

USING

ESSENTIAL OILS

FOR YEAST & FUNGAL

INFECTIONS



Using Essential Oils for Yeast and Fungal Infections

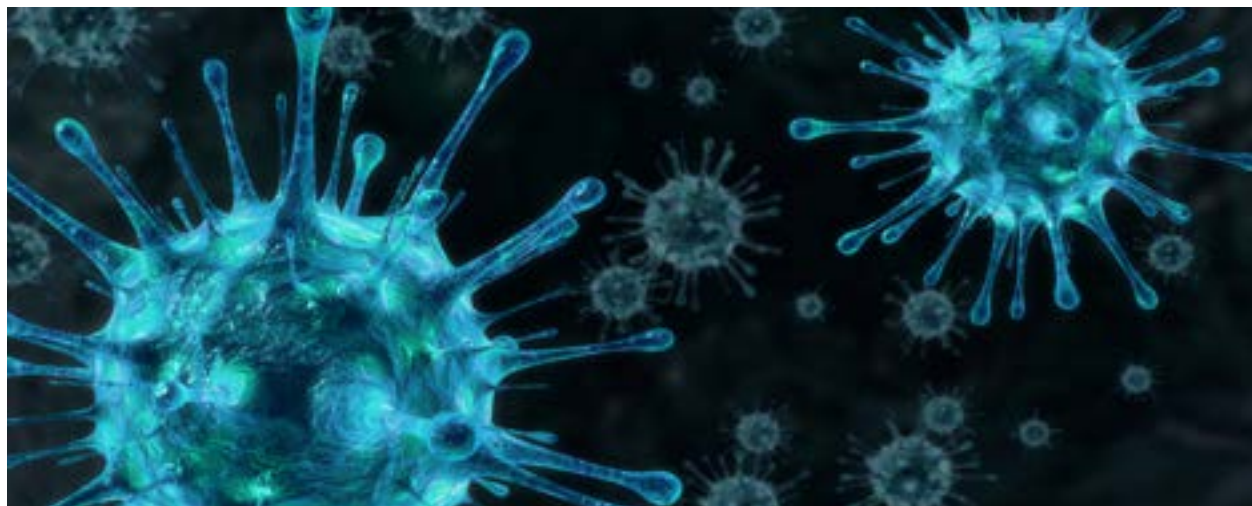
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Taking an Interest in **YEAST AND FUNGI** *(a.k.a. Unsexiest Topic Ever)*

People usually become interested in something health related because they encounter a health problem. You don't see a lot of interest in fungus and yeast outside of academia unless you have a personal knowledge of what it's like to deal with it. I worked for a Paul Chek practitioner almost ten years ago now and I suppose you could say that doing that put me on a better path to learn about natural health in general. Before that I had always been interested but didn't know where to go or who to look at. Around the same time, my mother started watching a show on TV called *Know The Cause with Doug Kaufmann* and if you've ever seen it, you know that his favorite thing to talk about is yeasts and fungi! I actually recommend everyone go read his books or watch his show if you have a TV because he's devoted his life to making sure people are informed about natural health. And he's a wonderful guy. I interviewed him last year and we talked for, geez, close to two hours! Just really a lovely human being.



Anyway, so I watched a bit of that show with my mother and then really started looking things up myself. I'm not the type of person to just let knowledge wash over me and when I'm interested I go straight to the source as much as possible. Even so far as to directly email or call speakers, teachers, doctors, and whoever I'm learning from.

First, I found some old medical texts at the estate sale of a doctor and it was amazing to see how much doctors USED to be taught about mycology and bacteriology. These old medical textbooks from pre-1950 teach people so much if they want to learn it and you can find them on ebay, book stores, Amazon, or estate sales like I did. One of the first books I ever picked up was *Folk Medicine* by Dr. Jarvis when I was 13. Mr. Apple Cider Vinegar himself. It was in a trunk full of old books my grandmother gave me and it was the first big stirrings in me of a passion for natural medicine. Before that I had read some of my mother's books on herbal medicine from the 1980's and my grandmother's books on vitamins and herbs so I suppose you could say it's a family thing.

Specifically about fungus and yeasts, though, because I'm getting off track! I picked up this Manual of Clinical Mycology at that estate sale with the other medical texts and I started piecing things together. Symptoms and causes. I myself had a super itchy scalp, recurrent ringworm since my teens, overweight, fatigued, anemic, recurrent athlete's foot. Later my joints started hurting as I had children. My HAIR fell out! What the heck was going on? At that point I looked at diet, I looked at my medical history, and made changes. It's been years of learning and struggling but I can finally say that I'm in a spot where healing has happened and is continuing to happen and I'd like to help prevent other people from having to struggle as hard as I did to heal their bodies.

The following information is what I have learned. I want to share it with you wherever you may be in your own journey.

This book and it's contents are the result of research and consultations with medical professionals that I have done on this subject in my own health journey. This information is not intended to diagnose, treat, or cure any diseases. Please seek out a medical professional before making any changes to your healthcare regimen.

Localized VS. Systemic FUNGAL INFECTIONS

A localized or acute fungal or yeast infection would be considered something that is usually short term and once gone is gone for good, unless you get reinfected at some point. It's simple to treat because the person with the infection is probably fairly healthy for the most part and doesn't have a lot of underlying health issues. All this type of person really needs is a little gentle help to get rid of it themselves. The plant works synergistically with the person in this case and acts as a gentle healing agent.

Systemic fungal and yeast infections have their origins deep inside the body. They usually start from diet but can also take root from things like being born by c-section, for example. Unfortunately all of my children were born by c-section because after the first emergency one I could never find anyone willing or able to support me in natural childbirth and that's very common. Compromised immunity, deficient good bacteria in the GI, low vitamin and mineral absorption, low acid levels in the stomach - these are just some of the things that can lead to fungal/yeast overgrowth and they're very 'chicken and egg' type things. It usually takes either YEARS of self-examination and study or a good functional medicine professional to figure out which came first and what caused what. Which means that it's no surprise that 99% of your regular old MDs are going to glide right over it as a cause of symptoms. Not usually THE root, but it gets pretty close. We're obviously not born with a systemic fungal infection but we might be born at a disadvantage which diet and lifestyle can make worse.

In the end, it's something that must be addressed because it can and will lead to perpetual poor health and a shortened life. All of us want to be well, we want to be strong, we want to be healthy, and a systemic fungal or yeast overgrowth is often found to be a cause of many people's illnesses.

There are so many warning signs that help to determine if you have a simple fungal infection or a systemic overgrowth. Believe it or not, the little local fungal infections can be one of the first warnings that your body's armor has a dent in it somewhere; that there is a susceptibility to further infection. For example, I started getting dandruff in my late teens and then I caught ringworm from my lovely little toad-like, splashing-in-mud-pond siblings and it never went away. And they gave me warts, too. That wouldn't go away for YEARS no matter what I did. So those should have been the first signals that my body was not healthy. A virus and two fungi that lasted for years at a time. I mean, I drank probably a gallon of kool-aid every day and ate whatever people usually eat in America. It's no wonder I was starting to develop fungus problems!

I suppose if we want to give a real definition here to make it less confusing, a systemic fungal infection usually lives in the GI somewhere and is not being kept in check by your gut flora, which means it can overgrow and spread throughout your whole body. As I said earlier, there are a lot of causes but diet is primary. The bacteria in your GI is supposed to act as a defender against threats but if they've been overtaken by the bad guys then you're in trouble.

A hidden cause most people don't even think about is stress.

This section is longer but I ask you not to skip it.

Stress can break your body's defenses down faster than almost anything. People have a hard time believing that, but it's completely true. Stress can kill you. If you're a stress junkie, stop right now. Take control of your life instead of letting your life control you. Take action. People make a lot of excuses for themselves, but all stress is how YOU react to your circumstances. When it's a situation I know I can't change, that I have absolutely no control of, I put it into God's hands and just say: 'you know what? I trust You. I'm going to be okay in the end.' And doing that helps me put it into perspective.

For those who have a different belief system or even none at all, it helps to be spiritually inclined. Finding or reclaiming your spirituality has been proven¹ to assist in managing stress.

