

NATURAL MOUTH WASH

For Oral Candida

It is most important to keep your toothbrush fungus free to prevent a ping pong infection (and that of your partner). At the beginning of the therapy, you should take a new toothbrush and this should be disinfected every night for the first week.

You can either put it in a glass with a liquid anti-fungal +some water over night (if you keep this mixture in the fridge, you can use it several days) or you can simply use an approx. 10% bleach solution, which is much cheaper but just as effective. Leave your toothbrush in a glass of this very diluted bleach overnight. The white layer you will find on the bottom of the glass in the morning is harmless salt. Make sure you rinse your toothbrush properly after the bleach bath. If you find this disgusting, you can also consider Milton bath for baby equipment, which you will find at the chemists.

If you suffer from sore gums, you should soak some dental floss or a little inter-dental brush in an antifungal dilution and clean the inter-dental spaces with this.

Peppermint and Tea Tree Mouth Wash

- Peppermint Essential oil – 2 drops
- Tea tree Essential oil – 2 drops
- Stir the 2 drops of each into approx 100ml (3oz) of water.
- Swish in mouth very thoroughly for at least 30 seconds and spit out (kills candida in your mouth).
- Alternatively, Aloe Vera juice can be swished around and spat out for 1 minute.

'Oregadent' oil drops add a drop or two to your toothbrush after normal brushing and leave in the mouth on gums and teeth and do the tongue as well. Do for at least 1 week.

Optima 'Aloe Dent' mouth wash, or Periobrite maybe useful as an ongoing daily treatment.

Do not drink anything immediately after treatment (20mins) To avoid relapses, you may have to keep the anti-fungal mouth treatment in your mouth for at least 2 minutes and distribute it properly.