

Top Anti-Microbial Herbs

Antivirals, Antifungals, and Antibacterials

Herbs can treat viral infections like colds and flu, as well as coughs, cold sores, and sore throats. Herbal antifungals can combat yeast infections and other infections caused by fungi, such as athlete's foot. Antibacterial herbs are useful for treating bacterial skin infections and acne.

Many herbs can also combat infectious protozoa, single-celled organisms like **Cryptosporidium** or **Giardia** that can cause foodborne illness and diseases such as malaria. Here are some of the best-known antimicrobial herbs:

- Barberry (*Berberis vulgaris*)
- Elderberry (*Sambucus nigra*)
- Garlic (*Allium sativum*)
- Ginger (*Zingiber officinale*)
- Goldenseal (*Hydrastis canadensis*)
- Grape (*Vitis vinifera*)
- Rosemary (*Rosmarinus officinalis*)
- Tea tree (*Melaleuca alternifolia*)
- Thyme (*Thymus vulgaris*)

Here are some of the most accessible and reliable natural **antibacterial** herbs:

✚ [Bayberry](#) (*Myrica cerifera*): stimulating the flow of bile, and also exhibits antibacterial activity. Use this herb externally as a poultice.

✚ [Cinnamon](#) (*Cinnamomum zeylanicum*): is an ancient herbal remedy found in the Chinese Materia Medica. Various terpenoids found in the volatile oil including eugenol and cinnamaldehyde account for [cinnamon](#)'s medicinal effects. Both cinnamaldehyde and [cinnamon](#) oil vapors are potent anti-fungal compounds. Antibacterial actions have been found in [cinnamon](#).

✚ **Cranberries** (*Vaccinium macrocarpon*): The medicinal benefits of cranberries have been touted in news reports for years, recognizing the small, four air-chambered berry for its ability to protect

against urinary tract [infections](#). However, new research suggests that not only does the cranberry, available in both white and red varieties, fight against bacterial [infections](#) in the urinary tract, but it is also associated with potentially lowering [LDL](#) cholesterol and slowing cancer cell growth.

✚ [Eucalyptus](#) ([eucalyptus](#) globulus): It's been known for some time that extracts of [eucalyptus](#) oil inhibit the growth of some bacteria. Antibacterial activities of [eucalyptus](#) globulus leaf extract against isolated bacteria were investigated by determining minimum inhibitory [concentration](#) (MIC) and minimum bactericidal [concentration](#) (MBC). methods. It is concluded that [eucalyptus](#) globules leaf extract is effective against isolated bacteria.

✚ **Garlic** (*Allium sativum*): The ancient Egyptians attached great importance to garlic, and used it as a money exchange. Folklore has always claimed that garlic is a great healer, and there is actually a lot of scientific evidence to support that claim. Allicin is the compound responsible for the healing benefits of garlic. Garlic's antibacterial characteristics have been tested even against drug-resistant varieties, and shown to have therapeutic activity. The sulfides in garlic may work in a way similar to that of penicillin and sulfa drugs, to counter the growth of bacteria.

✚ [Goldenseal](#) (*Hydrastis canadensis*): [Goldenseal](#) is a native American medicinal plant introduced to early settlers by Cherokee Indians who used it as a wash for skin diseases, wounds, and for sore, [inflamed eyes](#). Its roots are bright yellow, therefore, this is how it gets its name. [Goldenseal](#) root has acquired a considerable reputation as a natural antibiotic and as a remedy for various gastric and genitourinary disorders.

✚ [Myrrh](#) (*Commiphora Myrrha*): [Myrrh](#) is a gum resin that has been used since ancient times. The Egyptians used it to embalm bodies, and in biblical times it was one of the herbs brought by the Three Wise Men. [Myrrh](#) constituents are antibacterial and antifungal, exhibiting activity against e.coli, staphylococcus, and [candida albicans](#), an overgrowth of which leads to yeast [infections](#). Its antiseptic and disinfectant properties make it useful as a wash on cuts, [burns](#) and skin infections. Gargle several drops of tincture in water to relieve a [sore throat](#). Use diluted [myrrh](#) as a mouthwash or apply the powder on the mucus membranes inside of the mouth to treat mouth sores and [thrush](#).

