

# 21 DAY CHALLENGE CALENDAR

**1** Are you ready to start your journey?

Starting the treatment is easy! Keep to our 21 Day Calendar and you may get rid of your fungal nail infection in no time.

Count down with us, cross each day away!



**2** Canespro Fungal Nail Treatment is clinically proven to remove the infected parts of the nail in just 2-3 weeks.

What's more, it's recommended by Podiatrists\*.

\*57 Podiatrists surveyed



**3** When did you last enjoy time to yourself?

Soaking your feet for 10 minutes a day as part of the treatment is the perfect excuse! Why don't you pick up that book you've been meaning to read?



**4** The Canespro ointment is applied daily to soften the infected part of the nail so it can be gently removed with the plastic tool in the set, leaving the unaffected part of the nail intact.



**5** Have you been hiding your fungal nail?

On average people have reported to suffer from a fungal nail infection for 12 months<sup>1</sup>.

With Canespro you can get rid of your fungal nail in just 3 weeks!



**6** Be careful not to spread your infection!



Podiatrist Dina Gohil's facts: 'Fungus can spread from nail to nail, skin to nail or person to person through sharing of items.'



Visit [canespro.co.uk](http://canespro.co.uk) to watch Stephen's story.

**8** Have you checked your feet for athlete's foot?



Podiatrist Dina Gohil's facts: 'Most fungal nail infections occur as a result of the fungi that cause athlete's foot infecting the nails.'



Visit [canespro.co.uk](http://canespro.co.uk) to watch Jane's story.

**10** Have you thought about soaking your feet in warm water while doing life admin to make the most of the time?

Don't forget to always dry your feet thoroughly before applying the ointment.



**11** Are you concerned about any changes in your nail and want some reassurance?

To check out how Iain got on with his 21 Day Challenge visit [canespro.co.uk](http://canespro.co.uk)



**12** You're on your feet most of the day but are you guilty of neglecting them?

It's time to give them some well-deserved TLC – treat them to a night on the sofa and a 10 minute soak.



**13** Take steps to prevent infection.

Podiatrist Dina Gohil's facts:



'Fungal nail breeds in moist and closed environments. Cleanliness is essential to preventing the condition.'



**14** You're nearly there, only 7 days remaining! You should be starting to see results.

**15** Damage to your nail increases your chances of contracting a fungal infection.

Podiatrist Dina Gohil's facts:



'People make the mistake of cutting back the nail too far, this can cause trauma, opening the nail bed to infections.'



Visit [canespro.co.uk](http://canespro.co.uk) to watch Stephen's story.

**17** Planning a pedicure?

Podiatrist Dina Gohil's facts:



'Nail salon equipment can be the source of fungal nail infections, make sure any equipment used is properly sterilised.'



Visit [canespro.co.uk](http://canespro.co.uk) to watch Jane's story.

**19** Do you think about the function or just the fashion of footwear?

Podiatrist Dina Gohil's facts:



'Wear well-fitting shoes made of natural materials and clean cotton socks – these will allow your feet to "breathe" and help prevent infection.'



**20** Your fungal nail infection should nearly be gone. Time to start shopping for a new pair of well-fitted shoes, go on treat your feet – you deserve it!

If you have not managed to remove the fungal nail infection please seek advice from a healthcare professional.



**Congratulations – you nailed it!**

Now you have finished your **Canespro 21 Day Challenge** and the infected part of your nail has been removed, your nail will start to grow back and you'll be able to step out in confidence before you know it!

