

# Yeast and Fungus Cleanse

## Treat Yeast or Fungus the Same

Other fungus growths, like *Tinea* (crotch itch), ringworm (not a worm at all), athlete's foot, along with *Candida*, can be similarly eradicated:

1. Deprive the fungus of moisture.
2. Deprive the invaders of iron.
3. Deprive the fungus of sugar.
4. Strengthen the skin's immune power.
5. Strengthen the skin's healing ability.

It may be impossible to deprive the fungus of moisture, for example if your feet sweat and you must wear socks. Take your socks off as soon as you are at home; treat your feet with a heat lamp. Use zinc oxide or cornstarch to powder and dry the skin. Boil your socks when laundering. Dry them to tinder-heat (too hot to touch). Launder with borax only (soaps and detergents contain aluminum which pollutes the skin). Rinse skin with vitamin C water. It takes all these measures used simultaneously to clear up athlete's foot fungus, and great persistence. They may have developed a foothold underneath the toe nail where a steady supply of moisture, iron and sugar is available to them. Nevertheless, your white blood cells will eventually gobble them up if you let them.

In thrush (yeast infection of the mouth) you must again outwit its growth by doing everything possible at one time. Eat no sugar, drink no fruit juice, and stay off of antibiotics. Avoid trauma like eating abrasive foods (crusts, popcorn, nuts, and lozenges) or sucking on things. Floss teeth only once a day (using monofilament fish line), followed immediately by brushing with white iodine (or Lugol's, but this may temporarily stain). Hydrogen peroxide is not strong enough. Remember to sterilize your toothbrush with grain alcohol or iodine. You may also rinse your mouth with Lugol's (6 drops to ¼ cup of water). Or apply 6 drops directly to the tongue and rub it in lightly with your lips.

**Do not use Lugol's iodine**

**if you have been told you are allergic to iodine.**

Kill *Candida* daily with a frequency generator or zapper. Since reinfection is constant, you must continue to do all the treatments given to permanently cure yourself of fungus disease.

Since *Candida* grows right into your living cells (which you are not attacking!) you cannot kill it all at once. Only surface fungus can be accessed by either Lugol's or electrical "zapping". But as the top layer is killed, exposing the next layer, you will make progress. It will take a month of daily treatment to clear it.

Clearing up fungus at one location but not another will not bring you a permanent cure, either. Damp locations like under the breasts, under the belly fold, groin and crotch need to be kept dry with cornstarch daily. Keep it up long after it seems to be cured.