.

Does this sound like your nail?

- White or opaque where it has lifted
- A visible gap under the nail
- It started after gel, acrylic or BIAB removal
- The nail feels thinner than before
- The edge keeps catching, or the lifting is spreading

Why it's becoming more common

- Repeated gel application and removal
- Over-filing during preparation
- Months of enhancements without a break
- Peeling or picking product off
- Constant water or cleaning chemicals
- Tight shoes or sport (toenails)

MONCIE At the nail desk I see it all the time. Clients don't realise how thin and dehydrated their natural nail has become until it starts to lift. Covering it again with more product usually makes it worse.

Fungus or damage?

A lifted nail can look yellow or opaque, collect debris and thicken at the tip, so it can resemble fungus. Sometimes fungus is involved, sometimes it's purely damage, and often it's both. If there's thickening, crumbling or a yellow-brown colour, use Formula 3 twice daily as described below.

The Nail Separation Recovery Plan

Stabilise the nail, protect it, and condition the new growth. **Recovery comes from new growth, not from repairing the damaged section.**

1 Remove the stress

- **Pause all enhancements.** Remove gels, BIAB, acrylics and polish until the nail has recovered. Covering a lifted nail traps moisture and hides your progress. This is often the hardest step, and one of the most important.
- **Keep the nail short.** Trim the loose, fully detached part carefully to stop it catching. Never cut back into nail that is still attached.
- **Leave the gap alone.** Don't scrape, dig or "clean" under the nail. That pushes the nail further off the bed and can let bacteria or fungus in. Keep it dry and let it grow out.
- **File gently.** Smooth sharp edges only, and avoid thinning the surface.
- **Toenails:** wear roomy, well-fitting shoes and breathable socks. Even small improvements in fit reduce the pressure that drives lifting.

2 Protect the nail with Formula 3

Apply Formula 3 to the nail, the free edge and the surrounding skin **once daily, or twice daily if fungus is present or suspected.** Its oil base reaches the nail plate and the skin around it, helping to keep the exposed area protected while the new nail grows forward.

3 Condition the nail with Myrrhage

Lifting usually happens when the nail has become dehydrated and rigid. A rigid nail keeps cracking and lifting, while a flexible one grows forward smoothly. **Myrrhage is a core part of this plan.** Apply it to nails and cuticles in the evening and massage until absorbed. With regular use, nails look smoother and feel more flexible.

What to expect

4 weeks
The nail feels less fragile and the lifting stops spreading.

8 weeks
Healthier, attached nail is visible at the base.

3–4 months
A clear section of attached nail has replaced the damaged part.

Full recovery
Fingernail: 4–6 months.
Big toenail: 12–18 months.

Your daily routine

WHEN	WHAT TO DO
Morning	Keep nails short and clean · apply Formula 3
Evening	Apply Formula 3 again if fungus is suspected · before bed, massage Myrrhage into the nail and cuticle
Always	No enhancements · gloves for cleaning · keep nails dry · avoid pressure and trauma
Monthly	Progress photo and **Progress Tracker**

Products in the Nail Separation Recovery Plan

All available from Step Right, with international shipping.

Formula 3® CORE
Once daily, or twice if fungus is suspected
View product

Myrrhage® Nail Serum CORE
Every evening, on the nail and cuticle
View product

Copper Cloud socks TOENAILS
Breathable socks to keep toenails dry
View product

Shop the Nail Separation Recovery Plan →

If recovery is slow, or several nails lift without an obvious cause, read **Chapter 7** and **When to See a Doctor**.

CHAPTER 6

BRITTLE & WEAK NAILS

UNDERSTANDING IT · THE NAIL STRENGTH PLAN



Brittle nails are one of the most common concerns we see, especially in people who regularly have gel, BIAB or acrylics. Healthy nails are flexible. They bend slightly under pressure rather than snapping or peeling. Brittleness usually means the nail is **dry and thinned**, rather than weak in the traditional sense, and that's very fixable.

