

# Anti-Fungal Herbs

- Aloe Vera
- Black Walnut
- Caprylic Acid
- Cloves
- Garlic
- Goldenseal
- Grapefruit Seed
- Olive Leaf Extract
- Oregano Oil
- Oregon Grapes
- Pantethine
- Pau d'Arco

## ALOE VERA

### Aloe Vera and Candida

**Aloe Vera Juice** is an excellent health tonic that can and should be included in your healthy lifestyle.

It's a helpful addition to any Candida elimination diet (or your ongoing Candida prevention plan), and also contains significant amounts of amino acids, enzymes, vitamins, minerals and antioxidants.

Aloe is gentle on the body, yet has powerful properties to get your Candida under control and stimulate your immune system. It acts as an anti-fungal, anti-viral, anti-bacterial and anti-inflammatory.

### How does Aloe Vera work?

Candida thrives in an acidic environment, but Aloe Vera counters this with an alkalizing effect on the body. A lower pH level is optimal for a number of different functions in your body - the immune system, absorption of nutrients, and elimination of toxins. Aloe is also great for general intestinal health. It contains enzymes that help break down fats, sugars, and starches, and promotes the growth of healthy bacteria in the intestine.

The Candida yeast breeds in your intestine when transit time is too long, but Aloe can help by alleviating constipation. The colon is another point in your body where toxins collect, and Aloe's mild laxative effect loosens the toxin buildup and flushes it through your system. Moreover, Aloe Vera repairs and seals your intestinal wall, which stops Candida from actually penetrating through into your blood stream.

Aloe Vera is a great detoxifier for the entire body, but especially for the overburdened liver - the organ that cleans the Candida by-products from your blood.

### How do you take Aloe Vera?

Aloe Vera juice can be found at any health food store. If you don't like the taste, you can add a squeeze of lemon. Alternatively, it also comes in concentrated capsule form. Dosage should be a maximum of quarter of a cup a day. You can start with half the dose to make sure it doesn't cause any stomach cramps.

## **Aloe Vera Side Effects**

Prolonged use of Aloe Vera can produce allergies such as hives or rash with some people. Those People with heart disease, kidney disease, thyroid disease, or electrolyte abnormalities should avoid taking Aloe Vera.

## **BLACK WALNUT**

### **Black Walnut and Candida**

In one recent study, **Black Walnut** husks were shown to combat Candida better than any anti-fungal drug. Black Walnut is now found in many over the counter Candida cures, but is also available in concentrated form.

The bark, husk and leaves of the Black Walnut tree have been used as medicine for centuries in North America - the bark for toothache, the inner bark as a laxative, the juice for ringworm and the leaves for bedbugs and mites.

If you can't find Black Walnut in supplement form, look for a Candida supplement like Candida Clear. This contains Black Walnut, Caprylic Acid, Oregano Oil and Pau D'Arco.

### **How does Black Walnut work?**

Black Walnut contains natural tannins that kill parasites, yeast and fungus. Similarly, it is well known in the horticultural world as a danger to other plants.

It alters the pH of your intestine, making it more alkaline and killing parasites and yeasts that prefer an acidic environment. It also contains a chemical named Juglone, which has some antibiotic and antifungal effects.

Other benefits of Black Walnut are in attacking worms and yeast infections. It may also help with lowering blood pressure, thyroid problems, diarrhea, sore throats and asthma.

### **How do you take Black Walnut?**

For Candida, the best form of Black Walnut to take is the husk (or hull). The nut is harvested when green and then soaked to remove the husk. It is then soaked and the extract removed. It is as an extract that Black Walnut is most effective.

Black Walnut extract is usually sold as a tincture, or alcoholic solution. Don't worry about the alcoholic effect - it is used in such small quantities that this effect is minimal.

### **Who should not take Black Walnut?**

Those who have existing liver or kidney conditions should be careful with Black

Walnut as it may irritate these organs. Pregnant or breastfeeding women should also avoid taking it, as should those with gastrointestinal conditions other than Candida.

## **Black Walnut Side Effects**

No side effects have been reported in humans taking Black Walnut. It does however contain high levels of tannins, chemicals that have previously been associated with damage to the liver and kidneys.

## **CAPRYLIC ACID**

### **Caprylic Acid and Candida**

Caprylic Acid (or Octanoic Acid) is an anti-fungal agent found naturally in coconuts and breast milk. In the commercial world, it is found not only in Candida cures but also dyes and perfumes.

Caprylic Acid is used in treatments for a variety of conditions, including fungal, yeast and Candida. It is a mild, naturally occurring chemical that can easily be added to your Anti-Candida diet.