On the other side of this, there are people who say their lives are in God's hands but will continue to add to their stress load through their own inaction. A wonderful friend who is a chiropractor told me at my point of deepest stress that I shouldn't pray for strength to get through but to pray for help. He had watched his mother pray for strength and take on more and more and said he didn't want that to happen to me because I'm a doer so I just pile it on naturally. I take other people's problems and try to solve them. I stick it on my back like a pack mule. When I started praying for help instead of strength my life started to change. I realized I couldn't do it all; that it's okay to get help. People will still like you if you tell them no (and if they don't then why are you bothering with them anyway?).

I was always 'that' girl in class. The one who always raised her hand like Hermione Granger. If the teacher asked a question I shot my hand up right away to answer. When my peers sneered at me over it I started keeping it down. Then the teacher would ask a question, look around, and when no one would answer I could feel the expectation from everyone so I'd poke my hand back up and answer the question.

As an adult, when something needs to be done and no one puts themselves out to do it I still feel that expectation. I feel like if no one else will do it then I will. But really, the world won't end because no one volunteered to clean up after a troop picnic. I don't have to stay longer than I'd like because other people won't clean up after themselves.

I know that many of us feel that same prickle on our neck like someone expects help and we have to step in. But for others it could be another stress factor like a job, children, spouse, what have you. It doesn't really matter what it is, only how it affects you. Control is in your hands so grab it and steer yourself forward. For what you can't fix, solve, or have input on, just be aware that you can't change it and stop letting it bother you.

Don't expect perfection, either. You aren't perfect but you're not as bad as you might think you are so give yourself some grace, my friend.

By this point I can hear people asking themselves: 'Why is she giving me a pep talk? Did I sign up to get a free pep talk when I ordered this book?'

Part of holistic healing is addressing underlying causes no matter what they may be. Mental health is often overlooked as a cause for physical problems when it usually is the most important.

So back to the story.

¹ <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044464>
<https://www.radboudcentrumvoormindfulness.nl/media/Artikelen/ChiesaSerretti2009.pdf>
http://pu.edu.pk/images/journal/szic/pdf_files/5-Syeda%20Mahnaz_Dec15.pdf

I personally prayed for help with my burdens instead of praying for strength as I would normally be inclined to do. I have to admit that it dings my pride to think I can't do something or I'm incapable of doing it but I did. I asked for help. And help came. But by that point, my body was breaking down and it broke down even further before I started getting better. To all those 'doers' out there, I hope that sinks in and is the help you need to reduce stress in your life. Ask for help and don't be afraid to let other people fall. Even your spouse, parent, friend, or child. There's a point where helping becomes enabling. Everyone should be able to stand on their own two feet and unless they are physically disabled due to age or extreme infirmity, there's no excuse for them not to do so.

I had a friend in a wheelchair when I was in sixth grade. I liked talking to her a lot in class and we read many of the same books, played board games, the usual stuff. But I stopped hanging out with her after about six months and she kept asking why. She screamed at me that it was because she was in a chair and had to wear a diaper. I told her no, it was because she treated her mother like a servant and yelled at everyone all the time. She was able to do a lot of things but she didn't and it was irritating to me so I stopped hanging out with her. What really bothered me was that she never made an effort to do anything because everyone had always babied her and done things for her. No one had encouraged her to be independent or try to do things on her own.

There might not be a pull-yourself-up-by-the-bootstraps essential oil, but there are a lot of essential oils that can help with strengthening your mind, clarity, and stress. So if you are dealing with any health issue, remember to support your mental processes, too. If you are stressed out then you probably need something to relax. Maybe lavender works for you there. Energizing oils can be good when you're fatigued and really do just need to keep going. Citrus oils are uplifting for most people when they need a mood-booster. So diffusing an oil for mood and mental support is just as important as addressing the health issue.

Realizing that someone else doesn't have the answers you're looking for is also important. I don't mean don't go learn from people or take courses or go to a doctor even. That would be really silly! I mean that the answers you need are going to be inside you. Your body knows right from wrong and is talking to you in the only way you'll listen. Eczema. Fungal infections. Bathroom problems. Hormone problems. This is your body screaming at you. If you go to a typical doctor, even the very best ones are usually going to recommend medication, or possibly herbs if you have our doctor and they know you're open to that. It's an outdated medical model to match symptoms to medication. Almost none of them look for the root cause.

Let's say you have menorrhagia, or heavy bleeding. This is something I know about personally so it's a good example. I went to the doctor, they sent me to a GYN, the GYN said well, it's a hormonal imbalance. I asked, well, what can we do about it? Hem, haw, might be low progesterone or low estrogen. We could run

some tests but it's probably estrogen so let's give you estrogen. If you want actual tests done, sometimes they will run them but usually they just want you to shut up and go away. Or at best assume that what causes this problem in you is exactly the same as their last x number of patients. It's easier to do a D&C later or eventually remove your uterus which is what they wanted to do with me until I told him no thanks, I'd do it on my own. And I did. I went somewhere that would test, they found low progesterone, and I got some bioidentical compounded progesterone at the lowest possible dose while I kept niggling out the answer.

Most people would stop there, but I kept asking. WHY do I have low progesterone? Many of the herbalists I know kept shoving things like Vitex at me. 'Here, take this, it'll fix your problem.' But I felt that this was just another band-aid. There had to be a cause. I kept looking, kept looking. Leaky gut, food allergies, etc. That was getting closer. Finally I talked to Henriette Kress, who's a brilliant herbalist and very kind mentor who pointed out 'hey dummy! If you don't have the building blocks for progesterone in your body, it doesn't matter how much you fix the leaky gut or possible food allergies, or how much Vitex you take, you won't be able to MAKE it!' She listed exactly what vitamins and minerals are used by the body to make progesterone, which are the ones I'm genetically predisposed to have at lower levels funnily enough, so I have had to correct by upping dosages of certain vitamins. So keep looking for the cause to heal your body. For fungus and yeasts, coming back to the point, the biggest cause are sweets and starches followed by stress.

Fungi and Yeast and the **CORRELATION WITH PARASITES**

Systemic fungal and yeast infections are such a touchy, complicated thing to heal that I can't stress the need for a competent naturopath or functional medicine doctor enough here. There are things that you can do at home that they will probably recommend anyway, namely that diet and stress thing I keep drilling, but there are a lot of things they have to look at that if you just guess by yourself, you may make things worse.

For instance, they usually run an organic acid or OAT test. These are often not covered by insurance unless they can give the insurance company a good enough reason to pay for it. This simple urine test shows so many things that it's not only good for detecting fungal and yeast overgrowths but other things that can affect the mind and body. It's a big tool in the naturopath or functional doctor's toolbox but expect to pay between \$200-300 for one.

However if you want to do something gentle to start with, cut grains, cut sugar, and don't take antibiotics. Three things that are very important to do for good health anyway. You can also start eating more cayenne, more curry with turmeric, fenugreek, cardamom. All of these very flavorful foods help expel parasites of any kind including fungus and yeast. Garlic, of course, is a big one. Fresh or aged, garlic is always antifungal, antibacterial, and a vermifuge - fancy word for something that kills parasites.

Essential oils that are antifungal can be tea tree, of course, good for everything. Cinnamon leaf, patchouli, geranium - a personal favorite of mine that is good topically and diffused. Bergamot, lavender, thyme, eucalyptus, caraway, tarragon, pine, rosemary... these can all be used for your diffuser to prevent and treat fungus, yeast, and worms or to support your system while you're healing. Chenopodium essential oil, which is a kind of obscure one that's also called wormseed oil, is good for severe cases and has been laboratory tested against several types of parasites but it's been shown to have no effect on fungus or yeast. But that one is better left to professionals since it can't be diffused and is fairly toxic so it's not something you want to use at home.



Tips for Avoiding **SWEETS AND SIMPLE CARBS**

This is SOOO hard! Not the question, but the answer. It's hard for most people to do. Sometimes so hard that the thought of it just completely turns them off and they say 'give me the pills!'. This has been a large problem for me personally. It's super tough! If I wasn't open to alternate types of food and if I hadn't gone to culinary school it would be even harder.