What you might notice

- Peeling layers
- Splitting at the free edge
- White surface patches
- Rough or ridged texture
- Nails that feel soft but still break

Common causes

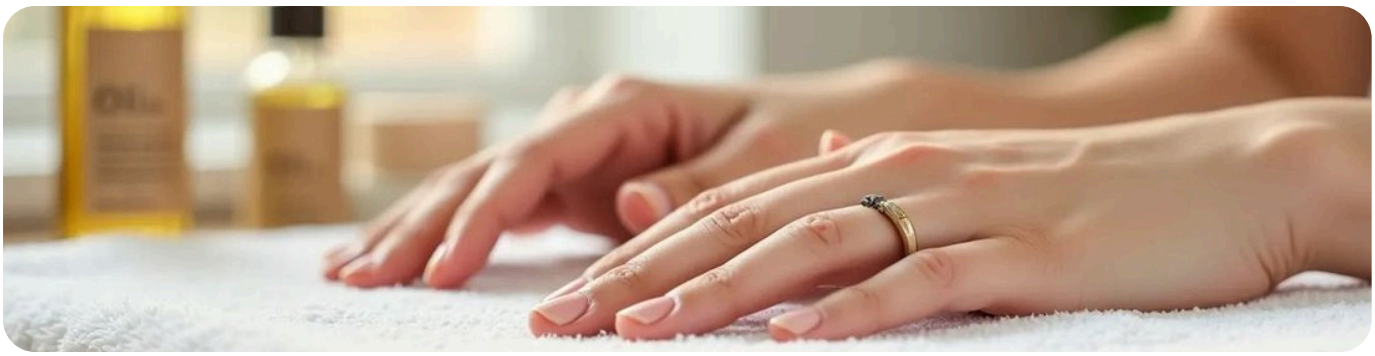
- Repeated buffing, filing, soaking and removal
- Reapplying without a break
- Frequent hand washing and cleaning chemicals
- Long periods in water
- Hormonal and age-related changes
- Gaps in nutrition (see **Chapter 7**)

MONCIE

Salon systems aren't harmful in themselves when they're applied and removed well. The trouble is repeated cycles with no rest. Many clients only see how compromised their natural nail is once the polish comes off. It's easy to assume all is well when the surface looks perfect.

The common mistake: adding more product, buffing the surface smooth, or redoing gel to "protect" the nail. Covering a weak nail keeps the cycle going. **Recovery needs conditioning, not covering.**

The Nail Strength Plan



1 Stop the damage cycle

- Pause gels, BIAB, acrylics and polish
- No aggressive buffing or thinning, and keep nails short while they regrow
- Wear gloves for cleaning and washing up, and avoid long soaks

2 Condition with Myrrhage every evening

Myrrhage is the core of this plan. Apply to nails and cuticles once or twice daily and massage until absorbed. Its plant-based formula conditions dry, over-processed nails so they feel more flexible and look smoother. A more flexible nail is less likely to split and peel. Consistency matters more than quantity.

3 Protect with Formula 3 in the morning

Apply Formula 3 once daily to the nail plate, the free edge and the cuticle area. Its oil base helps protect the nail fold and keeps the nail supple. If you suspect fungus (thickening or yellowing), use it twice daily and see Chapter 4.

4 Feed the new nail

A nail can only be as strong as the materials your body has to build it. Eat protein at every meal. If you want a top-up, one good multivitamin covers the basics. Chapter 7 explains the simple approach we recommend.

What to expect

2–4 weeks
Nails feel less dry and fragile.

6–8 weeks
Smoother new growth is visible at the base.

3–4 months
A clear improvement in strength.

4–6 months
Most of the weakened fingernail has been replaced.

Toenails can become brittle too, especially after fungal infection or long-term pressure from tight shoes. The same principles apply. They just take longer.

Your daily routine

WHEN	WHAT TO DO
Morning	Apply Formula 3 · multivitamin with breakfast (optional)
Evening	Apply Myrrhage and gently massage into the nails and cuticles
Always	Keep nails short · gloves for cleaning · protein-rich meals · no over-processing
Monthly	Progress photo and **Progress Tracker**

Products in the Nail Strength Plan

Nail care from Step Right. The optional multivitamin is from Life Extension.

Myrrhage® Nail Serum CORE
Every evening, on the nail and cuticle
View product

Formula 3® CORE
Once every morning
View product

Life Extension Two-Per-Day OPTIONAL
Multivitamin · code 70060769 saves 5%
View product

Shop the Nail Strength Plan →

CHAPTER 7

SUPPORTING YOUR NAILS FROM THE INSIDE

FOOD FIRST, AND ONE SIMPLE SUPPLEMENT PLAN



You treat the nail from the outside, but your body builds it from the inside.

Most people see real improvement with the outside plan alone. If you're doing everything right and progress is still slow, or problems keep coming back, look at what your body has to work with. This doesn't need to be complicated.

Our approach: food first. Add one good multivitamin if you want a simple top-up. Only add anything else for a specific reason, ideally after talking to your doctor.

Step 1 · Food first

Protein at every meal

Nails are made of keratin, a protein. Eggs, fish, poultry, meat, dairy, beans, lentils and tofu give your body the building blocks.

