

# Candida and Fungus

## Ocotea how to pronounce it (oh-ko-teh-ah) #3556

Here's what Gary shared on candida and strep elimination. 3 months ago they started a research project on 88 of the children at the school in Ecuador. They all had parasites and 36 of them also had candida. They mixed 1 drop of Ocotea with 8 oz. of water. Then they gave 1 oz portions of this mixture to the children (daily?) . It killed both the parasites and the candida.

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## Candida (intestinal) Two Powerful Fungus Fighters

Most powerful weapons for fighting intestinal fungal infections such as Candida are FOS [fructooligosaccharides] and L.acidophilus cultures.

FOS has been clinically documented in dozens of peer-reviewed studies for its ability to build up the healthy intestinal flora in the colon and combat the overgrowth of negative bacteria and fungi.

Acidophilus cultures have also been shown to combat fungus overgrowth in the gastrointestinal tract. Life 5 is an excellent source of L. acidophilus cultures, and Stevia Select is a superior source of plant-derived FOS

## Acid/Alkaline balance--Fungal Infections (Candida)

Fungi and yeast feed on decomposing or dead tissues. They exist everywhere: inside our stomachs, on our skin and out on the lawn. When kept under control, the yeast and fungi populating our bodies are harmless and digest what our bodies cannot or do not use.

When we feed the naturally-occurring fungi in our bodies too many acid-ash foods, such as sugar, animal proteins, and dairy products, the fungi population grows out of control. This condition is known as systemic candidiasis and is marked by fungi invading the blood, gastrointestinal tract, and tissues.

Fungal cultures like Candida excrete large amounts of poisons called mycotoxins as part of their life cycles. These poisons must be detoxified by the liver and immune system.

Eventually they can wreak enormous damage on the tissues and organs and are believed to be an aggravating factor in many degenerative diseases, such as cancer, arteriosclerosis, and diabetes.

Insufficient intake minerals and trace minerals like magnesium, potassium, and zinc may also stimulate Candida and fungal overgrowth in the body.

## Symptoms of Systemic Fungal Infection:

- \* Fatigue/low energy
- \* Overweight
- \* Low resistance to illness
- \* Allergies
- \* Unbalanced blood sugar
- \* Headaches
- \* Irritability
- \* Mood Swings
- \* Indigestion
- \* Colitis and Ulcers
- \* Diarrhea/constipation
- \* Urinary tract infections
- \* Rectal or vaginal itch

## Seven Tips for Combating Systemic Fungal Infections

- 1 Use both probiotics and prebiotics. Probiotics like Life 5 are supplements containing live cultures of beneficial bacteria such as acidophilus and bifidus. Prebiotics include supplements like Stevia Select that help feed them, but do not include any live bacteria.
- 2 Avoid yeast-promoting (acidic foods) foods such as meats, sugars, dairy products, mushrooms, and pickled and malted products.
- 3 Eat an alkaline diet. The optimum ratio should be 4 parts alkaline-ash food to 1 part acid-ash food. Garlic is excellent for controlling fungi and yeast. Other high-alkaline, fungus-inhibiting foods include green and yellow vegetables, beans, and whole, uncracked nuts. MultiGreen is a high-energy, mineral rich alkaline supplement and AlkaLime is an extremely alkaline complex of mineral salts.
4. Avoid excessive use of antibiotics. Antibiotics wipe out the beneficial bacteria in our bodies while leaving the mycotoxin-generating yeast and fungi intact.
- 5 Avoid stress. Emotional turmoil stresses the immune system and opens the door for fungal overgrowth. This is why Type A personalities are especially vulnerable to Candida. Reduce stress by diffusing or inhaling essential oils such as lavender, lemon, or Peace & Calming

- 6 Healthy thyroid function can counteract Candida overgrowth.
- 7 Use digestive enzyme supplements, such as Essentialzyme supplement to maximize protein assimilation. Inadequate digestion of protein can worsen Candida overgrowth and amplify symptoms. Drink a lot of water with your Enzyme so they can be absorbed.