So let's start with the essential oils: dill seed oil. Dill seeds are carminative in nature, soothing to the stomach and expels gas, so it makes sense that the oil of dill seeds helps shrink your appetite in general and carbs/sweets specifically. Slide a few drops across your wrist (I recommend making a sort of balm from beeswax and an unscented carrier oil) and other than smelling a bit like a pickle, you'll be not only less hungry but less likely to snack on garbage. Other carminative oils like fennel seed or coriander work the same way. Snacking on the actual seeds is also good. Especially if you have a sour stomach or trapped gas.

Work on either sugar or simple starches, but not both at once. Going cold turkey like that not only makes you crabby, it can cause die off symptoms which can include rashes, stomach upset, fatigue, or even flu like symptoms from your body trying to get rid of the now dead fungus or yeast. So start with one, dedicate yourself to eradicating it, and then tackle the next one.

In case you're not in the know, which really, how many of you are serious students of fungus, yeast, and other parasites out there? Die off symptoms are a common side effect of eliminating systemic fungal, yeast, or parasitic infections. When you have an overgrowth, there are a millions of the little guys generally (little guys sounds too cutesy, think of mean nasty ogres with drippy slimy teeth and big clubs instead) and you're killing them. But before they go, they have a present for you! It's not one you really want, though. When a parasite dies, most of the time they release a toxin as they're dying that is a by-product. Much like how yeast produces carbon dioxide gas bubbles to make bread rise, they can also produce toxic junk that can make you ill. Even bigger parasites like worms can and will do this. The symptoms thankfully aren't going to kill you, but they will make you feel ill so expect a low fever, chills, nausea, maybe some not very fun bathroom problems. Your general flu-like issues plus the possibility of skin eruptions like eczema, pimples, or your localized fungal infections which may flare up before going away finally. This die off usually doesn't last past a few days, but for very severe issues you could be looking at a week, even two, of moderate misery.

The good news? After the die off you are generally going to feel like a million bucks. Your skin usually clears up fairly quickly once things are all gone. If you've had ongoing tummy troubles you'll notice how much better you're feeling. Even weird things like itchy ears and eyes can clear up. Energy levels are usually up and if it was specifically a yeast (candida) overgrowth you'll notice dramatic shifts in energy levels as well as carb/sugar cravings since the nasty biofilm from the yeast usually prevents proper absorption of vitamins and minerals. Once that's gone, you'll actually get all the nutrients from your food combined with having less cravings for food that makes you ill. It's a total win-win!

So now that you know what die off is, I'll get back to cutting sugar which is the biggest first step in your health journey. I'd advise starting with substitutes first, then just eliminate it. If you're someone that still uses straight ol' white sugar then you've got a long road ahead of you. This isn't a matter of willpower. So many people think it is and it's NOT. When you have a fungal overgrowth it can control your thinking. And your fluctuating blood sugar can also affect matters. You'll be grouchy and more likely to just grab something starchy or sugary. Don't set yourself up to fail by going full throttle. If you are working with a naturopath or functional MD then they can help give you further tips for supporting your system and may even give you a prescription medication to help with the fungal or yeast overgrowth if it's required. Still, you've got to do your part!

For sugar substitutes, by the way, I mean natural sugars first like coconut palm sugar, sucanat, honey, maple sugar, and date sugar first. Start then reducing the total amount of sugar you use completely. You can probably take those two steps together. If you're used to putting three spoons of sugar in your coffee then cut it to two, then the next week cut it down to one. Then try it with no sugar. If you can't quite handle that add some heavy cream or a good fat to other foods. If you're not at that point, cut natural sugars out completely and switch to stevia and/or xylitol.

Naturally sweet foods such as cinnamon, coconut butter, and vanilla can help if you need a quick fix. I've got a recipe for something to help take the sugar craving edge off without using either sugar or alternatives.

Check food for hidden sugars. Anything ending in -ose is almost always sugar. Sucrose, dextrose, etc.

Don't rely too heavily on stevia or xylitol to get you through! It's good to switch to these but in the end, you need to adjust your body to be sensitive to the natural sweet taste of fruits and vegetables.

I really recommend the 21 Day Sugar Detox since it's a great book and system, but before you get to that point make sure you're in a place where you generally eat healthier food or it won't work. If you normally buy wheat flour and bags of sugar then you need to go through baby steps first.

This is a process that can take anywhere from 6 months to 3-4 weeks, depending on family situations. Don't expect an overnight miracle.

For starchy foods, when you tackle that, start looking up grain-free recipes online and look at things you can use that aren't starchy. This is one of the reasons I love Trim Healthy Mama (THM) (no I don't work for them or sell their products!) because they have great recipes and they make their own products and have forums that can help give you tips and tricks to avoid starch and sugar, more than I could ever cram into this book today. I use a baking blend made from almond flour, coconut flour, collagen, and other stuff that tastes so good. We haven't used white flour for years but sometimes using this blend tastes really naughty! What's even more naughty is that I looked up some great copycat recipes and now make their products myself at home for a fraction of the cost. Using low carb stuff made me feel weird at first, like I'd gotten suckered into Atkins or something, but they actually promote a good balance so just remember to adjust the eating plans to avoid grain based foods like crackers. Much of the plan they share in their books (check out my recommended book section) is built around either grain or non-grain so I've never had a problem finding recipes for non-grain eating.

Normally you should address healing your body before trying to lose weight (if you are inclined like me to be a bit portly). However what I like and recommend about THM is that it was set up to do both. It supports the body, heals it, AND helps you lose or maintain a keen figure. It's great for guys and families, too. I'm not a short order cook. I refuse to BE a short order cook. I've never had a problem with getting my children or husband to eat THM food. So if you're looking for someone that can hold your hand a bit while you cry and scream your way through overhauling your diet, they can definitely help. My only beefs with it are the occasional tofu promotion (unfermented soy is super bad), and not mentioning how to neutralize phytic acid in legumes and grains. So if you know that then you're gold. If you don't know, google can't get that too wrong.

For starches, you will need to add some back to your diet eventually. And it can even be grains. Our favorite grain is white basmati rice. I also sometimes use a little tapioca starch or arrowroot starch in meals for holidays or once every week or two. The reason is that once you've killed off all the fungus and yeast you need to feed the good bacteria. Cold white rice (certain kinds like basmati and jasmine rice), tapioca, and arrowroot are known as Resistant Starches. The deal with RS is that your body takes it in but expels it without being able to digest it properly. RS also feed good bacteria in your GI and supports a healthy microflora.

Make sure you drink plenty of water so you don't confuse dehydration with hunger and grab junk food.

Eat your meals at as close to the same time every day as possible and make sure to eat every 2-3 hours. This stabilizes blood sugar and keeps you from bingeing or snacking on garbage. If you aren't used to eating this much it can take some adjustment! I'm the kind of person who would normally go most of the day without eating anything and then eat a big dinner and go to sleep. That, if you don't know, is really bad for your health!

Commit as a family.

If your spouse isn't on board even after you explain why you want to drop sugar and starch then just ask them to eat sugar and starch outside the house. Be firm and if they continue to taunt or tempt you then you've got some other problems there you need to talk through. It's not uncommon for one spouse to be intimidated, jealous, or afraid of their partner getting healthier. Sometimes it's even that they are afraid you'll leave them if you are healthier or look and feel better so make sure this isn't applicable for you. Again, address those mental health issues if you want to be successful.

Essential Oils and **INTERNAL VS. EXTERNAL USE**

This is kind of a controversial subject but I'll mention my basic view on this: essential oils are incredibly powerful and concentrated; a drop of orange oil in a cookie recipe or dressing recipe isn't going to hurt you, but putting several drops in a glass of water and drinking it every day will eventually start to cause irritation to your mucus membranes.

I think it's always good to let yourself be guided by someone who is very knowledgeable about using essential oils internally. I won't say professional because I've heard doctors who give ignorant advice as much as I've heard herbalists or well-meaning friends. I'll say use extreme caution when taking EO's internally, especially long term.

You also need to take into consideration contraindications just like you would if you were taking a medication or herbal supplement because really you are getting the plant's concentrated essence, I even sometimes call it the plant's soul which kind of makes me feel like a Skeksis*, and that's more potent than the dry herb form.