✚ [Olive Leaf](#) Extract is an extraordinary herbal antibacterial as well as, antiviral extract. Obtained from specific parts of the olive tree (*Olea europaea*), this new proprietary phytochemical extract is not only safe, but is also a nontoxic [immune system](#) builder. [Olive Leaf](#) Extract has been used clinically in its present form for over a year.

✚ [Tea Tree](#) (*Melaleuca alternifolia*): is the extracted oil from [Melaleuca](#) alternifolia tree native to Australia. The oil is extracted by steam distillation from the leaves of the tree and has been used by

Australian aborigines for several centuries. Now the tree is grown all over the world for its medicinal properties. As an antibacterial agent, [tea tree](#) oil is said to alleviate [hemorrhoids](#), and treat [candidiasis](#) and other vaginal [infections](#). As an antifungal, [tea tree](#) oil has been used for years in the treatment of [athlete's foot](#), [ringworm](#), and nail infections.

✚ [Turmeric](#) (*Curcuma longa*): Curcumin, the yellow color pigment of [turmeric](#), is produced industrially from [turmeric](#) oleoresin. The healing properties of [turmeric](#) have made it a most sought after ingredient in cosmetics and drugs, as the leaf oil and extract can also be used as sunscreens and bio-pesticides. It is well recognized as the best anti-oxidant, [hypoglycemic](#), colorant, antiseptic and wound healer.

✚ [Yellow Dock](#) (*Rumex crispus*): has been used for hundreds of years for its astringent properties, treating a variety of [skin problems](#), including [boils](#), rashes, blemishes and [burns](#). [Yellow dock](#) is valued as an antibacterial agent and even more as one of the best available sources of iron. [Yellow dock](#)'s high iron content makes it beneficial for treating [anemia](#) and pregnant women. [Yellow Dock](#) also contains [vitamin C](#), [vitamin A](#), calcium and phosphorous.

Antiviral Herbs

When a virus strikes, most people make a beeline for their doctor's office. However, contrary to what many people believe, most traditional medicines are ineffective against viruses. While there are a select few that can reduce the severity of a virus, most people are advised to treat the symptoms and rest. Natural antiviral treatments, on the other hand, are a very powerful option for treating viruses. When antiviral herbs and antiviral essential oils are used, healing time is reduced, and side effects are practically unheard of. And since most natural antiviral treatments have multiple uses, you may find the symptoms that accompany the virus are relieved as well.

***Some of the best antiviral herbs include garlic, oregano, astragalus, echinacea, schizandra, mullein, elderberry, green tea, and licorice. Read about them below:**

✚ **Garlic** - Medicinal usage of garlic dates back to ancient Egypt. It contains many compounds that experts believe offer antiviral, antimicrobial, and antibacterial benefits. Studies have shown that garlic is an effective antiviral herb when used against the common flu virus as well as common bacteria such as *Bacillus*, *Streptococcus*, and *Staphylococcus*.

Garlic is a powerful antiviral herb and is most effective when used fresh. The bulb can be eaten whole, diced up, or juiced. For those who find the taste of garlic unappealing or are concerned about bad breath, garlic capsules and tablets are widely available.

✚ **Oregano** - Another one of the effective antiviral herbs, oregano has been used for hundreds of years to fight infections. It has antiviral, antibacterial, antifungal, and antiparasitic properties. A study at Cornell University found that oregano was very effective against 30 different germs.

When used as an antiviral remedy, oregano can be taken in capsule form, made into herbal tea, or taken diluted in extract form. Simply using it in food for seasoning will offer some health benefits but will not provide the concentrated amounts of antiviral essential oils needed to combat a viral illness.

✚ **Astragalus** - Astragalus is another powerful antiviral herb that strengthens the immune system. It is a very effective antiviral herb for battling the common cold and flu. In addition to aiding the body in fighting off viruses, astragalus has a warming effect, which helps comfort the body. Astragalus is available in several forms. It can be sliced and boiled as part of a meal, made into an extract, or taken in capsule form.

✚ **Echinacea** - Echinacea is well known for its immune-boosting properties. It is believed that it can increase interferon production as well as stimulate white blood cell production, enabling the body to fight more effectively against viruses.