### Thrush a form of Candida

Thrush is a fungal infection of the mouth and throat marked by creamy, curd-like patches in the oral cavity. Even though it appears in the mouth, thrush is usually a sign of systemic fungal overgrowth throughout the body. Swelling of the tongue is a sign with white bumps. Plus the lips may swell with weepy sores all around the mouth. Even a feeling of fuzz can be detected in the back of the throat is Candida.

Candida can be all over the body, toes, toenail, fingernails, web effect between fingers, groin area.

Skin can become brilliant red with scaly patches. Beside invading the inside of the body it especially

like to grow in the intestinal track when the intestinal flora is low. Candida grows in the absent of amylase, low thyroid. If the digestion not working proper then it is a host for anything to set in.

Fat creates a feeding ground for Candida. Fermentation is a sign of Candida. When you have that bloated

feeling after eating a meal that is a sign of Candida. When you pass gas and you have to hold your nose

that is Candida because of the fermentation. Gas with no smell no Candida. BM with acid smell, another sign of Candida

When the body has normal enzymes the gas will be odorless which is normal. Deficient of enzymes causes the boating which is fermentation.

### Supplementation:

#### True Source:

Green capsules has broccoli powder, spirulina, chlorella, and barley grass extract to support normal cholesterol levels and promote healthy blood pressure.

Purple capsules contain wolfberry, pomegranate, and grape supplying polysaccharides,

ellagic acid, and resveratrol for vision, antioxidant support, and cardiovascular health.

**Yellow capsules** vibrant yellow and oranges from curry, and citrus (tangerine and orange) Vitamin E and C, beta-carotene, lycopene, and selenium for protection from harmful free radicals and to support healthy immune function.

### **Inner Defense:**

Featuring the immune-boosting power of Thieves essential oil blend and the added benefit of essential oils like oregano and thyme, Inner Defense offers crucial support when the body is stressed. Inner Defense strengthens the immune system and energizes systemic defenses, particularly for those with a weak immunological response. A great complement to any nutrition regimen or daily routine, just take one easy-to-swallow gel capsule daily and enjoy the immune-boosting benefits. Inner Defense removes Candida. Take 3 capsules a day for Candida. Some people can only handle 1 capsule a day. For maintenance take one Inner Defense and 1 Longevity.

### **LIFE 5: HI-POTENCY PROBIOTIC**

Probiotics (meaning "for life") are sometimes know as healthy intestinal flora, or beneficial bacteria, and have long been used to culture yogurt, sauerkraut, and other fermented foods.

Recently, science is revealing that probiotics are more vital than anyone ever imagined and are especially beneficial for the bowel. Many don't realize that the bowel is the source of core health and vitality. It is there that the all-important transfer of nutrients to the bloodstream takes place. It is also the command center of the immune system and eliminator of waist products. For the bowel to work properly a partnership with billions and billions of probiotics is necessary for every critical intestinal function.

Young Living's new LIFE 5 provides five of the most clinically proven and advanced probiotics, including three super-strains that represent the most health promoting and visable stains ever prepared in a supplement. It can be taken daily or intensively at onset, or during or after illness to boost the immune and support recovery. It is especially important after taking any antiboitics or suffering any gastrointestinal distress.

Life 5 may be used by healthy children and adults to help maintain optimal well-being. Research indicates that those concerned with proper digestive function will benefit from taking Life 5. Life 5 may also be taken by those who wish to improve nutrient absorption, incrase energy levels, and improve immune health.

Life 5 builds and restores core intestinal health.

## What to expect from a probiotic supplement?

1. **Greater energy:** Probiotics assist the body in manufacturing important B vitamins and improving nutrient absorption
2. **Improved immunity:** Probiotics, especially the super-strain (LA-14), have been shown to be a tremendous support to immune function.
3. **Intestinal Health:** By partnering with the intestines, probiotics can enhance virtually every body system, but they also support normal elimination, improve digestion, and reduce yeast.