A popular remedy I'm on the fence about is to put a few drops of oregano oil in an empty capsule and swallow it to kill off internal candida. It's not going to help you if you haven't committed to a diet and lifestyle free of contributing factors like sugar and refined carbs. I've seen people happily take a few drops of oregano oil in capsules and then just as happily munch on some sugar. If you're going to take something as potent as oregano oil internally then you need to be committed to healing and not doing half-measures that aren't going to work in the end. So I think using essential oils internally should be part of a short term protocol for healing when the person is dedicated and focused on that goal, not a long term thing.

Then to beat sugar cravings people will pick up an artificial sweetener or one that might as well be artificial. The two most popular right now that I can see other than your standard aspartame are Truvia and Splenda. Truvia is just as chemically created as any artificial sweetener so I put it in that artificial category. The process they use to separate out stevia into its native parts and then enhance it is sad and disturbing.

As for Splenda, it actually feeds bad gut bugs and leads to further carb cravings. Really any artificial sweetener will stimulate a carb craving, but especially Splenda. Splenda was created by accident when scientists were looking for a new pesticide. So they took sugar, removed the carbon molecules and added chlorine instead! Then they said 'gee, this is sweet and seems safe enough...' Meanwhile, it's pretty much bleaching your GI tract.

People with sugar cravings are usually both deficient in good bacteria and have an overgrowth of yeast as well as being deficient in mood boosting B vitamins. Carminative oils applied topically help cravings of any kind, but especially sugar and carbs so this is something good to use to curb those. Carminatives like dill are most effective followed by coriander, fennel, cumin, and anise. These are all seeds you can also chew if your tum is full of gas or you're just sort of sour feeling.

**This is a reference to The Dark Crystal for fellow nerds to rejoice in. Otherwise please ignore or substitute troll or orc maybe.*

Gentle Healing VS. **USING A POWERHOUSE**

If there's something you want to nip in the bud externally and you want to hit it hard and fast before it grows out of control then I think sure, oregano or thyme can be really useful for this! I'm thinking mostly of things like athlete's foot when I literally just put one drop of oregano oil under the offending toe as soon as I feel it coming on because I know I may only have to treat it one more time and it's gone. It stings a little because it's without a carrier oil but it doesn't really bother me because I know it's going to be gone in a flash and I'm not terribly worried about preserving beneficial organisms on my foot (you can walk barefoot outside or what's called Earthing² if you want to do that).

I'll just say here and make sure to repeat multiple times that it's up to you to use a carrier oil based on your level of expertise. I know my skin and I know after over 15 years of using essential oils that a drop of oregano oil under my toe won't hurt me. I know what precautions to take. If you're a beginner or have less experience then use a carrier oil always!

Then there are times when a gentle method is better so let's take that same case of athlete's foot but let's ignore it for a few weeks until it's really out of control. It's painful, itchy, inflamed, and the cracked skin is a lot worse now so if you try the hit 'em hard approach you're looking at a lot of pain.

Instead you can try a gentler approach by making a spray from a carrier oil and a few drops of oregano, cypress and a vitamin E capsule for healing, and maybe thyme or lavender. You're getting those same compounds, but it's diluted a bit and you've added support for the other symptoms like the cracked skin plus an oily base to soothe. Then when you have to shove your foot back into that smelly shoe you can first use a gentle powder like the all-purpose powder to dust inside the shoe and dust over the affected foot and into the cracks to keep it cool and dry. I've got this in the athlete's foot section in case you forget or need to reference it quickly.

Obviously for something like a diaper rash or yeast infection you also want to use a gentler method because it would be supremely cruel to rub undiluted essential oils on sensitive areas like that so something gentle like powder is best there.

² <http://articles.mercola.com/sites/articles/archive/2012/04/29/james-oschman-on-earthing.aspx#!>

USING ESSENTIAL OILS

I've talked quite a bit about several oils that I choose to use undiluted. That is based on years of personal use and understanding how my body will react to these substances. Every body is different and may react differently to a new substance. Because of this, dilution can really be your friend. For an adult, the dilution ratio will be a lot lighter than that of a child or infant. Using one of the carrier oils I have listed later in the end of this book will work well.

To start, determine which type of oil you have. Is it one that can usually be applied without dilution (like lavender), or is it one that can cause skin sensitivity if not diluted? If it can usually be applied to an adult without dilution, then a 1:1 ratio (the same number of drops of each oil) should be fine. If it is a much stronger oil, like oregano, cinnamon, or clove, then diluting further to a 1:2 (1 drop oil to 2 drops carrier) or even a 1:4 ratio will be much safer, although you can certainly dilute further than this even. Once you know how your body is handling a new oil, you can change the dilution as you choose. For babies, it is best to dilute 1 drop of essential oil in 1 tablespoon of a carrier to start since their bodies are much more sensitive and require a lot less to do a good job.

If for whatever reason you find you are reacting negatively to an oil, do not wash with water! Water will drive the oils deeper into the tissue actually making it worse. Instead you want to liberally coat the area with a carrier oil as needed until the reaction subsides. This will dilute the oil in the tissue and help to decrease your reaction. Then do not use that oil again without the care of a knowledgeable healthcare professional.

Next you need to assess where the oil is going to be applied. If it's going near your eye then think again! Nothing feels worse than essential oil in your eyeball unless it's in a mucus membrane like your nose or private parts. Ouch. If you're putting it on your face or scalp, can sweat cause it to roll into your eyes? Is it going on your hand? You might need to cover that hand with a glove or just make a point not to put that hand in your mouth or near your face. Using oils on your feet or legs? You can probably get away with using more essential oils vs. carrier here.

Avoid letting your animals lick your hands or any area that has essential oils applied as it can be toxic to them.

Some oils are not ideal for everyone. Peppermint oil has been found to decrease milk supply in some women so should be avoided while nursing. Some oils are also not to be used for people with epilepsy, and others may not be good for those with high blood pressure. If you have any health concerns, or are on any medications, please be sure to determine if you may have a contraindication (a reason things might not get along) before using one of these amazing, potent oils.

Common Yeast and FUNGAL INFECTIONS

Fungus and yeast infections are some of the most common infections people get in the modern era and pretty much everyone you meet will have had or is currently dealing with fungus infections of some kind. This obviously isn't how it's meant to be but some weird by-product of man's fall. Or maybe we were all meant to live in harmony with these little yeast and fun-guys and an imbalance causes us to have overgrowth. We're covered with fungus and yeast that live peaceably, but then there's the bad guys who cause trouble, especially in hosts that aren't perfectly healthy. I think that would be most people these days, due mostly to dietary concerns.

If you know about the studies that Dr. Francis Pottenger did in the 1930's you'll see where I'm going with this. He did generational studies on cats by giving one group a healthy cat diet and the other group a deficient cat diet. Now there's a lot of tussle by many in the health world about what that means for us because we aren't cats, it was imperfect when compared to modern studies, etc. But one of the things it showed pretty clearly is that no matter what type of mammal you are, poor diet affects not only you but the generations that come from you. We've dealt with intense chemical pollution and chemical pseudo-foods for the past 3-4 generations by this point and I think we've all come to a crisis where we really need to do something and reclaim our heritage of eating a traditional, whole food diet before we wind up like Pottenger's cats, who by the way, couldn't even reproduce at the very end of the experiment.

This leads me back to people, though. Unhealthy host, unhealthy bugs. The bad guys can take over because the good guys are too weak to fight anymore. This is internally and externally and I'll address that in a moment. Before then, I wanted to address what people probably came here for and that's fungal infections.

There is a fungus among us.

DANDRUFF

Dandruff is awful. Pretty much everyone knows that. There are a few different types of dandruff, but many people who suffer from yeast or fungal overgrowth elsewhere tend to also have fungus based dandruff and that's the type I'll address here. Dandruff is shed skin from the scalp that is caused by oleic acid, a by-product of the fungus that causes dandruff, *Malassezia globosa*.

Different kinds of dandruff such as dry scalp or eczema types have a similar treatment, but I'm going to address fungal dandruff specifically, which is pretty common. Since the treatment for it is so similar it really doesn't matter WHAT kind you have because you're going to follow the same basic steps.

