



Candida mycoses -

Constant change and new challenges

The frequency of fungal infections of the human organism has been increasing worldwide unabated for years." This is how an article from the SANUM-Post [1] begins, summarising the lecture given at the 1992 SANUM conference "The Mycosis Problem in Practice". Then as now, mycoses confront the therapist with challenges.

Millions of species of fungi exist worldwide, but only about 150 of them are classified as potentially pathogenic in humans. These include dermatophytes, moulds and yeasts. About a quarter of all mycoses are caused by yeasts, also called sprout fungi. These diseases can remain localised on the skin or mucous membrane or infect deeper tissue layers, organs and, in the worst case, the blood and lead to death. The most common pathogens of systemic candidiasis and candidaemia include fungi of the *Candida* genus, such as *C. albicans*, *C. glabrata*, *C. tropicalis* and *C. parapsilosis*. Now another has been added: *Candida auris* secured some sensational headlines in the media at the beginning of 2023, as infection figures in Europe and the USA have been rising steadily since 2020. The germ, which was detected for the first time in 2009, primarily causes nosocomial infections, threatening especially people with a severely weakened immune system and severe previous illnesses. It also has a pronounced ability to develop resistance to known antimycotics.

Since many yeast fungi are considered facultative pathogens and are also detectable on the skin and mucous membranes of a large proportion of healthy people, it is advisable to regularly take care of the environment, the intestines and the immune system. Fungi prefer an acidic environment and like to use the disturbed bacterial balance of the microbiota on the mucous membranes to multiply after antibiotic administration. To ensure that coexistence with the various types of fungi remains balanced and peaceful and to prevent increased colonisation in the first place, SANUM therapy offers a variety of options.

If there is an increased growth of e.g. *C. albicans*, ALBICANSAN® D5 drops and SANUKEHL® Cand D6 drops as well as the SANUM elimination cure for the reduction of heavy metal contamination can provide good services in the therapy. After antibiotics, it is always recommended to use EXMYKEHL® D5 drops as a course of treatment so that the mucous membrane and intestinal flora can stabilise again.

The gut-associated immune system can be effectively supported with Bacto preparations such as UTILIN® "H" D6 drops. The intake of ALKALA® "N" and ALKALA® "S" is suitable for maintaining an alkaline pH value in the body. The potency accord of the right-turning lactic acid in SANUVIS® supports the milieu for the settlement and stabilisation of the physiological flora on the skin and mucous membrane. An alkaline-oriented diet according to the criteria of the SANUM diet, regularly applied relaxation techniques - as stress also creates an acidic environment - and a positive basic attitude towards life are elementary as a supplement to these preventive measures.



Trading forms

ALBICANSAN® D5 Drops

10 ml dropper bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 2x 5 drops daily.

SANUKEHL® Cand D6 Drops

10 ml dropper bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: up to 1x 10 drops daily.

EXMYKEHL® D5 Drops

10 ml dropper bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 2x 5 drops daily

UTILIN® "H" D6 Tropfen

5 ml dropper bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: up to 3x 5 drops per week

ALKALA® "N" Powder

150 g Powder

Dosage

1x 1 measuring spoon daily in a glass of warm water, drink throughout the day (for 14 days to support extracellular deacidification).

ALKALA® "S" Powder

250 g Powder

Dosage

1-2x 1 teaspoon daily in a glass of water, drink with a meal (from day 15 onwards to support intracellular deacidification)

SANUVIS® Drops

100 ml dropper bottle (also available in other dosage forms)

Dosage

1x 60 tr. daily with 1 liter of water, to be drunk throughout the day.



Explanatory film on SANUM therapy

SANUM therapy uses the power of microorganisms to regulate the various body systems and the immune system. The medicines consist of specific components of bacteria and fungi, which are processed in a unique manufacturing process and made available as homeopathic deep potencies.

[SANUM therapy - simply explained in two minutes.](#)
