

Fungal/mold infections

Description

Fungus

You can save this to a "Health" email folder for easy access.
Use this as an aide to your research and share with your doctor as appropriate
You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Fungal infections- what may help in order of strength:

lecithin liposomal vitamin C

ozone

iodine (especially molecular like Iorinse)

Candex (especially stomach Candida) mix of digestive enzymes on empty stomach

modified fruit pectin

baking soda (food grade preferred) including under tongue

oil of oregano or oregano

garlic

coconut oil (caprylic acid)

boulardii

nystatin (prescription)

Colloidal Silver

Apple Cider Vinegar

Tea tree oil

olive leaf extract

Undecylenic Acid

Neem oil

megafood high active enzymes

candizyme

alka-vita drops 20-40/day

cayenne

pau d'arco

ginger

tumeric

spirulina

phellostatin

naturalnews.com/047319_yeast_infectious_vaginal_flora_Candida.html#ixzz3Gn1t285t

chlorine dioxide (far safer bleach alternative used for water disinfection)

Taking these internally may kill the fungal infections throughout the body as well.

While possibly very effective, undecylenic acid (and to a lesser extent, apple cider vinegar) may feel like a burn to sensitive skin, but occasional usage doesn't appear to cause damage.

Garlic, tea tree oil, and oil of oregano may cause more irritability. Be cautious in sensitive areas of the body. It may be safest to try a little at a time, build up, and listen to your body. Neem oil and coconut oil may be used as a base for other more irritating ingredients like the tea tree oil or garlic.

A probiotic capsule may work better than yogurt or some other probiotic carrier.

naturalnews.com/047319_yeast_infectious_vaginal_flora_Candida.html#ixzz3Gn2JjEzS

Toe fungus

Vinegar applied daily may kill toe fungus.

Tea tree oil in one study appeared as effective as the prescription antifungal clotrimazole, without the side effects.

consumerreports.org/health/does-tea-tree-oil-work/?EXTKEY=NH64N00H&utm_source=acxiom&utm_medium=email&utm_campaign=20160429_nsltr_healthalertapr2016

Athletes foot

Apple cider vinegar

Garlic

Coconut oil

All three of these common kitchen cures are anti-fungal. Apple cider vinegar and garlic may burn while coconut oil may be soothing, but may not work as quickly or as effectively as the first two.

From nature's medicine chest

Colloidal silver

Essential Oils

Coptis Chinese

Neem oil

Thyme

Propolis

Undecylenic Acid

Learn more:

http://www.naturalnews.com/047326_athletes_foot_Candida_fungal_infection.html#ixzz3UebbuW83

Tea tree oil may be somewhat (50%) effective in treating athlete's foot over a month.

http://www.consumerreports.org/health/does-tea-tree-oil-work/?EXTKEY=NH64N00H&utm_source=acxiom&utm_medium=email&utm_campaign=20160429_nsltr_healthalertapr2016

Liposomal vitamin C may kill fungal infections of the stomach, candida, as well as all viral infections & at least seven different cancers.

Fatigue and Fibromyalgia Solution

p118

Research at the Mayo Clinic showed that over 90% of chronic sinusitis may be immune reactivity to fungal growth in the sinuses. Antibiotics work temporarily against bacterial infections of the sinus, but may make underlying fungal infections worse. Six weeks of Diflucan (fluconazole) 200mg followed by sinusitis nose spray with Bactroban & xylitol may kill bacterial

infection, with low dose cortisol to shrink the swelling, and an antifungal.
Cape Apothecary 410-757-3522 will have the spray, have doctors office call in the prescription, and fluconazole is available at any pharmacy by prescription.
Avoid taking Diflucan with cisapride, erythromycin, pimozide, and quinidine.
Avoid taking Diflucan if you are allergic to other antifungal medicine (such as ketoconazole, itraconazole, miconazole, posaconazole, voriconazole, and others).
Fluconazole appeared to increase miscarriages and birth defects in multiple studies. A topical imidazole, such as clotrimazole or miconazole, may be safer.
Association Between Use of Oral Fluconazole During Pregnancy and Risk of Spontaneous Abortion and Stillbirth

Ditte Mølgaard-Nielsen, MSc1; Henrik Svanström, PhD1; Mads Melbye, MD, DrMedSci1; Anders Hviid, MSc, DrMedSci1; Björn Pasternak, MD, PhD1
JAMA. 2016;315(1):58-67. doi:10.1001/jama.2015.17844.

Dr. Jacob Teitelbaum

Dr. Jacob Teitelbaum also suggests avoiding sugar which triggers candida growth. He also says yeast does not necessarily increase candida growth & to see for yourself. He says probiotics help to lower candida as well. He also recommends lauricidin, which is an extract from coconut oil. Since caprylic acid, capric acid and lauric acid all come from coconut oil & help against candida, it may make more sense just to use coconut oil unless one has a sensitivity.

My take:

The spray sounds safe when used as needed rather than daily, especially because this doctor has long experience prescribing & using it himself.

As far as taking six weeks of Diflucan, it may cause long QT syndrome, which can cause heart attacks, especially if taken with another medication that also triggers it. It's may damage the liver, a very serious side effect. In multiple studies it appeared to increase miscarriages for pregnant women. I have taken it before & it killed my candida of the gut until the candida evolved to be immune but I only took it as needed, once every couple weeks. I eventually used it in rotation with a bunch of other treatments listed below, until I found the treatments- Candex or liquid liposomal vitamin C -that killed it without fail even after years of usage. Since liposomal vitamin C gets into all cells, it may be the treatment that will kill candida everywhere, not just the stomach.

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The other things that helped my candida of the stomach that might help systemically. Both the Candex & the liposomal C killed my stomach candida without fail, but most of the treatments have to be rotated to keep the candida from evolving an immunity. If it does that treatment can usually be rotated back in after three months. My experience is with these treatments for

candida of the stomach, so some (especially Candex) may not work systemically.
Candex (a mix of fiber digestive enzymes) taken daily worked permanently

liposomal vitamin C (liquid) taken daily worked permanently
baking soda worked for a couple months
oregano worked for a couple months
boulardii, a probiotic, worked for a couple months
vinegar triggered my candida, but it's supposed to help stop it
garlic works as a food
olive leaf
pau d'arco
spirulina
coconut oil has caprylic acid
colloidal Silver
tea tree oil
undecylenic Acid
neem oil
apple Cider Vinegar
megafood high active enzymes
candizyme
alka-vita drops 20-40/day
cayenne

Thrush (mouth)

Baking Soda

You can put a ts of baking soda in a glass of water (8oz), & swab the water on the insides of a baby's cheeks, gums and tongue after nursing, and one tb of vinegar in a glass of water or the baking soda solution for nipples after nursing .

Plantain (psyllium) seeds

You can soak them overnight & use the gell on thrush.

Acidophilus tablets

You can break them open & use the powder.

Calendula tincture

Text from Thrush remedy – LearningHerbs

Read More at <http://learningherbs.com/remedies-recipes/thrush-remedy/>

Modified fruit pectin (MFP)

MFP appears to help bind & remove mold from the body, as well as heavy metals and to protect against cancer metastases especially after cancer surgery to resect tumors.

dreliaz.org/2023/05/mold-toxins-a-hidden-threat-to-health-and-vitality/?utm_source=campaign&utm_medium=email&utm_campaign=eliaz_may23_nl_moldtoxins&_kx=-M78pb-uuzNd8vXkxaP9-g6tFsd7SLPLEo0VRtHY3oM%3D.Syeesf

Category

1. Uncategorized

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biggs

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