

## Essential Oils that have Anti-fungal properties

There are several essentials that work great against many of the little fungal microbes we are exposed to every day. Using essential oils in surface sprays will help to keep them under control.

Please know that there are many different types of fungi and some essential oils work better on some of them. But you have to know the species of fungi you are dealing with to be the most effective.

Fungal infections have a tendency to be chronic problems such as the case with athlete's foot or candidiasis. You need to find out why the repeated infections are occurring and make changes to your eating or daily hygiene habits.

The best known essential oil for general fungal infections is Tea Tree. But there are others that are better for general fungal infections and they are: Basil, Cinnamon, Clove, Fennel, Rosemary, and Thyme. For really stubborn infections: Oregano - but this one can be a bit too strong for continued use for long established infections.

The list of others that may work include the following:

Allspice	Eucalyptus radiata	Marjoram sweet
Angelica	Eucalyptus citriodora	Myrrh
Bay	Frankincense	Neroli
Bergamot	Geranium	Orange, Sweet
Black Spruce	German Chamomile	Palmarosa
Cajuput	Helichrysum	Patchouli
Cedarwood	Juniper Berry	Peppermint
Citronella	Lavender	Pine
Clary Sage	Lavandin	Roman Chamomile
Coriander	Lemongrass	Sage
Cumin	Lime	Sandalwood
Elemi	Mandarin	Spikenard
Eucalyptus globulus		Tagetes

The nature of fungi to produce spores and other hair-like protrusions that grow into tissue make them very hard to destroy. Using essential oils for fungal infections can be a long and painstaking regimen (but then so is the use of prescription medications that can be detrimental to your liver, etc).

When dealing with fungal infections you will need to be diligent and consistent. Use essential oils daily at the appropriate dilutions and continue to use until the infection is totally gone for several days to even weeks beyond any active infection is seen. At least with essential oils you will have few if any side effects.

If you know what the specific fungi causing the infection and would like to know what specific essential oils may be better. Please send us an e-mail and we'll let you know if there has been testing done for that particular fungus using essential oils and what might work best for you.

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