Toenail fungus and athlete's foot creams and sprays cost a fortune, and you have to continue using them for weeks and weeks, which usually means you have to purchase additional creams/sprays to continue the treatment... Not anymore though as today I am going to show you how to treat these fungal infections with simple, cheap alcohol mouthwash that can be purchased for less than a $1.

**How To Use Mouthwash To Cure Toenail Fungus & Athlete's Foot**

You will need to purchase a high alcohol antibacterial mouthwash. Listerine is a good choice (more expensive), but any own brand alcohol antibacterial mouthwash will do the job. These mouthwashes combine an antibacterial ingredient and alcohol, which together kill nail/skin fungus and stop it from spreading.

To treat the toenail fungus or athlete's foot - twice a day pour some mouthwash on a cotton ball and clean the affected areas with it and leave to dry if time allows. If time is short, wipe off the excess, sock up and carry on with your day. Be careful not to get the mouthwash on too much unaffected skin, as it can really dry out the skin over several day. ALWAYS WASH YOUR HANDS...
AFTERWARDS!

Repeat the process daily, morning and night and your fungal nail or athlete's foot should clear up in no time, and cost you just one dollar for the mouthwash.

If you'd rather not put mouthwash on your feet, you can try using hydrogen peroxide instead.

(Image from: Wikipedia)