



# Addressing Candida Auris

## Prevention:

1. Avoid hospitals, that is where this will be spread. If you need to go to a medical facility, try to be in and out and wash your hands afterwards.
2. If you are in a hospital or care center insist that all staff wash their hands before touching you. Washing their hands upon entry, but then touching a computer or their own clothes before touching the patient is not good enough. If it requires a family member to be there monitoring that then do it. File a complaint if necessary. Do not care if they are irritated by you. Prevention is huge.
3. If I had a loved one who was about to go to a hospital or a facility where C. auris or other pathogen might be a problem, I would try to shore up his immune system beforehand (and during his stay at the facility) with things like high-dose Vitamin C and excellent nutrition; and if his immune system were already somewhat compromised, I'd use some herbs and homeopathics prophylactically. Herbally, the first herbs coming to my mind are Sida and holy basil (also called sacred basil or tulsi); homeopathically, Calc carb comes to mind.

## Homeopathy:

Homeopathically, I have protocols for thrush and for Candida vaginal infections, but nothing for C. auris. However, if someone I knew had a C. auris infection, I would approach the case from the perspective of classical homeopathy: I would choose the remedy or remedies based on the symptoms that were presenting in that particular patient. If he presented with an ear infection, I would consider ear-infection remedies. If he presented with a fever and chills, I'd consider Gelsemium or some other remedy. If he presented with an ear infection plus a fever with chills, I would use my repertory to ascertain if there were a remedy which addressed all of those symptoms. If he had a wound infection, I'd consider Hepar sulph, Hypericum, and Arsenicum (plus a dressing of raw honey). If he developed sepsis, I'd use Pyrogenium. By using a classical approach, it should be possible to address C. auris. Acquiring the Candida nosode would also be a good step for addressing this. Nosodes can be bought here: <https://hajekhomeopathy.square.site/product/poly-candida/103>

## Herbals:

There are several herbs that can be used against Candida subspecies. If you look at Buhner's Antibiotics book, you'll find a great discussion of Candida and protocols for how to address Candida infections, even systemic ones. See especially pp. 74 - 75.

## Essential Oils:

The study below shows essential oils as a good weapon against the drug resistant Candida auris. Four essential oils used in this study were Tea tree, Cajeput ( white tea tree), White Thyme and Naiouli (cousin of Tea Tree). Conclusion of this study: EOs inhibited planktonic growth & completely inhibited biofilm formation. Application of these 4 EOs, particularly White Thyme and Cajeput were an effective preventative as well as treatment !

## Addressing Candida Auris *(continued)*

This study reviewed essential oils and Candida auris in 4 different areas. topical, surface disinfectant, diffusion and synergy with antifungals. Cinnamon Bark, Cinnamon leaf, Clove and lemongrass showed the most potent antifungal activities. Cinnamon Bark, Lemongrass and Clove show positive antifungal activity through diffusion. Lemongrass elicited additive or synergistic activity with all antifungals used in the study. Clove bud elicited additive or synergistic activity except with Amphotericin B.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9331469/>

Seeing the results of these studies, I would think Thieves essential oil and / or cleaner could be used as Thieves essential oil blend contains Clove, Lemon, Cinnamon Bark, Rosemary and Eucalyptus Radiata. There is an entire book written about thieves and mold which is also a fungus but not a yeast! It would be interesting to see research using thieves essential oil blend against Candida auris. Here is the research that has been done on Thieves showing it's antibacterial, antifungal and antiviral activity...  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9311903/>

As always, everyone, especially pregnant or nursing mothers should research to ensure the essential oil or the oil blend is safe for them to use.