You can buy Caprylic Acid in capsule form, or you can buy the coconut oil and eat that instead. Just buy a jar and take one tablespoon 1-2 times a day. You can even use it as a night-time moisturizer too!

### **How does Caprylic Acid work?**

It is unclear how Caprylic Acid works, but repeated studies have shown its effectiveness against Candida. However, you must be careful to buy the special 'time-release' formulas that allow for delayed release throughout the intestine. This is because Caprylic Acid is very easily absorbed by the intestine.

### **How do you take Caprylic Acid?**

You can buy Caprylic Acid in capsules (which have a slightly rancid taste), or you can buy coconut oil instead. Just buy a jar and take one tablespoon 1-2 times a day.

### **Who should not take Caprylic Acid?**

Pregnant or breastfeeding women, children and those prone to stomach upsets should not take Caprylic Acid. If in doubt, consult your doctor.

### **Caprylic Acid Side Effects**

It may sometimes cause mild gastrointestinal complaints, like nausea or diarrhea.

# CLOVES

## Cloves and Candida

Studies have shown that **Cloves** can suppress Candida both in the mouth and the intestine. As with many other spices, they have been used to treat a variety of ailments through the ages, including indigestion, diarrhea, hernia, and ringworm.

Cloves come from the evergreen clove tree, indigenous to Indonesia but now found around the world. The earliest use of cloves was by subjects of the Chinese empire in 200 BC, requested to chew on cloves to freshen their breath before addressing their emperor.

## How do Cloves work?

Along with their other medical benefits, cloves are also a powerful anti-fungal agent often used to treat athlete's foot and other fungal infections. In a 2005 paper, Clove oil was found to be highly effective against *Candida Albicans* and a variety of other fungi.

The constituents of clove oil are eugenol, eugenyl acetate, caryophyllene and isocaryophyllene, of which eugenol is the active ingredient. Its antiseptic properties allow it to kill the Candida yeast, while it also boosts your immune system.

## How do you take Cloves?

Clove extract is most effective in the form of an oil. Add 15 to 30 drops in warm water and take this tea 1-3 times daily. Be sure to dilute it - clove extract is actually quite a powerful substance.

Clove oil also blends quite well with other essential oils, e.g. basil essential oil, rosemary essential oil, rose oil, cinnamon essential oil and grapefruit essential oil. Feel free to mix it up a bit to make your tea more palatable!

## Who should not take Cloves?

Check with your doctor regarding the use of clove oil during pregnancy or breastfeeding. Also take advice if you are seriously ill, especially with a gastrointestinal problem. Some may have an allergic reaction to cloves so start with a small dose. Those with an allergy to Balsam of Peru may also have a clove allergy.

## Cloves Side Effects

Cloves are a powerful spice and should never be taken in large quantities. If consumed in too great a quantity, especially in an undiluted oil, the following side effects may be experienced:

- Vomiting
- Sore Throat
- Seizure
- Sedation
- Difficulty breathing
- Hematemesis
- Kidney Failure
- Liver damage
- Erectile dysfunction
- Prolonged ejaculation
- Seizure
- Stomach irritation

If you are careful with your dosage and start small, you should have no problems with cloves or clove oil.

## **GARLIC**

### **Garlic and Candida**

Garlic has a host of health benefits. Importantly for combating Candida though, it contains anti-fungal substances that kill off the Candida yeast. Garlic should be a part of any Candida treatment.

Garlic is perhaps the most ancient remedy there is. An Egyptian papyrus from 1500 BC lists 22 separate recipes and treatments containing Garlic!

It has been used by doctors throughout the ages, particularly before the dawn of modern medicine. If anything, its use as a cure has declined, but its effectiveness is unchanged.

### **How does Garlic work?**

As a powerful natural antiseptic, garlic can cure inflammations of the stomach and intestine, including the Candida yeast. But unlike other more powerful treatments, garlic destroys unfriendly bacteria while preserving and boosting the good bacteria in your digestive system!

Although no tests have been performed on garlic and Candida in humans, a study on mice infected with the Candida yeast found that garlic completely eliminated a serious outbreak within 2 days.

### **How do you take Garlic?**

Garlic products are made from whole fresh garlic, fresh or dried garlic cloves, garlic powder made from the dried cloves, freeze-dried garlic, or oil garlic extracts.