## What Makes This Product Unique?

Life 5 represents the culmination of years of extensive research. Here are just a few of the things that make it the superior choice:

1. **Active and viable cultures.** Life 5 uses hearty probiotic strains and is not subjected to heat during preparation and storage.
2. **Clinically proven strains at the proper amounts.** The strains in Life 5 represent some of the most proven health-promoting strains (e.g., *L. acidophilus* {LA-14}, *Howaru Rhamnosus*, *Howaru Bifido*, *S. thermophilus*, and *B. bifidum*).
3. **Strains proven to adhere and colonize in the intestines.** The probiotics in Life 5 were chosen specifically for their tendency and ability to colonize in the bowel and out-compete harmful bacteria. Plus, Life 5's proprietary blend contains ingredients shown to improve adherence of beneficial bacteria up to 10 times.
4. **Super strain proven to boost immunity, improve nutrient absorption, and relieve bowel distress**(e.g., *Howaru Bifido*, *Howaru Rhamnosus*, and *L. acidophilus* {LA-14}).

## HOW TO USE:

Take 1 capsule every night following a meal, or as needed. For severe candida 5 capsules at night 2 hours after meal. Can take up to 10 capsules

## Detoxzyme:

Detoxzyme's is formulated with trace minerals that help the body detoxify itself, reducing cholesterol and triglycerides. It helps in opening the gallbladder duct and cleansing the liver, preventing Candida and yeast overgrowth, and promoting general detoxification. It also helps to regulate the pH level and reduce acidification and parasite colonization and infestation. It helps digest starches, sugars, proteins and fats.

## Polyzyme:

Polyzyme's prevent putrefaction in the intestines that can lead to allergies, liver stress, and toxic blood. Great for tissue repair and muscle formation.

## Essentialzyme:

**A high-quality enzyme complex that may improve and aid digestion and the elimination of toxic waste from the body..**

**Essentialzyme was formulated to help supply enzymes to those who have difficulty digesting or assimilating food. Essentialzyme helps reestablish proper enzyme balance in the digestive system and throughout the body and helps improve intestinal flora. It may also help retard the aging process.**

**If you bloat after a meal this is also telling you that you need enzymes because of the fermentation in the intestinal track.**

**Drink a lot of water when taking the enzymes so you will have tissue saturation.**

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### **JuvaPower:**

**Need to take JuvaPower 2 Tbs. in the morning to absorb the excess acid that the body accumulated over night. By absorbing the acid it prevents the acid from going back into the blood stream. You can take it before breakfast or after and again before bedtime. It helps to raise the pH in the water. If you are stiff and aching and hard to get out of bed, then your body is telling you that your are acidic. You can also use GLF to support the Liver.**

### **ComforTone:**

**ComforTone a high-powered herbal laxative complex of bentonite, apple pectin, and herbal extracts that may relieve constipation, enhance colon and digestive functions, and dispel parasites and toxins. ComforTone can help eliminate parasite from the body, break up along the colon wall, and relax the intestinal spasms. It also contains ingredients that are beneficial to liver, gallbladder, and stomach health.**

**If you are not having a moving experience then you need to increase comforTone 5-30 night and morning and add 10 detoxyzmes a day. Use Essentialzyme in between 3-4 times a week.. Increase your water intake and avoid using ICP until the system is open then start ICP with the ComforTone. To soften the stool, take MegaCal or Mineral Essence. If constipated is real severe take 2 Tbs. MegaCal night and morning. Drink 10 glasses or more of water. By drinking a lot of water with your supplement your body will be able to absorb them better. That way you will have tissue saturation.**

### **ICP:**

**helps keep the colon clean with an advanced mix of fibers that scours out residues. A healthy digestive system is important for proper functioning of all other systems because it absorbs nutrients that are used throughout the body. ICP is like a broom after ComforTone**