Zinc, iron and healthy fats

Seafood, pumpkin seeds, red meat, leafy greens and lentils, plus olive oil, nuts and seeds.

Plenty of plants

A wide range of vegetables, fruit and whole grains, with fibre for good digestion and overall health.

Go easy on sugar

Build meals around protein and healthy fats and avoid constant snacking. People with diabetes are more prone to fungal nail infection, so keeping blood sugar well managed matters.

Step 2 · One good multivitamin (optional)

Rather than taking a handful of separate supplements, we suggest one well-formulated multivitamin. We use **Life Extension Two-Per-Day**. It includes vitamin D3, zinc, selenium, biotin and B vitamins, so you don't need to take these separately.

- **Zinc and selenium** contribute to the maintenance of normal nails.
- **Biotin** contributes to the maintenance of normal skin and hair.
- **Vitamin D** contributes to the normal function of the immune system.



Life Extension Two-Per-Day
Take with food. Use code 70060769 at checkout for 5% off.

View product

Step 3 · Extras, only if they apply to you

EXTRA	CONSIDER IT IF…	
Vitamin D + K2	You don't take a multivitamin with vitamin D, or your doctor finds your vitamin D is low (common in northern countries in winter). **Vitamin K interacts with warfarin and some other blood thinners, so check with your doctor first.**	Vitamins D & K →
Iron	Only after a blood test shows low iron or ferritin. See below. **Never take iron "just in case".**	Iron Protein Plus →
Blood sugar	You are already working on your sugar intake and want extra support alongside your diet. If you have diabetes, talk to your doctor first.	Tri Sugar Shield →
Digestive health	You'd like a bifidobacteria supplement alongside a fibre-rich diet.	Bifido GI Balance →

The same code, 70060769, gives 5% off all Life Extension products. Supplements are not a substitute for a varied, balanced diet and a healthy lifestyle.

Two simple checks worth knowing about

Iron and ferritin

If brittle nails affect several nails and don't improve with good care, especially with tiredness or pale skin, ask your doctor for a blood test of iron and ferritin (iron stores).

Thyroid

If several nails lift with no link to injury or salon work, ask your doctor whether a thyroid check is worthwhile. Thyroid changes can affect nail growth and attachment. It's uncommon, but worth ruling out.

Circulation: getting nutrients to the nail

Especially for toenails, good circulation carries nutrients and oxygen to the matrix. Stay active, walk daily, avoid tight shoes and socks, keep your feet warm, and don't smoke. Even small improvements help.

BEFORE YOU START

WHEN TO SEE A DOCTOR

READ THIS PAGE WHICHEVER PLAN YOU FOLLOW

Most nail problems in this book are not dangerous and respond well to consistent care. But some signs need a professional opinion first. See your doctor (GP), pharmacist or podiatrist if any of these apply.

Get checked promptly if

- There is a **dark brown or black streak** in the nail, a dark mark that spreads into the surrounding skin, or one nail changes colour for no clear reason
- The nail or the skin around it becomes **painful, red, warm or swollen**, or there is pus or discharge
- Redness or infection is **spreading** into the skin of the foot or hand
- The nail deteriorates quickly, becomes severely distorted or comes off completely
- You have **diabetes, poor circulation or a weakened immune system** and notice any nail change

Worth discussing at your next appointment

- You're not sure it's fungal. Psoriasis, eczema and old injuries can look similar, and a nail clipping test can confirm it.
- Several nails are affected and you can't find a cause
- You've followed the plan consistently for 3 months and see no new healthy growth at all
- You're pregnant or breastfeeding, take regular medication (especially blood thinners), or are buying for a child, and want to use a supplement

People with diabetes or poor circulation

Don't cut, file or thin thick nails yourself. Have this done by a foot health practitioner, chiropodist or podiatrist. Check your feet daily, and get any break in the skin looked at quickly.

Using products safely

- Read and follow the label directions on every product.
- Try any new topical product on a small area first, and stop if you notice irritation.
- Don't apply products to broken or bleeding skin.

REFERENCE

YOUR PRODUCT GUIDE

EVERYTHING IN ONE PLACE

PRODUCT	FUNGAL	LIFTING	BRITTLE
Formula 3®	CORE twice daily	CORE once daily (twice if fungus)	CORE once daily
Myrrhage® Nail Serum	RECOMMENDED evenings	CORE evenings	CORE once or twice daily
Clean Sweep®	CORE shoes every evening	—	—
Copper Cloud socks	RECOMMENDED	TOENAILS	—
Two-Per-Day multivitamin	OPTIONAL	OPTIONAL	OPTIONAL

Tap a plan name in the table header to jump to that chapter.