Each type contains different levels of the active ingredients, so make sure to read the ingredients. Here is a basic run-down of the recommended dosage for each type:

- **Garlic cloves:** 2 to 4 grams per day of fresh, minced garlic clove
- **Garlic Tablets:** 600 to 900 mg daily, freeze-dried garlic standardized to 1.3% alliin or 0.6% allicin
- **Garlic Infusion:** 4 grams in 150 mL of water/day

- **Garlic Oil:** 0.03 to 0.12 mL three times a day

## **Who should not take Garlic?**

Although a natural remedy, concentrated garlic can still interact with other medicines, so always consult a health professional. Garlic has a blood-thinning property that can be very useful, but can also be dangerous to sufferers of hemophilia or platelet disorders, as well as pregnant women or patients about to undergo surgery.

## **Garlic Side Effects**

Side effects from garlic include upset stomach, bloating, bad breath, body odor, and a stinging sensation on the skin from handling too much fresh or dried garlic. Handling garlic may also cause the appearance of skin lesions.

Other side effects that have been reported by those taking garlic supplements include headache, fatigue, loss of appetite, muscle aches, dizziness described as vertigo (namely, the room spinning), and allergies such as an asthmatic reaction or contact dermatitis (skin rash).

Some people may suffer a mild allergic reaction to concentrated garlic. Others may have an upset stomach, body odor, bad breath, headache, loss of appetite or fatigue. It may prompt a skin reaction, such as a stinging in the hands.

# **GOLDENSEAL**

## **Goldenseal and Candida**

Goldenseal was touted as a cure for almost any ailment in the 1800s, promoted by an enigmatic doctor named Samuel Thompson who prescribed it for a variety of illnesses. It comes from a bright yellow root, hence the name Goldenseal.

Goldenseal was originally used by Native Americans for skin disorders, digestive complaints and even as a cancer remedy. In more modern times, Goldenseal has gained in popularity and has been used for wound healing and many types of infection, as well as a powerful anti-fungal agent.

## **How does Goldenseal work?**

Goldenseal contains two active ingredients - Hydrastine and Berberine - that are powerful anti-bacterial and anti-fungal agents. Both restrict the Candida's growth and with time will kill it.

Berberine is truly a multitalented substance. It is an immune system stimulant, and also acts as a mild sedative on your central nervous system.

If your Candida is severe then Berberine will make you feel more comfortable, all the while pushing your immune system to fight the outbreak.

## **How do you take Goldenseal?**

Be careful not to dose yourself too much Goldenseal. Too much can irritate the liver, so its better to take one week on, one week off. As a dietary supplement, aim for 250mg, twice a day to start, then you can increase the dosage to 500mg.

## **Who should not take Goldenseal?**

Those who are pregnant or breastfeeding should not take goldenseal. A major ingredient, Berberine, can caused uterine contractions and may cause problems with the pregnancy. Those with kidney disease, liver disease, heart disease, or other serious conditions should consult with their doctor first.

## **Goldenseal Side Effects**

Many users report a feeling of nervousness when taking goldenseal. Others report irritations in their throat and occasionally digestive problems.

## **GRAPEFRUIT SEED**

### **Grapefruit Seed Extract and Candida**

Although grapefruit seed extract was not widely used until the 1970s, its use since then has rocketed as both doctors and patients have realized its broad applications against all kinds of infections.

In a 1990 study, grapefruit seed extract was found to perform as well or better than 30 antibiotics and 18 fungicides. As a non-toxic agent though, it had none of the side effects of the other treatments!

As an added bonus, grapefruit has a great selection of vitamins that can do wonders for your general health.

### **How does Grapefruit Seed Extract work?**

Grapefruit seed has a number of important chemicals - Vitamins C & E, bioflavonoids - that can help repair cells in the body. It also has antifungal properties that effectively combat Candida. One particular bioflavanoid, Hesperedin, can give a natural boost to your immune system.

The great thing about taking Grapefruit seed extract for digestive complaints is that it leaves the beneficial bacteria in your system intact. Compare that to more traditional antibiotic treatments that can leave your intestine empty of these helpful organisms.

### **How do you take Grapefruit Seed Extract?**

The extract usually comes in liquid concentrate or tablet form. If taking the liquid concentrate, 10 drops in a cup of water is a typical dose, to be taken 3 times a day.

In tablet form, 100-200mg three times a day should be sufficient.

## **Who should not take Grapefruit Seed Extract?**

An independent laboratory found that you would need to take 4,000 times the recommended amount of Grapefruit seed extract before the dosage became poisonous. It is non-toxic, but pregnant or breastfeeding women should avoid it as a precaution.

## **Grapefruit Seed Side Effects**

No side effects are currently known, but users with serious health conditions should consult their doctor before taking it.