**ICP absorbs more acid at night time then JuvaPower. Take 2 Tbs. at night. Now for serious**

conditions you can take 2 Tbs. night and morning along with JuvaPower. The fibers of ICP helps to decrease the buildup of wastes, improve nutrients absorption and help maintain a healthy heart. ICP provides 3 grams of soluble fiber and 1 gram of insoluble fiber per serving. ICP is very powerful to take at night because of the fiber it contains. If you have a lot of toxic waste sitting the colon over night it causes the gases to leak through and it goes to the brain causing Leaky Gut Syndrome which in turns causes Candida. It makes a person feel sluggish, brain fatigue and brain fog. Plus you don't feel like getting out of bed.

### Alkalime:

- AlkaLime is a precisely balanced alkaline mineral & essential oil powder formulated to safely balance the acidity of the digestive system. This is important because a balanced pH allows the body to maintain vigor & health. This formula helps counteract overconsumption of processed sugars and foods that may turn to sugar in the body such as pasta, bread, and processed corn products.

Use AlkaLime before breakfast to set the pH in the morning along with lemon which also helps set the pH for the day. By boosting blood alkalinity, yeast and fungus are deprived of the acidic terrain they require to flourish. The effectiveness of other essential oils is enhanced when the body's blood and tissue are alkaline.

AlkaLime helps to reduce the following signs of acid-based yeast and fungus dominance:

Fatigue/low energy—unexplained aches and pains—overweight conditions—low resistance to illness— allergies—headaches—irritability/mood swings—indigestion—colitis/ulcers—diarrhea/constipation//urinary tract infections—rectal/vaginal itch--Candida.

### MultiGreen:

Increase the oxygen in the body, adds trace mineral and with the power of melissa oil it supports blood sugar levels and neutralize the acid, creating a natural pH balance.

Clinical experience has shown that before putting essential oils in the MultGreens formula there was 42% blood absorption in 24 hours. After adding the essential oils to the formula, blood absorption increase to 64% in 30 minutes and 86% in 1 hour. The conclusion was that the cells were now receiving nutrients that they had previously not been able to assimilate. The oils are the catalyst of the delivery system within the supplements

### NingXia Wolfberries:

The high polysaccharide and fiber content of the NingXia Wolfberry can promote the growth of beneficial bacteria in the gastrointestinal system. Diets high in protective vegetable fibers such as those in the wolfberry results in higher levels of health-giving Lactobacilli cultures and reduced populations of damaging cultures like Clostridium perfringens.

One of toughest achievements in the development of superfood is creating a blend of juices that do not stimulate yeast and fungus overgrowth in the gastrointestinal system.

So by combining proven antifungal agents such as pomegranate with low-dextrose, low-glycemic, high-polysaccharides fruits such as Ningxia wolfberry, raspberries, and blueberries, here is a juice blend that would discourage the overgrowth of yeasts rather than promote them.

Wolfberries has been documented to prevent liver damage. With the low pH add water to the juice to bring up the pH. Eat wolfberries with your cereal in the morning to block cortisol and neutralize acid. Wolfberries are the supper food of the world

### Essential Oils of Thieves, Purification, Eucalyptus Blue, Exodus II

- With the oils that are in Thieves they have the anti-fungal action.
- study showed that by diffusing Thieves 12 minutes there was a kill rate of 99.96% on the gram negative *Pseudomonas aeruginosa* (pneumonia). Pneumonia is a form of Candida or mold.
- The oils in Purification are also antifungal
- Eucalyptus Blue can be used for respiratory viral infections like (SARS), pneumonia and new mutations, other respiratory problems. Pneumonia is a form of Candida.
- Coughing is related to Candida use 10 drops Eucalyptus Blue to open the lungs and throat.
- Exodus II works on the anti-inflammatory conditions and is immune-stimulating and anti-microbial.