Nail care from Step Right

Shipped from Ireland, with international delivery.

Formula 3®

Antifungal solution in a penetrating oil base, for toenails and fingernails. Apply to the nail plate, the free edge, under the tip and the surrounding skin.

View product

Myrrhage® Nail Serum

Plant-based serum that conditions the nail and cuticle, helping nails look smoother and feel more flexible.

View product

Clean Sweep®

Antimicrobial shoe spray. Spray inside worn shoes each evening and let them dry fully.

View product

Copper Cloud socks

Breathable, moisture-managing copper-infused socks in crew, ankle and no-show styles.

View product

Shop all The Nail Cure products →

Supplements from Life Extension (optional)

Use code 70060769 for 5% off. We earn a small commission at no extra cost to you.

Two-Per-Day multivitamin

Our one recommended supplement. See Chapter 7.

View product

Extras

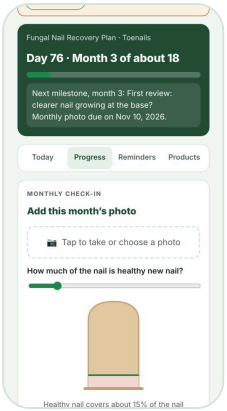
Only if they apply to you: Vitamins D & K · Iron Protein Plus · Tri Sugar Shield · Bifido GI Balance

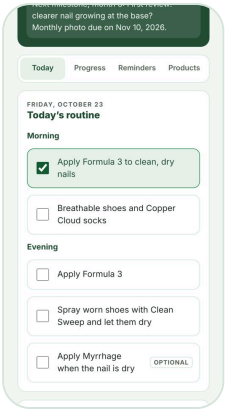
KEEP GOING

YOUR FREE PROGRESS TRACKER

INCLUDED WITH EVERY NAIL CURE BUNDLE

The people who succeed are the people who stay consistent. Our Progress Tracker makes that easy, and it comes free with every Nail Cure bundle.





What it does

- **Daily checklist** for your plan, morning and evening, with your weekly score and streak
- **Monthly photo log** with a side-by-side "then and now" view
- **Reminders** added to your phone's calendar, so you never miss a step
- **What to expect** month by month, and reorder links when a bottle runs low

Your photos and notes stay on your phone. Nothing is uploaded to us.

Free with your bundle

It's included free with every Nail Cure bundle. We'll email you the link with your order.

See the plans →

Getting the most from it

1 Add it to your home screen

It then opens like an app. iPhone: Share, then Add to Home Screen. Android: menu, then Add to Home screen.

2 Take your first photo today

Same angle and daylight each month, with a ruler or coin beside the nail. Month 1 is the photo you'll compare against.

When you're done, read **our closing note**.

THANK YOU

BRINGING IT ALL TOGETHER



Nail problems can feel stubborn, but they are rarely permanent.

You now know what's happening to your nails, why it happened, and exactly what to do about it. When you:

1 Remove the cause

Pause what's damaging the nail, and deal with shoes and socks.

2 Follow your plan

The same simple routine, morning and evening, every day.

3 Support the new nail

Condition it from the outside and feed it from the inside.

4 Stay consistent

Give it at least 3 months before judging, then keep going until it has fully grown out.

...you give your nails the best possible chance of recovering, often far better than you'd expect.

Wherever you're starting from today, we wish you every success.

Ruth Jones DipCFHP & Moncie Evans

Visit www.thenailcure.com →

THE

NAIL CURE

REPAIR · RESTORE · REGROW

STRUGGLING WITH YOUR NAILS?

Fungal infections. Weak, brittle nails. Nails that lift, split or won't recover.

Most nail problems don't fix themselves, and without the right approach they often get worse. The Nail Cure gives you a clear plan to take back control.

INSIDE, YOU'LL LEARN HOW TO

- Recognise what's really happening to your nail
- Recover from gel, BIAB and acrylic damage
- Follow a clear, step-by-step plan for fungal nails, nail lifting and brittle nails
- Support strong, healthy regrowth from the inside and out
- Reduce the chance of problems coming back

BUILT FROM REAL CLINICAL AND SALON EXPERIENCE

Ruth Jones (Foot Health Practitioner) and Moncie Evans (Nail Technician & Educator) combine clinical knowledge with hands-on salon expertise, drawing on hundreds of nail recoveries.

STOP GUESSING. START SEEING REAL IMPROVEMENT.