Echinacea, as well as the other antiviral herbs mentioned, is best taken early on when a viral illness is suspected in order to significantly enhance its effectiveness. Echinacea is generally available in capsule or extract form and can also be made into a delicious tea.

✚ **Schizandra** - Schizandra is commonly found in traditional Chinese medicine. It is highly antiviral and has been used successfully against viral hepatitis. Capsules are the most commonly found form of schizandra, but some herb markets may carry the dried berries.

✚ **Mullein** - A lot of health benefits can be derived from the mullein plant. It provides antiviral, anti-inflammatory, calming, expectorant, antihistamine, and emollient properties. For viruses that come with congestion, it is an excellent choice. Mullein is available as a tea, syrup, infusion, tincture, and decoction.

✚ **Elderberry** - Elderberry has been used as an herbal remedy against colds, flus, and upper respiratory infections for nearly 3,000 years. Recent studies have shown that it is effective against all strains of the flu virus and can prevent the spread of viruses. While it is available in multiple forms, the most effective remedies are as lozenges or syrup.

✚ **Green Tea** - Studies of green tea have found that two catechins called epigallocatechin gallate (EGCG) and epicatechin gallate (ECG) were very effective in inhibiting replication of the influenza virus. Green tea is generally taken in tea form, although capsules are available as well. Green tea does contain caffeine, so those sensitive to caffeine should use it with caution.

✚ **Licorice** - Licorice is a broad-spectrum antimicrobial effective against yeast, fungi, bacteria and viruses. Science has identified eight constituents of licorice with antiviral properties as well as twenty-five with antifungal properties. Like echinacea, licorice can boost interferon production. Individuals with high blood pressure should avoid using licorice, however, as it can raise blood pressure, cause sodium retention, and promote potassium loss.

Antiviral Essential Oils

There are also some excellent antiviral essential oils that are helpful when fighting viral illnesses. Oils such as eucalyptus, tea tree, juniper, and lemon balm are great choices and also have other medicinal properties that are helpful when treating illness as well.

✚ **Eucalyptus Oil** - Eucalyptus contains three known antiviral compounds- quercetin, hyperoside, and tannic acid. There are multiple ways eucalyptus oil can be used. One of the most common uses is simply adding a few drops of oil to a warm bath. The scented steam is especially useful in viruses that cause congestion. You can also mix a few drops of eucalyptus oil into a carrier oil such as sunflower or canola oil and use as a massage oil or apply to pulse points.

✚ **Tea Tree Oil** - Tea tree oil is another effective herb with antiviral properties that is known to treat a wide variety of problems. The oil can be applied full strength to affected areas three times a day. For sore throats, mix a few drops of oil to half a cup of warm water and gargle.

✚ **Juniper Oil** - Studies have shown that juniper oil contains a potent antiviral called deoxyphodophyllotoxin. In studies, juniper oil has been found to be effective against both the herpes and flu viruses. It can be used in a diffuser, as a massage oil, in a soothing bath, rubbed on in lotion form, or applied as a compress. Use during pregnancy is not recommended, as juniper oil can stimulate the muscles of the uterus.

✚ **Lemon Balm Oil** - Another herb with antiviral properties, lemon balm oil has many uses. When researched as part of a study on treatments for cold sores and genital sores caused by the herpes simplex virus, researchers found that lemon balm oil helped heal sores and prevented the virus from

spreading. Test subjects also reported that it provided relief from redness and itching as well. Lemon balm oil can be used topically, diffused, or taken internally.

Antifungal Herbs

✚ **Black Walnut** (hull) - Black Walnut Hull is one of the most common ingredients in antifungal antiparasitic, antibacterial and herbal formulations. It's a natural antiseptic. Black walnut hulls and leaves contain a number of active ingredients, including the omega-3 fatty acid alpha linolenic acid (ALA), sterols, tannins, quinone, iodine and vitamin C in the form of ascorbic acid.

Black walnut is used for canker sores as well as syphilis and herpes sores. It has laxative qualities which make it helpful in relieving constipation, which is a common complaint among people suffering from candida overgrowth. It is also used for skin conditions like acne, canker sores, and psoriasis.

You can take it internally or use the tincture topically on nail and skin fungal infections.