First, shampooing tends to strip our scalps of oil in an unnatural way. Sodium lauryl sulfate or SLS was originally an engine degreaser that was ‘naturally’ made from coconuts. After World War II, like most chemicals, the companies had to find new uses for it so hey, why not put it into toothpaste and shampoo! They had been doing this a little before WWII but afterwards it just went crazy and you’re hard pressed not to find it in personal care products these days. My big problem with it is that it is soooo drying. If you use regular shampoo I heartily recommend ditching products with this stuff in it. Doing that alone and shampooing less frequently, perhaps every 3-4 days even, might help your dandruff. At first you’d probably notice your hair getting greasy more often and your dandruff and itching might get even worse. But bear with it because as your sebaceous glands get used to a slower pace, things even out. The funny thing is that the more your scalp itches, the more you want to wash your hair which makes it worse.

Peppermint and tea tree oils are often the first line of defense here because they have the dual actions of killing fungus and cooling the scalp. As most of us know, dandruff itches and the cooling properties alleviates this to a degree. You can also relieve the itching by rubbing a bit of rosemary, or the peppermint³, or tea tree oil on your fingers and scrubbing it over your scalp. Unless you’re really sensitive you shouldn’t NEED to dilute it but I recommend trying a patch test on your scalp with a single drop first and then from there see how well you can tolerate it. If you need to dilute, then get a teaspoon of coconut oil and blend it with that and rub it through. Sea Breeze also relieves the itching and that’s what professionals use, believe it or not.

I also like to sometimes take the essential oils (peppermint, rosemary, tea tree, whatever you’re using) and mix it with table salt and use that on my wet hair before I shampoo it to scrub not only my scalp but clean product buildup. If you have naturally oily hair this helps dandruff but only do this once or twice a month at the most.

Second, and probably the biggest, is diet. If you have eczema or fungus you need to ditch sugar and simple starches. By now I think most people know that, but not everyone knows WHY. They think it’s just because of their blood sugar but that is really further down on the list of reasons to avoid sugar. If you have eczema (which is SUCH a generic term) you are probably experiencing it due to food or other allergies. Best place to start is simple starch and sugar, then go from there. It could also be a tomato allergy or fish, whatever. Also liver toxicity and/or stagnation. Your liver gets these little almost calcifications as time goes on, kind of like rust on metal or limescale from hard water, that clog the ducts and you have to dissolve that and clean your liver periodically. When the liver is functioning poorly it shows up on your skin. There’s also intestinal permeability issues - you may be more familiar with the term “leaky gut” - which researchers are finding causes a lot of this new sudden trend toward being allergic to everything but that’s something you need to explore more with a medical professional who deals in that. For JUST fungus, though, sugar and simple starch - which is pretty much the same thing - will feed it while reducing your ability to fight it so it’s a one-two punch. For any and all fungal infections, this is the biggest step. I’m not going to pretend that this is easy to do, though, and I’ll talk more about this step later. There are certain things you need to be aware of when thinking about the relationship between you, sugar/starch, and fungus or yeast.

³ *Women who are breastfeeding should use caution when using peppermint oil as it’s been known to decrease milk supply in some women.

Third, is the actual treatment. Let's say you're some mythical perfect person with iron-like willpower and you stop eating all sugar and starches. You still need to deal with this topical infection so using herbs or essential oils or even over the counter things can help you do this.

Good essential oils for fungal dandruff are rosemary, lemon, lime, peppermint, lavender, basil, thyme, oregano, sage, birch, cypress, cinnamon, patchouli, eucalyptus, tea tree, of course ... and you'll notice they're almost all the least expensive ones, too! There are definitely others that work, but these specifically are perfect for dandruff.

I like to mix herbs with essential oils so you can make a tea from elderflowers and add a few drops of essential oil like lemon or rosemary and just rinse your hair with it after shampooing and conditioning it. Nettle or horsetail infusion (fancy herbalist term for tea) is another good one for hair and skin, very nourishing and supportive of you while helping to clean away the fungus.

Vinegar rinses are PERFECT for dandruff. You can get a bottle or jar with about a pint of water in it, mix a couple of tablespoons of raw apple cider vinegar in there with some of the stronger essential oils like thyme, oregano, tea tree, cypress, eucalyptus. Perhaps 10 drops or 5 of each if you use two or more essential oils. You can shake this all up and rinse your hair with it after shampoo or conditioning it. The vinegar smell dissipates and the acidity of the vinegar is good for your hair and skin.

There are also some wonderful ayurvedic style treatments for dandruff. Neem oil, a paste of fenugreek seeds and mint leaves, sandalwood essential oil mixed with lime juice is another one. An infusion of tulsi, known more as holy basil in the US. Lemon juice mixed with water or milk and poured over the hair is also commonly used. Actually it's not milk, it's more a curd cheese but I think either could work.

Lastly, I want to point out what often gets overlooked which is not to reinfect yourself. Wash your pillowcases or spray some water with a strong antifungal essential oil on them and put them in the sun all day. Wash your brushes and combs in hot soapy water and spray them with the same thing you used on your pillowcases. Because it takes time to get rid of this, it might be best to spray your pillows every day and wash your brush and spray it every day until the problem is gone.

Since this is a common fungus it tends to live on many people and in many places so you need to correct your diet and balance your internal flora so you don't just get it again, but putting a little oregano or tea tree oil in a carrier like coconut and putting it on your brush or in your hair once a week is a good way to keep from getting it again or at least keep it from getting out of control while you fix the rest. This is the Western world and most of us aren't perfect people leading perfect lives so you have to use some preventative measures most of the time.



ATHLETE'S FOOT

Switching over to athlete's foot, this one is SO simple to treat. But you have to catch it early. This is another one that most people have had before and it's usually caused by a crack or cut on the foot near the toes and skin creases that is put into a moist, warm environment (like a shoe) and boom, athlete's foot! My uncle and dad, Vietnam vets, just called it Jungle Rot, which is probably an extreme form of this. Once you've let it really go and it spreads into that nasty, crusty mess it's going to be harder. I'll start with stopping it first.

This one is an easy fix. You want to make the area cool and dry so going barefoot for a while and applying a few drops of oregano oil to the affected area works, but for those who actually have to wear shoes you can use the All-Purpose Powder found in the recipes section. Works like a charm and it's usually gone in 24-48 hours if you catch it early, otherwise it will take a little more time to heal if it's gotten very bad.

If you ever have felt what feels like a cut under one of your toes or an itching between your toes, this is the beginning of athlete's foot. As soon as you feel this it's time to start taking steps. I don't play around; I want to knock this one out of the park so I bring out the big boys.

Oregano, thyme, cypress, and tea tree are what I reach for first. You have to remember that what works on one person may or may not work on another person since all people and fungi are different. You have to consider the energetics of the person you're treating if you're a professional but if you're just starting out or really just want to get rid of this thing then go through the four oils I just mentioned and one of them is going to work in almost any situation. I don't even bother diluting it with a carrier oil because I'm a tough old bird and a little *laissez faire* sometimes, but if your skin is super sensitive or a light stinging sensation is going to bother you, then try diluting it. (Note from Editor: She's nuts, you should always dilute it unless you like pain) To be honest though, it's really going to sting a tiny bit no matter what you do. I recommend coconut oil as a carrier for this or any fungal infection due to the natural anti-fungal properties of lauric acid.

Cypress oil is another one to add to oregano oil here because it helps to speed wound healing, which when you have athlete's foot is very helpful. Frankincense is anti-inflammatory and healing and is another oil to use as a support with the main action essential oil. If you only have one or the other you can do that, or you can use the two together.

But let's say that you didn't catch the infection before it went crazy. I've seen people that get it and it goes all over their toes and everything and looks terrible. Probably feels even worse. For this you'll need to definitely dilute it unless you're a sadist. For that much open skin it's still going to hurt like the dickens when you treat it, though, so fair warning.