## **OLIVE LEAF EXTRACT**

### **Olive Leaf Extract and Candida**

Derived from the leaves of the olive tree, Olive Leaf Extract contains an active ingredient named Oleuropein, which is showing positive results in numerous studies as a Candida killer.

This powerful herbal remedy is a natural and effective antifungal, in addition to having anti-parasitic, antiviral and bactericidal properties. Research has shown that Olive Tree Extract contains almost double the antioxidant capacity than that of green tea.

As with many herbal treatments, Olive Leaf Extract has other, positive effects on your system. It contains antioxidant properties that are even more powerful than Vitamins C and E, Grape Seed Extract or Green Tea. This powerful antioxidant can help protect your body from aging and illness.

### **How does Olive Leaf Extract work?**

Olive Leaf Extract stimulates your immune system's response to unwelcome invaders like Candida. It has also been shown to help stabilize blood sugar levels - this is important for Candida sufferers because elevated blood sugar levels can feed your yeast overgrowth.

An added bonus for Candida sufferers is that Olive Leaf Extract gives the body a natural energy boost. As anyone who has endured an attack of Candidiasis know, low energy levels are one of the primary symptoms of an outbreak.

### **How do I take Olive Leaf Extract?**

Look for solutions with '20 percent' Oleuropein if possible. If you can only find the '10 percent' solution then just double the dosage.

- **Olive Leaf Extract Capsules (500mg)**  
Take 2 capsules 3 times daily with meals

- **Olive Leaf Extract Tea**

Can be used once the Candida symptoms are under control as a preventative (maybe 1-3 cups a day)

### **Olive Leaf Extract Side Effects**

Olive Leaf Extract is powerful enough to produce uncomfortable Candida Die-Off symptoms quite quickly. This means that it's important to take a smaller dose at first, and be sure to drink lots of water.

Die-Off symptoms might cause some discomfort, but remember that this is really good news - it means the treatment is working.

### **Who should not take Olive Leaf Extract?**

Those who should not take this product include women who are pregnant or nursing, those who are diabetic or taking medicine for high blood pressure, and finally anyone with allergies to the pollen of the olive tree. If you have any doubts, remember to consult your health professional.

## **OREGANO OIL**

### **Oregano Oil and Candida**

Besides being a fixture in many cookbooks, **Oregano oil** is a potent weapon against fungi and bacteria. The Oregano shrub comes from the Mediterranean, where its medicinal properties have been known for centuries.

Oregano is used these days for respiratory conditions, digestive health, clear skin and a healthy immune system. Oregano Oil is commonly available in any drugstore.

If you don't have the oil, trying pouring boiling water over some oregano leaves.

### **How does Oregano Oil work?**

Oregano oil contains two naturally occurring antimicrobial agents named Carvacrol and Thymol. It appears that these chemicals react with the water in your bloodstream to actually dehydrate germs and fungi.

Luckily, this only affects germs and yeasts – oregano oil leaves the helpful bacteria to continue their work.

In a 2001 study, Oregano Oil was shown to inhibit the growth of the Staphylococcus bacteria just as effectively as 3 standard antibiotics. As a completely natural remedy, patients also do not suffer from the side effects associated with powerful prescription drugs.

## **How do you take Oregano Oil?**

If you have the dried herb, simply pour boiling water over it to prepare a tea. Do this on a larger scale to prepare an additive for a soothing healthy bath. If you have the oregano oil, add 1-4 drops in water or juice, once or twice daily.

Several weeks of Oregano Oil supplements will be needed to deal with a Candida infection.

## **Who should not take Oregano Oil?**

People with Iron deficiencies should be aware that Oregano oil can temporarily impair the body's ability to absorb iron.

## **Oregano Oil Side Effects**

Some patients may notice a small allergic reaction to the oil, in the form of rashes on the skin. Oregano Oil is essentially very safe though.

# **OREGON GRAPE**

## **Oregon Grape and Candida**

**Oregon Grape** is so called because it is actually the state flower of Oregon. It is not in fact a grape, but an evergreen shrub. For medicinal uses, herbalists use the root of the plant.

Oregon grape has been used in the past to treat afflictions from diarrhea to psoriasis. However it tends to be used most these days to restrict and kill the Candida yeast.

## **How does Oregon Grape work?**

Oregon Grape shares an active ingredient with Goldenseal – Berberine. Berberine is a powerful anti-bacterial and anti-fungal agent, as well as an alkaloid that reduces the acidity in your stomach, thereby restricting the Candida's growth.