✚ **Barberry** - This one of the three most common western medicinal roots containing berberine, which has potent antifungal properties. Berberine demonstrates significant antifungal activity while leaving beneficial microflora in the gut intact. It's also good for treating diarrhea. Research has shown that berberine can effectively prevent candida yeasts from producing lipase, an enzyme which they use to help them colonize.

You can take it internally or use the tincture topically on nail and skin fungal infections.

✚ **Cajeput** (White Tea Tree) – see Tea Tree.

✚ **Calendula** – Calendula is a remarkable herb. It's also commonly known as marigold. Some of the beneficial properties of calendula include antifungal, anti-inflammatory, anti-spasmodic, lymphatic, and astringent.

A popular ingredient in lotions and salves, calendula used topically for fungal infections including diaper rash, as well as for inflammation, bruising, minor burns, bleeding, ulcerations and slow-healing wounds. Taken internally it can be helpful in relieving menstrual cramps, gastric and duodenal ulcers, gall bladder troubles, and general indigestion.

✚ **Cassia Alata (not to be confused with Senna Cassia)** There are numerous species of cassia, so it's important to know which one you're getting.

Cassia Alata contains anthraquinones which demonstrate antifungal, antibacterial and anti-inflammatory qualities.

Cassia leaves, bark and flowers are all used in varying formulations.

Senna Cassia is revered for its laxative effect. The Senna Cassia leaves are very strong, and can sometimes produce intestinal cramping and spasms. The Senna seed pods are more mild, and are therefore a gentler laxative.

When I was having a lot of IBS trouble, and also for use prior to doing liver detoxifications (when you want the large intestine to be in good working order) I found Senna leaf tea to be very helpful.

✚ **Cedar** (Leaf, berry, wood) - Cedar leaves act as an antifungal, antiviral, antiseptic, expectorant, and lymphatic cleanser.

Often recommended to remove plantar's warts. Also used to treat acne, dandruff, dermatitis, eczema, oily skin, hair loss, skin eruptions, ulcers, arthritis, rheumatism, bronchitis, catarrh, congestion, coughs, cystitis, nervous tension and stress-related conditions.

A common name for the berry of the Red Cedar tree is Juniper. Cedar berry, used in combination with other herbs, is used to treat pancreatic dysfunction and insulin production.

It also is a fantastic ingredient for a soothing and wonderfully fragrant soap! Click the cedar link below if you are interested in trying in a truly lovely soap made with cedar.

Cedar wood chips, shavings and blocks are typically sold as natural moth repellents for your closet. Also used as a tick and flea repellent for pets.

Use topically for fungal infections of the nails. Dilute in a carrier oil to apply to the skin. Only take cedar leaf or cedar wood oil internally under the guidance of a qualified practitioner.

✚ **Chamomile** – Chamomile has antifungal, antibacterial, antiseptic, and anti-inflammatory properties. It's widely known for its natural sedative qualities. Two of its most common uses are to treat wounds and as a sleep aid.

A chamomile bath can be soothing and relaxing before bedtime. A cup of chamomile tea is a popular night-time tradition in many households.

Roman Chamomile is thought to be more potent than the common variety, known as German Chamomile, but either one will possess beneficial qualities.

Chamomile is a member of the ragweed family, and triggers allergic reactions in some people. It may not be the best choice for someone who is prone to these types of allergies, and should definitely be avoided during ragweed season for anyone who is allergic. If you notice any itching or other allergic type symptoms, discontinue use.

You can take chamomile tea or tincture internally or use it topically.

✚ **Chaparral** – The beneficial properties of Chaparral include antifungal, antibacterial, antioxidant, antiseptic, antiparasitic, alterative, bitter tonic, diuretic, expectorant, immune stimulant, and laxative.

Chaparral is sometimes referred to as a natural antibiotic and is frequently used to treat colds, flu and diarrhea.

Though some warn against internal use for fear of liver damage, it is used in numerous detox blends of teas and tinctures with no side effects reported. Problems have occurred only when someone took high doses of chaparral for extended periods of time.

Topical treatment using chaparral is excellent for fungal infections including those of the skin, scalp, diaper rash, and nails. It's also highly beneficial in the treatment of cold sores, herpes, and eczema. Chaparral is an excellent ingredient in salves and ointments.