Look to using herbs with essential oils here in combination. Oregon grape root or goldenseal root powder decocted in boiling hot water for about 20 minutes is a potent tea for soaking the affected area. Mix a few drops of geranium, thyme, oregano, cypress, or other big time antifungal essential oil into the water. I'd say as few as 8 to as many as 20 drops total depending on the severity. Then just let it soak in there for a while, as long as you can. Make sure the water you pour this tea into is as hot as you can stand it and doesn't dilute the original tea too much. Just soak the toes if that is what is affected. Repeat this treatment daily until it goes away and when it starts to retreat you can start using a paste of coconut oil and essential oil (again, thyme, oregano, cypress, something strong).

Preventing reinfection while you're treating a major athlete's foot infection is a big part of the solution. Wash your shoes if you can with hot, soapy water. Throw away your old socks and buy new ones. If you can't do that then bleach them and wash in crazy hot water. Wear a new pair every day and put them somewhere you can collect and wash them at the end of the week. Go barefoot as often as possible. Put an antifungal powder under and between your toes. Put a little powder in your socks and shoes. Don't forget to wash your sheets, too. Now this is too much for a minor infection that is just taking hold, but if you have one of the severe infections then this is what you need to do.

It's not as hard as it sounds to prevent if you start with a clean slate, but of course, so few of us were raised perfectly. I don't know anyone who was raised on a predominantly grain-free, high vegetable, high fat, high protein diet, do you?. There's of course what I mentioned before about diet. Diet is about 80-90% of the problem in long-term and systemic fungal infections but before that, susceptibility often begins with antibiotics use. So many people in our society have, since the 1940's and ESPECIALLY in the 1980's, been given mass doses of antibiotics for everything under the sun. Have a cold? Take this antibiotic. Viral infection? Well, antibiotics will work for that, sure. I had tonsillitis and severe coughs 8-9 times as a child, easily, and every time I was given antibiotics for it. Then you pile on the standard American diet of white flour and white sugar and kaboom! Fungus, yeast, parasites, leaky gut... And these things take over our minds, these systemic infections. 95% of our serotonin receptors are in our GI so it's no wonder that the GAPS diet, for example, works so well. Dr. Campbell-McBride developed that diet to treat mental patients - and it worked! Phenomenally well. It took away food from the parasites, the fungus, the yeast, and healed the damaged gut of the patients. The diet won't fix 100% if there are severe problems, but it's a huge start to wellness for sure.

For dietary changes, sugar and simple starch, again, is going to feed yeast, bacteria, and fungus. Dropping these is going to fix most of the problem unless it's gained such a foothold in your system that it requires medication like nystatin to get rid of it, which is possible and even probable these days! If you grew up eating the standard Western diet then you're at risk for systemic fungal overgrowth. Also, build up your immune system. Your body is supposed to be able to naturally fight this stuff off but it can't if your body isn't healthy.

Let's look at acute and topical infections though. Keep it dry and cool. That's it, really. Keep it dry, keep it cool, don't reintroduce the infection. Pretty simple. If you cram your foot into a wet shoe and leave it there for eight hours you're begging for a fungus to start proliferating.

DIAPER RASH

Most people don't think of it as a yeast infection but that's what it is, and it can live anywhere moist and warm like skin creases under the neck, arms, and between the legs of infants. It can often cause open lesions on the skin which makes treatment even more painful. Many people treat it with a barrier of some kind like petroleum jelly or zinc based creams but that can trap the yeast next to the skin and help to keep it moist and warm. Plus, ouch! Have you ever had a rub rash from something chafing you until the skin is raw? Next time you do, try putting that horrible diaper cream on it to see how your baby feels. It's not nice.

I've always adhered to the idea that you want to keep yeast infections dry and cool because that's what yeast hates and it works very well in addition to being more soothing in general for the infected person. There is an easy to make powder with three ingredients you can find in the recipes handout that can stop a diaper rash in it's tracks within hours. Keeping the area clean by bathing the affected area once or twice a day is important to wash away bacterium, fungi, or yeasts. Letting the baby be free and breezy without a diaper is important, too. If you can't do that, though, wash, dry, powder, repeat.



NAIL FUNGUS

Nail fungus happens to a lot of people, especially if you go to the salon to get a mani-pedi!. You might also have a damaged nail bed that can lead to fungus taking root under the nail but usually, like with most things that have to do with fungus and yeast, it all goes back to systemic fungal overgrowth.

While you get your internal house in order your external house can be helped by soaking the affected nails in a raw apple cider vinegar and a few drops of oregano oil. Also putting a drop of oregano oil or tea tree oil directly to the nail, just under it, can do a world of good.

I had a big toe that started to get a fungus creep underneath so I pared the nail back as far as I could without injury and immediately started with drops of oregano oil, which helped the nail to grow back out healthy and strong. Yes I know, I'm a looney tune for putting straight essential oil on my toe. That's what happens when you use essential oils for a long time. You know what you can and can't get away with. It's not battery acid. BUT if you're new to this then stick to the rules. Mix three drops oregano oil with three drops carrier (a solid like coconut is good for this). Or 1 tablespoon carrier to 15 drops oregano or thyme to make a paste you can use every day until it's gone.

You might find that if it persists and you go to the doctor that they might prescribe you an internal pill to take to get rid of it like Lamasil. It's up to you to read up on what they give you and weigh and measure the expected outcomes.

JOCK ITCH

This incredibly uncomfortable infection can be caused by a fungus or bacteria so it's best to use something that will kill either one.

Avoiding tight clothing and wearing cotton or bamboo underthings will help to prevent jock itch; in fact, bamboo has been found to be naturally antimicrobial so wearing underwear and socks made of bamboo is a really good idea anyway

You can use the all purpose powder as a preventative if you frequently are at the gym or wear clothing that traps sweat. Keeping things cool and dry will go a long way in fighting this type of infection so a powder is recommended.

For severe infections you might need to go to an oil so try using a base of naturally anti-microbial coconut oil and mixing a few drops of oregano, myrrh, cypress, and a vitamin E capsule. I have a recipe included in the handouts. Vitamin E helps to heal the skin but if you can't find a good, non-synthetic brand then try adding aloe vera gel straight from the plant to the mixture, just make sure you're including the anti-fungal oils in there or it can heal so fast that it will trap nasties with it!

RINGWORM

One of the nastiest, most persistent of skin fungi, ringworm is also difficult to get rid of completely. Usually it won't fully go away once caught until you have corrected internal issues, however you can get relief and can even make it go away by remembering to keep the area cool and dry and treat it with oregano, neem, and/or tea tree oils. Grapefruit seed extract, the real stuff, also helps a lot but can be slightly irritating.

You have to hit ringworm hard, fast, and frequently or it'll take hold again so treat the infected areas several times a day, as often as you can remember. A paste made with about 1 tablespoon coconut oil to 15-20 drops of oregano, neem, tea tree, or a mixture should do the trick, but make sure to test that it's not too much. Otherwise you can gently remelt (not microwaved!) and add a teaspoon more coconut oil.

FEMALE YEAST INFECTION

Obviously since a female yeast infection affects an area covered mostly by mucus membranes you want to be careful when using essential oils because it will cause the area to become even more inflamed and painful, so exercise extreme caution when using this internally. Start with the smallest recommended dose, and always in a carrier oil, and I wouldn't recommend even trying internal treatment if you have no experience with essential oils.

Powders are the best first approach and using the all purpose powder here is the first line of defense to treat the external itching.

Our bodies are so wonderful at telling us when we are doing something wrong and female yeast infections can be one of those teaching tools as well since they are often caused when our bodies are out of balance. The balance here can be affected by internal imbalances including diabetes or high blood sugar levels, poor diet with high amounts of sugary and refined carb rich foods, pregnancy, antibiotics, stress, contact from a sexual partner, or general hormone imbalances. Even douching can cause a yeast infection

To treat it internally you can make a gentle douche of warm water with a probiotic capsule squeezed or stirred into the water, but I would only do this once or twice per infection.

You can also make your own suppositories from a base of coconut oil and essential oils that work better than the ones doctors recommend because they are soothing as well as being effective so they can bring relief. Geranium essential oil is a favorite for yeast infections, followed by lemongrass, lavender, or tea tree. Just start with the smallest possible amount of essential oil and work your way up to a larger dose as needed. There is a recipe included for these suppositories.