Berberine is truly a multitasking substance though. It is an immune system stimulant, and also acts as a mild sedative on your central nervous system. If your Candida is severe then this sedative property will help you feel more comfortable, all the while pushing your immune system to fight the outbreak.

Other active ingredients include Berbamine, Canadine and Hydrastine.

## **How do you take Oregon Grape?**

Oregon Grape is usually consumed as a tea or a tincture. To make the tea, boil 2

teaspoons of Oregon Grape root in 2 cups of water for fifteen minutes. 2-3 cups per day should be enough.

If you buy the tincture, be sure to follow the instruction, but a typical regime is half a teaspoon, three times a day.

### **Who should not take Oregon Grape?**

Those who are pregnant or breastfeeding should not take Oregon Grape. A major ingredient, Berberine, can cause uterine contractions and may cause problems with the pregnancy. Those with kidney disease, liver disease, heart disease, or other serious conditions should consult with their doctor first.

### **Oregon Grape Side Effects**

Oregon Grape is thought to be fairly safe for consumption in small quantities. However usage should not exceed more than three weeks.

## **PANTETHINE**

### **Pantethine and Candida**

Pantethine is the most active form of Vitamin B5. Small amounts of Pantethine can be found throughout the natural world, even in our food, but it is also available as a supplement.

Pantethine is most commonly marketed as a lipid-lowering agent to reduce cholesterol, but in the US tends to be sold as a nutritional supplement. Its supposed effects range as wide as a cure for balding and graying hair.

### **How does Pantethine work?**

Pantethine repairs the metabolic processes that are damaged by a Candida outbreak. The Candida yeast leaves a waste product, acetaldehyde, which plays havoc with your body.

This nasty chemical affects your metabolic, endocrine, neurological and immune systems, often resulting in that 'brain fog' characteristic of Candida.

Pantethine addresses these symptoms of Candida by removing its waste product, acetaldehyde. But it also helps in another way. Pantethine promotes the growth of two important antifungal bacteria that live in the intestine, helping to get your Candida under control.

### **How do you take Pantethine?**

A typical dose of Pantethine is 300mg, three times a day, in tablet form. The vitamin is

often delivered in a compound named Calcium Pantothenate. As with all supplements, remember to keep it in a cool dark place and away from the reach of children.

### **Who should not take Pantethine?**

Pantethine can sometimes disturb the balance of your intestines and result in diarrhea. Any patients with severe gastrointestinal problems should avoid this supplement, as should pregnant and breast feeding women.

### **Pantethine Side Effects**

Use of Pantethine should not be excessive, as in large amounts it can sometimes block the absorption of other Vitamin Bs. Some users have reported fatigue, headaches and numbness in hands or feet. Others have complained of increased bowel movements or diarrhea.

## **PAU D'ARCO**

### **Pau D'Arco and Candida**

**Pau D'Arco**, or Lapacho, is one of a number of herbal medicines that has come out of the Amazon rainforest in recent years. As doctors find antibiotics less and less effective against mutating diseases, they are looking to nature for answers.

Pau D'Arco has been exported from Paraguay, Brazil and Argentina for more than 100 years, but its remarkable properties have been obscured in the past by poor transport and storage that have degraded the herb. Scientists are now investigating its effect on diseases as varied as arthritis and even cancer.

### **How does Pau D'Arco work?**

Pau D'Arco's effects are two-fold when it comes to Candida. Firstly the herb helps to loosen the bowels. Not enough to cause diarrhea, but enough to wash out old fecal matter (see our cleansing page) and expose the Candida yeast.

Secondly, Pau D'Arco acts as a powerful antifungal agent. It contains several classes of compounds, Lapachol, Xyloidone and various naphthaquinones, all of which have been shown to inhibit the growth of Candida.

These plant substances combined have a much greater effect than each chemical alone, hence Pau D'Arco's remarkable popularity as a Candida cure.

### **How do you take Pau D'Arco?**

Probably the easiest way to take Pau D'Arco is in tea. Teabags are available from many online pharmacies and supplement stores. Capsules are also available but not as

effective, while one innovative supplier has put Pau D'Arco in a spray that is administered orally and rapidly absorbed.

### **Who should not take Pau D'Arco?**

Pregnant or breastfeeding women should not take Pau D'Arco. Also at risk are sufferers of blood thinning disorders, or those anticipating imminent surgery, as Pau D'Arco can thin the blood.

### **Pau D'Arco Side Effects**

If used in large quantities Pau D'Arco has sometimes been found to weaken the immune system, so keep your doses small.

Resource: <http://www.thecandidadiet.com/candida-elimination.htm#antifungals>