Herbal Remedies to Eliminate Candida Overgrowth

The first step in eliminating an overgrowth of candida is to stop feeding it. Sugar is your worst enemy. This means eliminating all forms of sugar including simple carbohydrates that the body turns into sugar as well as yeast and moldy foods. Also, avoid all allergens. You need your immune system focused on the task at hand, so don’t challenge it with any foods or environmental substances that have caused you problems in the past.

Herbs and supplements to fight candida

There is an arsenal of natural herbs and supplements at your disposal to fight Candida and other fungi. Here are some of the top contenders.

Aloe vera

Aloe Vera lowers pH levels creating an inhospitable environment for Candida. It also helps detoxify the liver. The liver filters the byproducts of Candida and deals with toxins from the die off process, as the Candida is destroyed. Aloe Vera juice can be consumed on a daily basis (no more than 1/4 a cup) or capsules can be taken.

Garlic

Raw garlic is a powerful anti-fungal that does not destroy beneficial bacteria in the gut. It does, however, kill bad bacteria while killing 24 out of 26 strains of Candida. It can also be rubbed on fungal skin infections. It can be eaten raw, taken in softgel capsules, or taken as an oil. Warning: can be

a blood thinner. Do not use garlic if you plan to undergo surgery or if otherwise contraindicated.

Clove Oil

Clove oil is a powerful anti-fungal that also boosts the immune system. Use 15-30 drops in water, 3 times daily.

Coconut oil

Coconut oil is a strong anti-fungal with many beneficial properties. Take one tablespoon 1-2 times a day.

Tea tree oil

Tea tree oil kills bacteria, viruses, and fungi. Use 15-30 drops in water, 3 times daily.

Oil of oregano

Oil of Oregano is a strong anti-fungal and antimicrobial. You can take 5 or more drops under the tongue or dilute in water 2-3 times a day. It can also be taken by capsule or oregano leaves can be steeped for a medicinal tea. Oil of oregano is also very high in antioxidants.

Colloidal silver

Take 1 teaspoon up to 3 times a day, but do not take it long term. There are many claims that colloidal silver is amazing. We haven’t had any luck with it when treating topical bacteria or fungi and there is a lot of controversy about its effectiveness and use, though there are also many claims that it is very effective.

Olive Leaf Extract

Olive oil and olive leaf extract doesn’t directly kill fungi;

it disrupts the reproductive cycle. It also stabilizes and lowers blood sugars to help starve Candida. It is also an amazing antioxidant that stimulates the immune system. It can be taken in capsule form, as a tonic, or as a tea.

Undecenoic Acid

Undecenoic acid is a very effective broad-spectrum antiviral that is taken in capsule form.

Grapefruit seed extract

Grapefruit seed extract is effective against 100 strains of fungi as well as bacteria, viruses, and parasites. It works well with undecenoic acid and does not harm beneficial bacteria. Add 10 drops to water, 3 times a day.

Please note the warnings for pregnant and lactating women for the following remedies:

Black walnut

Black walnut has been shown to be more effective against Candida than any antiviral drug. It can be taken in capsule form or as an extract.

Warning: it should not be used by pregnant or lactating women.

Pau D’Arco

Pau d’arco is highly effective against Candida; it both inhibits and destroys Candida. It also stimulates the immune system as well. Use as a tea, as capsules, or as a tincture.

Warning: it should not be used by pregnant or lactating women.

Berberine

Barberry and goldenseal are both recommended for Candida.

Berberine is the alkaloid they both contain, which is highly effective in fighting Candida. It also boosts and stimulates the immune system.

Warning: it should not be taken by pregnant women. And limit use to 7 days for adults—3 days for children.

For more herbs and supplements as well as information on making tinctures:See the first source for how to make a tincture, and for more info be sure to read *Balance the Ecosystem* and *Bullet Proof Your Immune System.*

Recommended Supplements:

- Formula SF722 – Thorne Research
- FloraMend Prime Probiotic – Thorne Research
- Shillington's Intestinal Cleanse Formula
- Oil of Oregano – Gaia Herbs
- Berberine 500 – Thorne Research
- Shillington's Blood Detox
- Coptis Chinensis – Wise Woman Herbals
- MicroDefense – Pure Encapsulations
- Spanish black Radish – Professional Complementary Health Formulas

Further Reading:

- *The Fascinating Bacteria in our Gut, and How it Affects Our Whole Lives*
- *How to Cure Candida*
- *After taking antibiotics, this is what you need to do to restore healthy intestinal flora*
- *Fermented Foods Optimize Your Health*
- *How to Kill Candida and Balance Your Inner Ecosystem*

Sources:

- Nutrition Review
- Whole Intentions
- Livestrong