Otherwise, just keeping the area as clean, dry, and cool as possible is the ideal. It may not be ladylike, but laying in the privacy of your room naked from the waist down with your legs apart can help a lot.

INTERNAL CANDIDA

Candida usually lives in the GI tract but can also live in places such as surrounding a catheter or any internal surgical appliance (pacemakers, etc.). Most people who think about internal candida think about the GI tract and yeast overgrowth that's been associated with such as GERD, IBS, Crohn's, Fibromyalgia, endometriosis, and cancer.

This yeast creates a sticky film-like substance that protects it from outside sources so it can continue to replicate. This film in the gut generally prevents the absorption of most vitamins and minerals so you wind up having other disorders like anemia, hormone disruption, scurvy, and other problems caused by lack of vitamins. Essential oils can help not only for relaxing but for destroying the film that protects yeast and killing it for good. I recommend professional treatment for internal candida, though. This is a situation where if you don't know what you're doing you could cause damage so I can't recommend taking essential oils in capsules unless you're under direct advisement from a natural health practitioner.

When I linked candida it to my anemia and general fatigue I realized that I was technically getting what I needed INTO my system but what was my system doing with it? Turns out that I not only have leaky gut from years of blindly eating GMO foods, but also had severe candida overgrowth in my gut.

I'm still in the healing process for this, but this revelation really helped me get on the right track for healing my body. I feel like God has led me on a fantastic journey and put these amazing people in my path. When the student is ready, the master will appear and that definitely happened to me. So I found a product called Restore that was developed by Dr. Zach Bush that is helping to heal the damage and tighten those loose junctions in my gut. I can say for sure that it helps!

TREATMENT OPTIONS

Anti-Fungal Essential Oils

- Basil (*Ocimum Basilicum*)
- **Cinnamon Bark** (*Cinnamomum Zeylanicum*)
- **Cinnamon Leaf** (*Cinnamomum Zeylanicum*)
- **Clove** (*Eugenia Caryophyllata*)
- Eucalyptus (*Eucalyptus Radiata*)
- Frankincense (*Boswellia Frereana* or *Carterii*)
- Geranium (*Pelargonium Graveolens*) (great for babies and delicate areas)
- Lavender (*Lavandula Angustifolia*)
- Lemongrass (*Cymbopogon Flexuosus*)
- Myrrh (*Commiphora Myrrha*)
- **Oregano** (*Origanum Vulgare*)
- Patchouli (*Pogostemon Cablin*)
- **Peppermint** (*Mentha Piperita*)
- Rosemary (*Rosmarinus Officinalis*)
- Tea Tree (*Melaleuca Alternifolia*)
- **Thyme** (*Thymus Vulgaris*)

*bold entries are considered strong oils and you should start with less of these first to assess your reaction before continuing

Anti-Yeast Essential Oils

- Cedarwood (*Juniperus Virginiana*)
- **Clove** (*Eugenia Caryophyllata*)
- Geranium (*pelargonium Graveolens*)
- Lemon (*Citrus Limon*)
- Lemongrass (*Cymbopogon Flexuosus*)
- **Oregano** (*Origanum Vulgare*)
- Patchouli (*Pogostemon Cablin*)
- **Thyme** (*Thymus Vulgaris*)

Best Essential Oils for Female Complaints

- lemon
- lemongrass
- geranium
- tea tree
- lavender

Best Essential Oils for Infants

- geranium
- lavender⁴
- lemongrass
- tea tree

Additional Helpful Oils

- anise (*Illicium Verum*)
- bergamot (*Citrus Bergamia*)
- birch (*Betula Lenta*)
- caraway (*Carum carvi* or *Apium carvi*)
- wormseed oil (*Chenopodium Ambrosioides*)
- coriander seed (*Coriandrum Sativum*)
- cumin (*Cuminum Cyminum*)
- cypress (*Cupressus Sempervirens*)
- dill seed (*Anethum Sowa*)
- fennel seed (*Foeniculum Vulgare*)
- lime (*Citrus Aurantifolia*)
- pine (*Pinus Sylvestris*)
- sage (*Salvia Sclarea*)
- sandalwood (*Santalum Album*)
- tarragon (*Artemisia Dracunculus*)

⁴ Heavy use of lavender and tea tree essential oils has been linked to male infant gynecomastia, or breast bud enlargement. Some say it's not related. I still advise using these oils lightly on children.

<https://www.gynecomastia.org/smf/index.php?topic=6398.0>

<http://roberttisserand.com/2013/02/lavender-oil-is-not-estrogenic>

Carrier Oils and Substances to Aid Fungal Healing

- coconut oil - antifungal, antibacterial
- aloe vera gel*
- borage seed oil - soothing and helps to relieve irritated skin
- castor oil - good for ringworm and it's a humectant (seals moisture in)
- neem oil - naturally antifungal
- rosehip seed oil - anti-inflammatory so this is good for healing
- sea buckthorn oil - anti-inflammatory and promotes skin regeneration, best added to a carrier instead of using it on its own
- almond oil - a personal favorite, almost identical to human sebum, works into the skin quickly without leaving a greasy feel, naturally anti-inflammatory
- vitamin E - helps to heal the skin and is a powerful anti-oxidant, best to add to another carrier instead of using on its own

*Mountain Rose Herbs sells a great shelf-stable brand of aloe vera gel that still has a lot of the properties from the original gel

Herbs or Other Helpful Ingredients

- anise seeds
- cardamom seeds
- coriander seeds
- cumin seeds
- dill seeds
- fennel seeds
- curry
- apple cider vinegar
- elderflowers
- garlic
- goldenseal root
- grape seed extract
- horsetail
- lemon juice
- lime juice
- mint leaves
- nettle
- oregon grape root
- sea breeze
- tulsi (holy basil)
- turmeric

RECIPES

Carb Busting Balm

- 15 drops dill seed essential oil*
- 1 T. beeswax (pastilles work great)
- 2 T. unscented carrier oil

Warm the carrier oil by placing it in a small mason jar inside a pot with 2-3 inches of water in it. Bring the water to a boil and add the beeswax to the oil. Once the beeswax is melted into the oil, stir well with a chopstick and pour balm into tin or small jar. Stir in the dill seed essential oil and let cool and harden. Use this light balm on your hands, wrist, or under your nose to help control sugar cravings, carb cravings, and snack impulses.

*Other carminative oils like fennel seed or coriander work the same way.

No Sugar Nibblers

- 1 c. coconut butter
- ½ c. unrefined coconut oil
- 1 t. vanilla bean paste or 1 scraped vanilla bean
- 1 t. cinnamon or 3-5 drops cinnamon bark essential oil

Melt butter and oil together in a mason jar that has been placed in a pan with a couple of inches of water. Warm until melted and combined. Remove from heat and stir in vanilla and cinnamon. Pour mixture into small candy molds or onto a baking sheet with a lip that has been lined with parchment. Let mixture cool and harden before popping out of molds or cutting into cubes and storing in a zippie bag. They're okay at room temperature for at least a week or two, but I recommend the fridge for up to a month.

All-Purpose Powder

½ c. arrowroot starch
½ c. kaolin clay
5-10 drops of geranium essential oil

Mix the ingredients for the powder base together and add the geranium oil on top. I usually put this all in a zipper baggy, close it up, and then use my fingers to smush the oil into the powder until I can't see the clumps anymore.

The arrowroot should ideally be marked as non-GMO since it's often adulterated with cornstarch. I've never checked Bob's Red Mill but it's the easiest to obtain and I've used it successfully for years. Kaolin clay can be purchased at some health food stores but I always buy it online at Mountain Rose Herbs. White clay or other types of clay can not be substituted for kaolin as they all have different properties!

Itchy Scalp Remedy

peppermint oil
rosemary oil
tea tree oil
2 t. virgin coconut oil

Combine one or more of the essential oils, not to exceed 5 drops total (less if you're only using peppermint) with melted coconut oil. Moisten fingertips with the remedy and run them over your scalp to relieve itchiness, preferably when you will be home and able to leave it in for awhile.

You can also use Sea Breeze as needed to relieve itching.

