

STRONG + SEXY

Speed Up Your Slim-Down,
Transform Your Body **Now**

IN 15 MINUTES
TONE
EVERY
TROUBLE
ZONE!

Tighter Hips, Butt, Thighs!

10 Power Foods
That Keep You Fit

SPECIAL REPORT
WHY
CARDIO IS
A WASTE
OF TIME

No-Fail
Weight Loss
Genius Tricks to
Beat Any Craving

The Truth
About
Juicing
What's Healthy
What's Hypocritical

BEST
SNEAKER
Find Your New
Fave, p. 102

Clear-Skin
Breakthrough
That Really Works

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DISPLAY UNTIL

Q Can I take care of an ingrown toenail myself?

A Yes, unless it's infected (telltale signs are swelling, redness, warmth and pus). "People who have diabetes, peripheral arterial disease or another circulatory condition should see a podiatrist," says Jeffrey R. DeSantis, a podiatrist with the American Podiatric Medical Association. Otherwise, it's safe to DIY. Most ingrown toenails are caused by poor trimming technique; nails should be cut straight across, the edges rounded with a file. Soaking the toe in a quart of warm water with one tablespoon of Epsom salt for five to 10 minutes a day may alleviate some of the pain and swelling. After you clean the tender spot, apply a topical antibiotic cream and a bandage. If it doesn't feel better in two days, see a podiatrist.