✚ **Cinnamon (Bark)** – Cinnamon shows antifungal, antiviral and antibacterial properties. It increases restricted blood flow demonstrating mild anticoagulant properties.

Cinnamon is excellent in tea and cooking.

Cinnamon oil can be mixed with a carrier oil to apply topically, and it smells heavenly!

✚ **Cloves** - Cloves contain some of the same phenols as Oil of Oregano, namely carvacrol and thymol, among others, which are highly antifungal in nature, as well as antimicrobial, antioxidant, antiviral, and anti-inflammatory.

The effects of clove oil, including its antimicrobial and antifungal properties, have been known and recorded for thousands of years. You'll even find a product in the oral hygiene section of most drug stores today, made from the essential oil of cloves, used in the topical treatment and pain relief of tooth and gum infections. It helps ease the pain, and the antiseptic qualities of the cloves fight infection. Make clove tea, use cloves in cooking, apply clove oil to fungal infections of the fingernail and toenail, dilute in a carrier oil to use on the skin.

✚ **Fennel (seed)** – The oil of fennel seeds is said to have mildly antifungal properties. Fennel seeds and teas are commonly used as a digestive aid, carminative (reduce gas, bloating and flatulence), colic, expectorant, appetite suppressant (or in some cases an appetite stimulant), antibacterial, anti-inflammatory, diuretic, menstrual regulator, and external use for relief of rheumatism and arthritis. Enjoy fennel seeds in your cooking, and as a pleasant tasting tea. Use the oil externally on fungal infections of the fingernail and toenail, and dilute slightly in a carrier oil to apply to the skin, if no discomfort occurs then you can use a stronger dose.

✚ **Frankincense** – Therapeutic properties of this revered herb include antifungal, antiseptic, anti-inflammatory, astringent, sedative; clears lung congestion, helps heal scars, helps acne, decreases gas and indigestion, brings on menstruation and supports the immune system. Highly valued for its

aromatherapeutic properties – frankincense is often used in incense and perfume. Frankincense is edible, but only under the guidance of a knowledgeable practitioner.

Use the oil mixed with a carrier oil to apply to the skin.

✚ **Garlic** - Use it raw to get the medicinal effects.

For children or anyone who can't take the taste of raw garlic – Puree it in a blender with a little water or oil and apply it to the bottom of the feet. This is an age old method which allows the beneficial agents of the garlic to absorb into the body via the tender skin.

For vaginal yeast infections: Use a garlic crusher to press a clove of garlic into about a quarter cup of liquid coconut oil (don't make the oil any warmer than body temperature). Let the mixture steep for a few hours, then strain all the solids out of the oil through a fine mesh strainer or unbleached cheesecloth. Soak an organic cotton tampon in the oil until fully saturated and insert overnight, wearing protective garments to bed. Remove in the morning and continue to wear protective garments throughout the day, as some of the oil will take a while before naturally making its way back out.

For fungal infections of the skin or nails - Puree raw garlic in a blender with a little water or oil and apply it topically to the affected area up to three times a day.

A natural remedy for ear aches and ear infections - consider the [Ear Oil found on this linked page. \(about half way down the page\)](#) . Made of mullein and garlic oil, it's a real blessing when you or someone you love is suffering.

✚ **Geranium** - Geranium exhibits antifungal, antiviral, analgesic, antidepressant, antiseptic, astringent, deodorant, and antibacterial properties.

It's a common herb used in aromatherapy and in skin care for its restorative effect on sebaceous gland activity, helping to normalize oily skin, oily scalp, dermatitis, psoriasis and eczema. Also used for treating scar tissue and helping wounds to heal faster.

Geranium is known for its supportive qualities for pancreatic and adrenal functions, and is reported to dilate the bile ducts, therefore supporting liver function and helpful in cases of fatty liver and hepatitis. There are a number of varieties of scented geranium which are great in a garden. My favorite is Rose Geranium. The scent is intoxicating, it really brightens the spirits and soothes the mood. It's excellent in a bath.

Can be taken internally, and used topically.

✚ **Goldenseal** – Goldenseal is another of the three most common western medicinal roots containing berberine, which has potent antifungal properties.