Product Build-up Scrub

peppermint oil
rosemary oil
tea tree oil
table salt

Combine one or more of the essential oils with table salt, not to exceed 5 drops total (less if only using peppermint). After you've wet your hair but before shampooing, scrub it over your scalp to remove dandruff and product buildup. Only use this once or twice per month maximum as it is very drying. Follow up with Itchy Scalp Remedy the next day.

Herbal Hair Rinse

½ c. dried Elderflowers, Nettles, Tulsi, or fresh Horsetail

1 c. water

5 drops lemon oil

5 drops rosemary oil

Make an infusion or tea from the herb and water. Boil the water, then remove from heat; let the herb steep for 20 minutes before straining. When water is cool enough to touch, add one or both of the essential oils. Pour cooled solution into a bottle. Shake well and rinse your hair with it after shampoo or conditioning.

Vinegar Hair Rinse

2 T. raw apple cider vinegar

1 c. warm water

cypress oil

eucalyptus oil

oregano oil

tea tree oil

thyme oil

Mix raw apple cider vinegar with 1 or more of the oils listed in a bottle. Use 10 drops for a single oil, 5 of each if you use two or more essential oils. Add warm water. Shake well and rinse your hair with it after shampoo or conditioning.

Bedding Care Spray

oregano oil

tea tree oil

thyme oil

distilled water

glass spray bottle

Combine one or more of the essential oils for a total of 20-30 drops in a glass spray bottle. Fill remaining space with distilled water, which should be approximately 8-12 ounces. Shake well before each use. Spray on pillowcases daily. Weekly, wash your pillowcases in hot water or spray with solution and put them in the sun all day.

Hairbrush Care

1 t. coconut oil or other carrier oil
5 drops oregano oil or
5 drops tea tree oil

Melt the coconut oil and mix with the essential oil of your choice. Rub the mixture over your hair brush daily, just a little from your fingertips, to kill any fungus lingering there. Make sure to also wash your brushes and combs in hot soapy water and spray them with the same thing you used on your pillowcases.

Athlete's Foot Paste

oregano oil
thyme oil
cypress oil
tea tree oil
frankincense oil
1 t. virgin coconut oil
Combine one or more of the essential oils not to exceed 10 drops total with the coconut oil.

Gentle Approach Fungal Spray

2-3 drops oregano oil
2-3 drops cypress oil
1 400 IU vitamin E capsule (contents expressed)
glass spray bottle
optional ingredients:
2-3 drops thyme oil
4-5 drops lavender oil

Combine liquid carrier oil, oregano oil, cypress oil and vitamin E in a glass spray bottle with either of the optional oils. Shake the bottle to combine ingredients. Remember that oil can stain clothing so feel free to blot off after letting it sit for at least 20 minutes. Suggested uses include athlete's foot, ringworm, and jock itch.

Athlete's Foot Soak Solution

2-3 t. Oregon grape root powder or
2-3 t. goldenseal root powder
1 c. water, simmering
1 c. water, cool
2-3 drops geranium oil
2-3 drops thyme oil
2-3 drops oregano oil
2-3 drops cypress oil

A shallow container or bowl so you can soak only the affected area without diluting the solution.

Add one of the root powders to the simmering water for about 20 minutes to decoct into a potent tea. Turn heat off half way through. Mix 8-20 drops of the essential oils into the cool water depending on severity of the infection. Add this to the decoction. Soak affected areas as long as you can. Repeat this treatment daily until it goes away and when the infection starts to retreat you can start using the Athlete's Foot Cure listed above.

Nail Fungus Soak

¼ c. raw apple cider vinegar
10 drops oregano oil

Mix together and let affected toe soak in a little dish of this. You can also soak your toes in the athlete's foot soak solution with goldenseal as well.

Nail Fungus Paste

3 drops oregano oil
3 drops virgin coconut oil
Bulk recipe:
15 drops oregano oil or
15 drops thyme oil
1 T. virgin coconut oil

Mix oregano oil with coconut oil. Apply to affected nails. If you prefer to mix more in advance, combine 1 tablespoon carrier to 15 drops oregano or thyme to make a paste you can use every day until it's gone.

Jock Itch Oil

- 2-3 drops myrrh oil
- 2-3 drops cypress oil
- 1 T. virgin coconut oil
- 1 400 IU vitamin E capsule or
- 1 t. fresh aloe vera gel

Combine the essential oils, melted coconut oil, and either the contents of the vitamin E capsule or the aloe gel. Apply as needed to affected area. I recommend using a few times per day.

Ringworm Paste

- 5-15 drops oregano oil
- 5-15 drops neem oil
- 5-15 drops tea tree oil
- 1 T. virgin coconut oil (+ 1 t. if needed)

Combine 1 or more of the essential oils with coconut oil. Use a maximum of 15-20 drops total essential oils. Test a drop on your skin to be sure that it's not too much. If you find it too strong, you can add a tsp. more of the coconut oil. Apply this to the affected areas 1-3 times a day as needed until the skin is clear in all spots.

Female Yeast Infection Douche

- 1 c. warm water
- 1 capsule probiotic of your choice

Gently combine warm water with the contents of probiotic capsule. Use as a douche once or twice maximum per infection. When looking for a probiotic, keep in mind that lactobacillus combats yeast best so the probiotic should contain several strains of lactobacillus.

Suppositories for Yeast Infections

½ c. virgin coconut oil

3 drops lavender oil

2 drops lemon oil

2 drops tea tree oil

(provided you have no known reaction to these oils or it's a very intense infection you can go as high as 4-5 drops of lavender and 4 drops each of lemon and tea tree oils)

Use the purest coconut oil you can find. Lauric acid, while slower than things like caprylic acid, kills yeast completely. In lab conditions lauric acid actually explodes the nuclei of yeast cells. It's that potent. The essential oils, really, are a side note. They'll move things along more quickly. If it's so tender that you just can't handle the essential oils then leave them out. The coconut oil here will happily do the work, it just may take a wee bit longer.

Melt the coconut oil over the stove gently. Do not microwave! Microwaving can kill the beneficial anti-microbial and anti-yeast properties of coconut oil just like overheating can so look for a coconut oil that is unrefined and cold pressed if possible. Melt the coconut oil gently and add the essential oils to it, stirring until combined. Pour into a silicone mold. You can look for the molds they make for water bottle ice and usually those will work for your purposes. If you can't find those, then get the fat shake straws from the store, plug one end with hardened coconut oil to prevent the oil from leaking out, and fill the straws with your oil solution. When it's cooled, pop them out of the mold or squeeze them/cut them from the straws and cut into 1 inch pieces. This should make enough for one treatment when used two or three times a day. Make sure to wear shields in your underwear to prevent the oils from seeping through your clothes. I really advise laying with a piece of cling film under you, inserting the suppository, and laying still for about 20-30 minutes. Take a nap. When you're done, wipe off and put a pantyshield on.

Use these until gone. Repeat if necessary.

Recommended Books

The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally

By: Diane Sanfilippo

The 21-Day Sugar Detox Cookbook: Over 100 Recipes for Any Program Level

By: Diane Sanfilippo

The Heal Your Gut Cookbook (GAPS Diet)

By: Hilary Boynton & Mary G. Brackett

Trim Healthy Mama Plan

By: Pearl Barrett & Serene Allison

Trim Healthy Mama Cookbook

By: Pearl Barrett & Serene Allison

The Complete Book of Essential Oils and Aromatherapy

By: Valerie Ann Worwood

Resources

www.trimhealthymama.com

<http://shop.restore4life.com/products/healthy-immune-system21daysugardetox.com/>

www.healyourgutcookbook.com

<http://bodyecology.com/articles/biofilm-how-this-slimy-coating-is-causing-chronic-fatigue-fibromyalgia-irritable-bowel-and-more>

Yeast. Fungus.

Not really topics that people fall over themselves trying to read about, but they affect all of us. We have good bacteria and bad bacteria, which most people know about. But what about the hidden side of the 'gut' microbiome? Yeast and fungus are more than just that itchy skin thing you caught from the pool.

Using essential oils in diffusers is trendy, but they have other uses, too! See how you can use common essential oils to treat localized infections as well as supporting your body when dealing with something bigger.

