



“Practical Tips“ Series

Therapy for Mycoses

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The frequency of mycoses, especially intestinal, has risen sharply in recent years. Possible causes being discussed include altered environmental and living conditions. With the help of SANUM homeopathic remedies, it has been possible to eliminate mycoses on a regulative basis. Nevertheless, long term therapeutic success can only be achieved by including modification of dietary habits (see the book „*Ernährungsumstellung für chronisch Kranke und Allergiker*“ [Dietary Modication for Chronically Ill and Allergy Patients] by Dr. K. Werthmann).

A. Therapy with Fungal Preparations

Preparation	Application
1. FORTAKEHL 5X tablets	Twice daily: 1 tablet in the morning before breakfast and in the evening before going to bed for 10 days.

The following three preparations are taken in parallel after the FORTAKEHL 5X tablets:

2. a) ALBICANSAN 5X drops	Once daily (except Monday): 8 drops orally before a meal for 10 weeks
b) PEFRAKEHL 3X suppositories	Once daily (except Monday & Thursday): introduce 1 suppository rectally for 14 days
c) ALBICANSAN 3X suppositories	Once weekly (Monday): introduce 1 suppository rectally for 10 weeks
d) EXMYKEHL suppositories	Once weekly (Thursday): introduce 1 suppository rectally for 10 weeks

Plus **ALKALAN**: 1 measuring spoon sipped throughout the day

B. Therapy with Bacterial Preparations

The following two preparations are given in alternation such that they are taken on different days of the week. Therapy with bacterial preparations is administered in parallel to the therapy with fungal preparations and begun together with the intake of FORTAKEHL 5X tablets.

Preparation	Application
1. LATENSIN 6X capsules	Once weekly (Wednesday): taken on an empty stomach with liquid for 5 weeks
2. RECARCIN capsules	Once weekly (Sunday): taken on an empty stomach with liquid for 5 weeks

After this treatment (duration 11.5 weeks), there should be a 1-week pause, accompanied by excretion therapy. If, after this treatment, laboratory tests continue to indicate the presence of Candida mycosis, then the above treatment schedule can be repeated.

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