Berberine demonstrates significant anti-fungal activity while leaving beneficial microflora in the gut intact. It's also good for diarrhea. Research has shown that berberine can effectively prevent candida yeasts from producing lipase, an enzyme which they use to help them colonize.

You can take goldenseal internally or apply it topically.

✚ **Guajava** - Guajava demonstrates antifungal, antibacterial, anti-inflammatory, laxative, and analgesic properties.

It is used to treat herpes ulcers, ringworm, dermatitis, and urinary tract infections.

Guajava is related to cassia and senna, and contains anthraquinones found in those other species as well.

Bark, roots, leaves and flowers are all used in varying formulations.

Guajava, like most Cassia and Senna plants, contain a group of chemicals called anthraquinones. These chemicals are well known for their laxative effect.

✚ **Henna** - Though most commonly used as a natural hair and skin dye, henna also contains a compound called lawsone, which demonstrates antibacterial and antifungal capabilities.

Although it has this capability, it's most commonly known as a natural dye for skin and hair. Well, it's nice to know that when you color your hair with henna it's also helping prevent dandruff!

Maybe you could get really creative and design a henna tattoo to temporarily cover (and help heal) a fungal infection of the skin?

✚ **Lavender** – Lavender has antifungal and antibacterial qualities which make it all the more reason to have some around the house.

It's good for the respiratory system, headaches and migraines, stress, burns, stings and insect bites, and as a sleep aid.

Lavender oil is good for skin eruptions and is frequently used for treating pimples.

Lavender is awesome in a bath.

Try a light lavender spritz (lavender essence in a water spray, also called a *hydrosol*) on your face before bedtime, or on the sheets and pillow, before bedtime.

✚ **Lemongrass** - Lemongrass is antifungal, antibacterial, anti-parasitic and anti-inflammatory. It helps to relieve digestive ailments and fluid retention, helps the body regenerate connective tissues and ligaments, dilates blood vessels, improves circulation and promotes lymph flow. It's also used to treat bladder infections, varicose veins, promote mental alertness and clarity, sinus and respiratory ailments. Fresh lemongrass is available in many grocery stores nowadays and makes a fantastic addition to Asian dishes.

Lemongrass tea is divine. Lemongrass oil is popular in aromatherapy blends. You can also apply it topically, but you may want to dilute it in a carrier oil, as using it straight can produce a red, itchy “rash”. It’s not so much a true rash as an increase of blood flow to the area, but still, it can be uncomfortable. In that case you can grind or grate fresh lemongrass and blend it with a little coconut, almond or avocado oil.

Alternatively, use lemongrass tea or tincture for internal or external application.

✚ **Licorice** – Licorice Root contains numerous fungicidal compounds, although its not one of the more widely known antifungal herbs. For fungal infections of the skin or nails - You can make a strong decoction of powdered licorice root in a small amount of water, simmering on a low rolling boil for about 20 minutes. Apply the liquid to the affected area up to three times a day.

Licorice can increase blood pressure so be careful if you want to take it internally, and please talk to a doctor first if you have elevated blood pressure levels.

✚ **Myrrh** – Myrrh shows numerous beneficial properties including anti-inflammatory, antifungal, antimicrobial, antiseptic, astringent, expectorant, and its ability to relax the senses without sedating. Lovely in a bath or added to massage oil, it can also be applied topically to fungal infections of the fingernail and toenail, and diluted in a carrier oil for skin applications.

✚ **Neem** – Neem demonstrates antifungal, antibacterial, antiviral, antiseptic, and antiparasitic qualities. The oil of the Neem nut is one of the oldest and most popular medicinal substances in India. It’s added to toothpastes, soaps, shampoos and skin care products.

The list of ailments Neem is used to treat is too long to list here. Let’s just say it has a strong and widely upheld reputation as somewhat of a cure-all.

Neem oil has a strong odor and tends to solidify at cooler temperatures the way that coconut oil does. It is often sold as a pre-blended oil to enhance pourability, and to reduce its strong odor.

Topically this oil is exceptional for its healing benefits on fungal infections, psoriasis, dermatitis, excema and such. It can be taken internally, but always under the close supervision of a knowledgeable practitioner.

✚ **Olive Leaf** – Olive leaf extract has strong antibacterial, antifungal, antimicrobial, antiviral, antiparasitic and antioxidant properties.

