

(12)

Personal Note to P in England:

Dear P,

10-15-22

If you're still out there...

Howdy! I wanted to follow up on your comment a year or more ago about using Vick's Vapor Rub.

Although I tried it years ago, I kept thinking about your post and decided that I'd try it for longer this time (I've got nothing but time, right?)

Well, ~~it~~ they don't sell Vick's here, they have "Personal Care Vaporizing Chest Rub." I don't know how it compares to Vick's, but among its active + inactive ingredients are: Camphor, Eucalyptus Oil, Menthol, Cedar Leaf Oil, Nutmeg Oil, Thymol and Turpentine Oil.

OK, so I started using it twice per day from Dec. 18, 2021, till I went to the Hole on Feb. 25, 2022. It was then lost and I couldn't buy more till July 2 and have used it twice every day since.

I won't go into details (cause some people think it's gross), but I will say that there have been "changes" and I am hopeful that my nails will eventually grow out normal + healthy.

<fingers crossed>

Good health and happiness to you!

Best wishes,