### Candida Blend

5 drops lemongrass

4 drops thyme

4 drops tea tree

2 drops manuka.

(Note this blend is not recommended for those with estrogen sensitive cancers.)

Apply as needed for massage. 3-4 drop on the thymus, 3-4 drops on bottoms of feet, and 5-10 drops on the stomach. 2x's daily.

### Skin Candida Blend

2 drops manuka

10 drops tea tree

1 drop oregano

4 drops lavender

2-4 drops over affected area, 2-4x's daily. Saturate a gauze with EO's and apply to affected area and wrap to hold in place.

RDT along the spine with oregano, thyme, or hyssop, helps drive the dormant fungi out of the spinal fluid.

### Yeast Infection:

**in a douche add**  
**7 melaleuca**  
**2 lemongrass**  
**5 drops mtn. savory**  
**mix and add carry oil douche or apply to tampon**

**OR**  
**2 rosemary**  
**2 lavender**  
**2 melaleuca**  
**1 Tbls. V-6**

**Mix and apply to tampon keep in all night**

### **Full body massage:**

**10 cinnamon**  
**10 clove**  
**10 melaleuca**  
**1 oz. V-6**

**apply to body once or twice a day**

**Also what else that works great is Protec. Appy to tampon and use over night.**

### **Testimonies**

#### **Toenail Infection**

**Gary suggested Eucalyptus Blue and Rosemary**

In 2004 I wrote about my experience of using Melrose to ward off infection and speed the healing of small cuts on my fingers from my work as a hairstylist. At that same time, I began to use Melrose, [Lemongrass](#), or Melaleuca Alternafolia (depending on whatever I decided for the day) to see if I could get rid of a fairly advanced fungal infection under 4 toenails which had developed about 10 years earlier while hiking in Nepal for three weeks in damp boots. When I started using the oils, about 2/3 of each nail on the large toes had disattached from the nail bed. They were only slightly itchy and uncomfortable but I was concerned about loosing the nails altogether.

The good news is that the fungus apparently stopped in it's tracks because the itchy, discomfort stopped within the first few applications and the nails were all normally

attached with no signs of fungus in about the same amount of time it takes a nail to replace itself under normal circumstances. I have had no re-occurrences since that time.

The other REALLY good news is that so many clients at our hair salon, as well as other friends and acquaintances, were interested in our oils and other YL products that in just a few short years, one of the salon owners and I were able to 'close up shop' because our Young Living businesses had grown enough to replace that income! None of this would have been true except that our Young Living products and business plan work!

Jan Meredith

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Paulette shares this experience on toenail fungus:

One of my distributors had toenail fungus for several years, which was getting worse year by year. She was getting scared she would lose her toenail, because it was getting white and crumbly.

In December she received her 12 ancient oils and started using them. The nice smelling ones she used on her shoulders and the not so nice smelling ones on her feet. 2 on the shoulders and 2 on the feet morning and night alternating the oils until she used up all 12.

In January she noticed her fungus had disappeared. This week she went to her regular person who looks after her feet and corns. He could see no signs of fungus in any of her toes.

Cassia, Spikenard and Myrrh are anti fungal. She just used all the oils and had benefits where she did not expect it. She was not concentrating on the toe nail, she just wanted to use the oils.

Hope this helps.

Have a great day

Paulette

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My male friend had the same toenail fungus. We researched the Essential Oil Manual and the oil testimonial website which both recommended Thieves and Purification and the Animal Scents Ointment. In about the same amount of time - a month - the fungus disappeared after daily use of the Oils & Ointment. The Thieves turned the toenail fungus area brown and it kept getting better from there and grew out. My friend did not want to take those prescriptions which are toxic to the liver or the ointment creams which we had heard do not work and are a waste of time and money. THANK GOODNESS for the WONDERFUL YL ESSENTIAL OILS. So many of the YL Essential Oils are anti-fungal and their benefits overlap for many purposes. Thank You for Sharing Your Story ! Marguerite

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