

## Natural treatment of Candidiasis with Essential oils

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Many people are looking to alternative or natural ways to treat candida infections.

Candida albicans are a form of yeast that normally lives in our stomachs and intestines. Problems arise when the candida organism proliferates to a number where they are out of control and an infection can occur.

Often times it is seen in the oral lining (mouth) where it is known as 'Thrush' or in the vaginal and anal areas. Yeast infections can be very itchy. These over growth infections occur most often after a course of antibiotics, because the normal bacteria that keep the number of yeast under control were killed off.

Persons with uncontrolled diabetes may also be troubled with candidiasis. Candida yeast loves a highly sugar environment. The sugary environment makes the yeast grow and then you end up with an infection.

When this organism gets way out of control and it can become a systemic infection. It may lead to nausea, headaches, depression, abnormal fatigue and more serious complications.

It is thought people suffering from chronic fatigue are affected by Candida.

As most folks know eating yogurt or adding other probiotics to your diet will help to keep the good bacterial flora in the intestinal system.

Using a few essential oils in a mouth rinse, douche or in a bath for a few days may get you started on controlling the numbers of candida yeast present. This may help to get the problem of candidiasis under control so your own immune system and body can keep them in check.

Essential Oils that maybe useful include:

Eucalyptus, Tea Tree, Cajuput, Lavender, Lemon, Lemongrass, Myrrh, Rosemary, Geranium, Peppermint, Roman Chamomile and Patchouli

Myrrh is used for many types of mouth problems and adding a drop in a couple ounces of warm water and swishing around and rinsing your mouth a couple times a day will bring relief.

Any of the above listed essential oils can be used in a mouth rinse. Remember only 1 drop in 2 ounces of water. If possible hold the mouthwash in your mouth for a minute or two before spitting out. Do not drink; this is for rinsing your mouth only!!

If you are troubled with a vaginal or perianal infection, the following recipe can be used as a Sitz bath or as a douche.

2 Tablespoon Vinegar,  
3 cups lukewarm water,  
2 drops Lavender  
2 drops Rosemary  
2 drops Tea Tree  
1 drop Geranium

Use Once daily. If no improvement after several days, you should seek further medical attention.

If you are troubled by repeated bouts of candida infections you need to seek medical care to treat a possible systemic candida infection. Do not try to treat this on your own.

NOTE about Candidiasis in Babies and Children less than 5 years old:

Do not attempt to treat "Thrush or Diaper Rash that is caused by yeast in babies and young children with essential oils. This requires the attention of a licensed medical professional.

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