

# Antibiotics, the Yeast Beast, and Essential Oils

It is rare to watch twenty minutes of television without being bombarded with commercials for products that promise to combat toenail fungus and belly bloat, annoying and stubborn conditions that can springboard from imbalanced intestinal flora. Athlete's foot, toenail fungus, feminine itch, intestinal gas, and other signs of systemic yeast overgrowth can all be greatly improved by using essential oils. Not only do essential oils attack acute yeast infections on sight, they also help to balance and increase good intestinal bacteria to prevent recurrences.

Excessive consumption of sugar, processed food, white flour, high fructose corn syrup, and smoked and nitrite-laden deli meats is known to contribute to yeast (*Candida albicans*) overgrowth, but even with a healthy diet, physical, emotional, and environmental stress can also manage to wreak havoc on the body's core equilibrium.

Overuse of pharmaceutical antibiotics is a major factor in *Candida* taking hold; in fact, some sources say that it can take *one year* to rebuild beneficial flora in the intestines after *one* round of commonly-prescribed antibiotics. Good bacteria in the bowel comprise the activating force of our immune system, and when this bacteria or flora is compromised, our immunity is weakened.

In the conventional world of health, antibiotics are prescribed to fight infection, which depletes the intestinal flora that is the very foundation of strong immune response. Multiple rounds of antibiotics keep the immune system indefinitely weakened. We can only imagine what havoc this imposes upon the human body after decades. While antibiotics save lives, they are too often prescribed; collapsed immunity

and drug-resistant bacteria are the result.

*Essential oils, on the other hand, destroy pathogens without killing the vital intestinal flora.* Interestingly, essential oils have shown to decrease bad intestinal bacteria and increase the beneficial.

Applying undiluted essential oils such as geranium, lavender, clove bud\*, organic lemon\*, tea tree, white thyme, ginger\*, eucalyptus, and rosewood regularly to the soles of the feet increases beneficial flora in the gut, therefore giving your immune system a natural boost. Not only does this help eradicate fungal conditions, but it also helps your body fight herpes-strain viruses including chicken pox and shingles.

Clinical aromatherapy can be a fierce ally after antibiotic use or during times of stress, and can be an antidote to nutritionally bankrupt eating habits. Eliminating offending foods and lowering stress is key, but using essential oils can make it fun and effective.

Essential oils are powerful substances and many have contraindications\*, so please check with your doctor or health practitioner before using them. Here are a few sure-fire recommendations to slay the yeast beast without the nasty side effects of drugstore products as well as ways to safeguard your immune system from becoming vulnerable to every virus that goes around:

## For Nail Fungus

Apply 1 drop tea tree and 1 drop lavender essential oil undiluted (neat) to nail and nail bed 2x a day until things improve. Continue for another week for good measure. This combination can yield great results in a surprisingly short amount of time.

## For Athlete's Foot

Add 3 *drops tea tree*, 3 *drops eucalyptus*, and 3 *drops geranium* essential oil to a basin of warm water and soak feet once a day. Do not rinse. Dry feet well.

## For Systemic Yeast Conditions

To boost good flora in the intestines after taking antibiotics or for systemic Candida/yeast: apply 2 *drops lavender*, 1 *drop tea tree*, and 2 *drops clove* essential oil undiluted to the soles of the feet every evening before bed. Do this for two weeks. For chronic systemic yeast issues, use this method for two weeks and then stop for a week; repeat as needed. Drink plenty of water throughout the day to flush toxins from the system.

## For Stronger Immunity

To boost immune response, apply 2 *drops organic lemon* and 2 *drops clove bud* essential oil undiluted to the soles of the feet every evening before bed. Do this for one week then use 2 *drops lavender* essential oil and 2 *drops tea tree* essential oil for the following week. Alternating combinations helps to prevent your body from building up a tolerance and the oils from losing effectiveness over time.

For more information on the wonderful possibilities of clinical and practical aromatherapy applications, see the works of authors such as Robert Tisserand and Valerie Ann Worwood, among others.

*\*This essential oil is contraindicated for anyone on blood thinners. Substitutions are recommended.*

*Disclaimer:*

*The statements contained herein have not been evaluated by the*

*Food and Drug Administration, and the material presented in this article is not intended to treat, prescribe for, cure, mitigate, or prevent any disease or to replace conventional medical treatments.*

## **Sources:**

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