How to Kill Candida and Balance Your Inner Ecosystem

Most people ingest too many refined, processed foods. Even us health nuts have a tendency to do this. In this fast paced world, with the body biologically programmed to desire sweets and other easy carbohydrates that are so much harder to find in nature, it’s common and totally normal to have too much Candida in our body.

If you experience this problem, and again, most people do, here are some ways you can balance your gut flora. Balancing the flora will alleviate many health issues, even little annoying ones you thought you were stuck with for the rest of your life such as itchy ear canals, body odor, and eczema.

Garlic

Most people know that garlic is antifungal, antiparasitic, antibacterial, and antiviral. It also helps with a host of other issues including the removal of toxins in the body. If I could only choose one single item to work with when it comes to healing and treatment modalities, I would choose garlic. Unfortunately, many people don’t know exactly how to use it to reap the benefits.

First and foremost, don’t cook it. It loses all its Candida fighting properties when you do. Secondly, cut it up and give it a minute before ingesting it. Or, if you’ve got a strong stomach and an even stronger mouth, chew it up for a minute with your mouth open, breathing in and out. This is also an incredibly effective treatment for tooth and gum problems, and even bad breath; though swallowing it, of course, can lead to garlic breath for many, but garlic breath is a sign of a toxic body.

Don’t use garlic from China, even if it’s organic. One way to tell, is those smaller, bright white garlic bulbs are almost always grown in China. China’s soil is just too toxic.

Essential oils

Oil of oregano has antifungal, antibacterial, and antiparasitic properties as well. Oil of oregano is exceptionally powerful and can be taken in tablet form.

Some other essential oils that kill candida include lavender, thieves, tea tree, and peppermint, though I don’t recommend taking these oils internally. They are a good solution for Candida skin rashes, though they can be painful to use. In most cases, they will not harm the skin even though you will feel a burning sensation.

Oils

Coconut oil is known for its antibacterial, antifungal, and antiparasitic properties, though it’s efficacy with Candida control is weak compared to other ingestible choices. Neem oil is an oil with similar antiparasitic properties, a bit stronger at parasitic control than coconut oil, but it should only be applied topically.

Other Candida Killers

Other notable items that are known to combat fungus include wormwood, black walnut hull, Spanish black radish, Pau d’Arco, goldenseal, coptis chinensis, ginger, cinnamon, and olive leaf extract. All of these are great to have around, and a few of them are exceptional at killing parasites, viruses, and bacterial infections (coptis chinensis, wormwood, black walnut hull, Spanish black radish) but while they are certainly antifungal, they’re not the strongest solution.

My favorite combination for eliminating excess yeast in my body is undecenoic acid (Thorne SF722) and very high quality probiotics. Combine this with Shillington's intestinal cleanse and with big salads everyday with lots of different vegetables, and you've got yourself a clean colon free of excess Candida in days, often in just one day. What I love about undecenoic acid and probiotics is that they don't kill off good bacteria. They only eliminate Candida and other fungi. If I want to knock out parasites as well, I use MicroDefense – Pure Encapsulations, which has wormwood and black walnut hulls (and other good stuff that parasites hate).

Whatever approach you take with intestinal maintenance, a diet with a diverse selection of lots of raw vegetables is the most important thing you can do for your colon and your whole body.

Recommended Supplements:

(You can take these altogether)

- Shillington's Intestinal Cleanse (kills parasites, heals the intestinal walls, sets up hospital home for healthy flora)
- Formula SF722 (undecenoic acid, kills candida and other fungal functions, does not kill beneficial flora at same rate)
- Floramend-Prime by Thorne (a strong probiotic designed to pass through the stomach acid and into the intestinal tract)
- MicroDefense – Pure Encapsulations (a parasite killer, works pretty well on Candida, but works even better on many other parasites)
- Shillington's Intestinal Detox (This is necessary only for those with seriously damaged intestines, anyone who has recently been vaccinated, or those looking to do a thorough detox)

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*