It’s often used as a natural defense against the onset of a cold or flu with good results, and has also been demonstrated to have blood sugar lowering effects.

Olive leaf extract can be taken internally or used topically.

Make a tea of olive leaves, a poultice out of olive leaf powder or take olive leaf capsules.

✚ **Oregano** – Oregano, the herb, is a general tonic and immune booster. But the real key lies in the oil of organic or wild harvested oregano, commonly called **Oregano Oil**, or **Oil of Oregano** which contains two potent phenols - carvacrol and thymol. These two phenols work synergistically creating an excellent anti-infectious agent.

Oil of Oregano taken internally is helpful for hayfever and ragweed allergic reactions, supports the lymphatic system, nerves and blood.

Used topically it has marked effects on fungal infections of the fingernail and toenail. Diluted in a carrier oil, it is helpful for fungal skin infections including dandruff and dermatitis.

You can take oregano oil by putting a few drops in a small glass of water, just "knock it back", followed by a full glass of water.

If you don't care for the strong taste (and slight burning sensation which can occur on the lips), make capsules by using a dropper and filling empty capsules with a few drops of oil.

Make sure you dilute for applying to the skin, it's really strong.

✚ **Pau D'Arco** Pau D'Arco tea is has antifungal benefits, and is used in many parts of the world to treat Candida and other fungal infections.

Pau D'Arco has been used as an herbal medicine dating as far back as the time of the Incas. In the more recent past (during the past 50 years or so) Pau D Arco, and certain isolated phytochemical compounds of the plant (lapachol and beta lapachone, for instance), have been tested extensively in medical and scientific laboratory environments. Results of these tests have documented effective anti-cancerous, anti-tumor and anti-leukemic properties. Not bad!

You can drink Pau D'Arco tea daily, even numerous times each day, as it has a milder effect than some of the more potent herbs. The flavor is pleasant.

It can also be applied topically by soaking a cloth in the tea and making a compress.

✚ **Peppermint** – Peppermint is lesser known for its properties as an antifungal, antiviral, antibacterial, (although it has been demonstrated in numerous studies). It is more widely used as a stimulant, tonic, anti-spasmodic, stomachic, and is probably most recognized as a carminative (to reduce symptoms of gas, bloating and flatulence).

Peppermint tea is one of my personal favourites.

A peppermint spritz (peppermint essence in a water spray, also called a *hydrosol*) makes a revitalizing body spray.

Peppermint oil can be taken internally, or mixed with a carrier oil and applied topically.

✚ **Pine** – All pine oils are antiseptic, anti-fungal and detoxifying. Adding a few drops to natural cleaning solutions along with a few drops of lemon oil or lemon eucalyptus oil is excellent for helping rid the bathroom of mold and bacteria. And it has aromatherapeutic properties so you may even enjoy your housework a little more!

Not recommended for use on the skin unless diluted very well in a carrier oil. Blend pine oil in a carrier oil and apply to the soles of the feet for easy absorption internally if you don't want to eat or drink it. To benefit from its detoxifying effects, use pine oil in a sauna. It will enter the body when you breathe in and then help expel toxins while you sweat.

Pine is an excellent expectorant. When you have a cough, cold or bronchitis, add a few drops of pine oil to a pot of just boiled water and drape a towel over your head while you breathe in the hot steam. It will help release mucous and ease breathing.

Tinctures and syrups made with pine are excellent for stuffy nose , mucous and phlegm.

A pine spritz (hydrosol) is another invigorating skin toner, and especially good for problem skin.

✚ **Ravensara** – Ravensara is anti-fungal, antiseptic, anti-infectious, anti-viral, and antibacterial, as well as a good expectorant and supporting to the nerves and respiratory system.

Ravensara oil is used for the treatment of numerous ailments including fungal infections, bronchitis, herpes, mononucleosis, insomnia, sinusitis & viral hepatitis.

Ravensara has a woody scent and goes well with sandalwood, cedar and/or orange scents like mandarin in aromatherapy blends.

✚ **Rosemary** – Rosemary demonstrates antifungal, antibacterial, antiseptic and antiparasitic properties. French hospitals used rosemary to disinfect their air until quite recently. Rosemary oil is added to certain foods to prevent spoilage, and adds a hint of nice flavor!

