

Healthy Habits

HEALTHY HINTS



Cure Fungal Infections Naturally

So you think you have a fungus infection? Or is it a yeast infection? Is there a difference?

Mould, yeast, mildew - they are all fungi. Sometimes the words are used interchangeably. And sometimes the words yeast and fungus are used to describe different stages of the same infection.

Candida is the number one yeast infecting Westerners. Due to our diet and our conventional medical practice of overusing antibiotics (not to mention their use in raising livestock and their pollution of our municipal drinking water) too many of us are dealing with an overgrowth of Candida in our bodies along with bad bacteria. Even when dealing with other fungal infections, like with athlete's foot, a body susceptible to fungal infections always has an abundance of Candida.

Candida begins as a single cell yeast and transforms into hyphae - filaments that bore into your tissues. And Candida doesn't stay in the gut. It can become a systemic infection that feeds off of various organs as it releases enzymes and toxins, creates free radical damage, and kills cells. Vaginal yeast infections are caused by Candida.

Dermatophyte fungi is responsible for athlete's foot, jock itch, fingernail and toenail fungal infections, and ringworm.

Moulds and mildews can cause allergic reactions as well as respiratory infections. Blastomyces, a fungus common and widespread in the Mississippi, Ohio, and Missouri valleys, begins as a respiratory illness but can cause a systemic infection that infects almost any organ. Coccidioides, also known as valley fever and indigenous to dry climates in the Southwest, may cause the most virulent fungal infection. It also begins as a respiratory infection but causes systemic infections that can affect skin, bone, joints, adrenal glands, lymph nodes - even the central nervous system.

It is best to treat fungal infections quickly before they can take root and cause a great deal of damage to your body. Diet is key when dealing with any fungal infection because fungi's primary food (besides you) is sugar. Any kind of sugar (even too much fruit) and simple carbohydrates will feed the fungus, helping it to grow and spread. (For more information on diet, see below).

To treat dermatophyte infections, the following essential oils can be used directly (thought they might burn) or in a water solution to soak the feet for athlete's foot or toenail infections or the hands for fingernail infections, or add 6-8 drops to a tablespoon of coconut oil and rub the skin or nails.

- Tea tree oil

- Oil of oregano
- Neem oil
- Peppermint oil
- Rosemary oil
- Clove oil
- Garlic and apple cider vinegar are also very effective.

Although you will find many sites advising the use of corn starch for athlete's foot or other fungal infections of the skin, DO NOT DO THIS! Corn starch will feed the fungus and make it worse.

To treat systemic fungal infections, you can use many herbs and supplements in a variety of forms including essential oils, teas, tonics, and in some cases, gels.

- Garlic
- Apple cider vinegar
- Aloe Vera
- Clove Oil
- Coconut oil
- Tea tree oil
- Oil of oregano
- Olive Extracts
- Undecylenic Acid
- Grapefruit seed extract
- Diatomaceous Earth
- Probiotics
- Black walnut
- Pau D'Arco
- Wormwood
- Barberry
- Goldenseal
- Coptis Chinensis

Black walnut, Pau D'Arco, and wormwood should not be used when pregnant or lactating.

Coptis Chinensis, Barberry, and Goldenseal are not to be used when pregnant, and limit use to 7 days for adults--3 days for children (followed by 3 days off).