Rosemary is also good for nerves, has a stimulating effect and supports the endocrine gland system. We all know rosemary's great in cooking, and rosemary essential oil can be mixed with a carrier oil to apply topically.

Rosemary oil mixed with a warmed carrier oil is really nice to rub into the scalp for treating itchy dandruff and dermatitis, as well as a joint rub.

The same mixture is also lovely as a hot oil treatment for dry or damaged hair.

✚ **Sage** - Sage is mildly antifungal, as well a good antiseptic and astringent. It is used to treat sore throat, gingivitis, rheumatism and arthritis.

A mild sage tea can ease stress, menstrual cramps, promote good digestion, and help regulate menstrual flow.

Sage oil can be applied directly to fungal infections fingernails and toenails, and mixed with a carrier oil to apply topically.

Sage tea can be applied directly to the skin.

White Sage grows abundantly in the southwestern U.S. and has been used ceremonially for many generations. My favourite use for white sage is as a lovely natural incense. There's something very special about that aroma.

✚ **Spilanthes** - Although mostly known as an ornamental plant it also shows dramatic effects on fungal infections.

Spilanthes has anti-bacterial, anti-viral, and anti-fungal properties. It also stimulates the flow of saliva and acts as an oral antiseptic reducing swelling, decay, and mouth sores caused by viruses.

The leaves are chewed for their numbing effect to reduce pain from toothache.

Spilanthes demonstrates immune-enhancing components chemically similar to Echinacea.

Spilanthes can be taken in a tincture form or used topically to treat the skin and nails.

✚ **Spruce** - (see Pine)

✚ **Tajetes** –(Tajette) The tajetes flower is a potent antifungal herb most commonly used to treat bunions, calluses, corns and fungal infections of the foot.

Use tajetes oil externally on fungal infections of the fingernail and toenail, and dilute before applying to skin.

✚ **Thuja** – (Thuya) Cedar leaf. See Cedar.

Use Thuja externally to treat warts and fungal infections of the fingernail and toenail. Dilute in a carrier oil before applying to the skin.

Only take Thuja internally under the guidance of a qualified practitioner.

✚ **Tea Tree** – Tea tree oil is a powerful antiseptic that is very useful against fungal skin infections, including athlete's foot and yeast infections.

For nail infections – Apply a few drops of oil directly to the affected area up to three times a day.

For fungal skin infections – Dilute it in a carrier oil such as coconut, almond or avocado oil.

For vaginal yeast infections, you can soak an organic cotton tampon in a diluted tea tree/liquid coconut oil mixture (start with only a few drops of tea tree oil mixed with the coconut oil to minimize chance of discomfort) and leave in for an hour at first. Don't heat the oils any warmer than body temp when making the mixture. If you experience any discomfort, discontinue use, or try again with more carrier oil added. If no discomfort occurs, you can do the same procedure and leave in overnight. But remember - diet is key. No sense in doing topical treatments if the diet is going to keep feeding the yeast.

Don't take tea tree oil internally on a regular basis, as it can be toxic, and even lethal in larger doses. It is safe to use occasionally for oral treatment of thrush, but there are so many other fantastic natural treatments which are perfectly safe to eat or drink, save tea tree oil for topical applications.

✚ **Turmeric** - Turmeric is demonstrated to have antioxidant, anti-inflammatory, antifungal, and anti-cancer properties. It is taken as a blood purifier, and seems to have blood sugar lowering effects. Turmeric has been shown to inhibit the growth of intestinal parasites H. Pylori and Giardia Lambria. Turmeric is what makes yellow prepared mustard yellow. It's also used in curry blends. Though its effective in topical treatments for psoriasis, acne, diaper rash and dermatitis, it will temporarily stain the skin yellow.

✚ **Usnea**- Usnea is used for its antifungal properties and for other infectious ailments including mastitis, urinary tract infections, colds and flus, bronchitis, and sinus infections, strep throat, pneumonia, and tuberculosis. Usnea extract should be diluted before taking internally, as it's very potent. Like many medicinal plants it has a terribly bitter flavor. Similarly, dilute the extract before applying topically to fungal infections of the skin, if no rash appears you can try it as a stronger dose for the next application. You can use it full strength on fingernails and toenails.

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