

# PYTHIUM OLIGANDRUM

friendly fungus eats bad skin fungi

→ SARAH & JOHN VAUGHTER

# PYTHIUM OLIGANDRUM AGAINST TINEA INFECTIONS

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(TRICHOPHYTON, MICROSPORUM & EPIDERMOPHYTON)



Latest version:

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# PYTHIUM OLIGANDRUM AGAINST TINEA INFECTIONS

(TRICHOPHYTON, MICROSPORUM & EPIDERMOPHYTON)



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## **P** GENERAL GUIDELINES

- Do not use chlorinated water. If your water is heavily chlorinated, use de-mineralized or distilled water or boil it and let it cool before use. The antiseptic chlorine could negatively affect the **PYTHIUM** spores.
- Except for standard hygiene with soap just enough to remove the natural oils on your skin, do not use skin- or nail care products such as nail polish during the entire treatment period. Many of those products contain antiseptic ingredients that could slow the growth of the **PYTHIUM** spores.
- Keep out of reach of small children. Not intended for oral use because the spores are mixed with silica powder to keep them dry. Silica powder should not be ingested.
- Do not use any other kind of antifungal treatments (*systemic or topical*) 5 days before to 1 month after treatment. Lufenuron should not be used an entire month before treatment with **PYTHIUM**.
- The water should not be too hot! (*approx. 30°C/85°F*) At no point, the spores should be exposed to hot water.
- The spores only “work” (*eat harmful fungi on your skin*) when they are moist or wet.
- Spray your footwear with used bath water or spore solution, so that also the harmful fungi there get killed. Several treatments may be required, depending on how long you can keep the shoes wet without damaging them. When in doubt, discard the footwear.
- The **PYTHIUM** fungus lives on and in your skin and nails, eating Tinea fungus – the fungus causing nail fungus, athlete’s foot and many other fungal skin infections. When all Tinea fungus has been killed and its protoplasm absorbed by the **PYTHIUM**, the **PYTHIUM** oligandrum vampire fungus also dies for lack of food.
- The nails are made permeable for **PYTHIUM** by keeping them moist long and often.
- If you need to store a **PYTHIUM** solution, do it in the fridge. Better is to make a fresh one every time.

- The “messy method” described later involves keeping the feet wet for a few days, with 8-hour interruptions every 16 hours. Inspect your feet regularly when using this method. When you notice any untoward effects (*rashes, pimples, bad odors*), wash your feet with soap, dry your feet and keep them warm and dry for at least a day before you continue the “messy method”.
- Minimize the use of any kind of chemical products such as soap and shampoo during the “fast and messy” treatment process, especially when treating the scalp. **PYTHIUM** oligandrum is a living organism that normally lives in soil, and it can be negatively affected by any and all kinds of hygiene products.
- Wait until the silica gel powder has sunk to the bottom and try to avoid getting this onto the feet because it will irritate. The spores themselves will dissolve when you stir for a few minutes.
- Abrade thick, deeply infected nails as much as possible using a file. Make them thin and roughen them to facilitate spore entry.
- Never keep any part of the body wet for longer than 16 hours.
- Always have a “dry period” of at least 8 hours after a wet period of 16 hours.
- Never re-use a wet bandage after it has been used on the skin.
- Never wet the ear canal.

*You can use a variety of commercially available waterproof covers for the part of your body you want to treat, such as a bathing cap for the scalp and finger cots for fingers or toes:*



# P PYTHIUM OLIGANDRUM AGAINST ATHLETE'S FOOT

## AGAINST MYCOSES OF THE FEET - TINEA PEDIS

**REQUIRED:**  
**3 small packets of spores, 2 grams each.**

- **1.** Stir 2 g (*1 packet*) of the powder into a small amount of room temperature, unchlorinated drinking water. Do this in the evening.
- **2.** Mix this solution into 2 liters (*half a gallon*) of lukewarm drinking water, to be used as a bath.
- **3.** Bathe the foot 40 minutes in the foot bath (*such as a bucket*). Take the foot bath in the evening, right after preparing it.
- 4.** Do not dry the feet – let them dry by themselves.
- **5.** Keep water from the old bath and, the next day, add 1 liter of lukewarm water to this water. Use this water to repeat the foot bath as the day before in (3).
- **6.** Throw the foot-bath water away after this second bath.



- i** REPEAT THIS PROCEDURE TWO MORE TIMES, TWO WEEKS TO ONE MONTH APART, DEPENDING ON THE SEVERITY OF THE SYMPTOMS.
- i** ALL IN ALL YOU TAKE SIX FOOT BATHS AND USE 6 GRAMS OF SPORES.
- i** EVERY TIME YOU USE THE FOOT BATH, USE A TAMPON TO SOAK UP SOME BATH WATER AND DRIP IT INTO YOUR FOOTWEAR.
- i** LET THAT DRY BY ITSELF OVER NIGHT.
- i** YOU DO NOT NEED TO BUY MORE SPORES - YOU RECEIVED 6 GRAMS.

# P PYTHIUM OLIGANDRUM AGAINST NAIL FUNGUS

## AGAINST ONYCHOMYCOSIS - TINEA UNGUIUM

**REQUIRED:**  
3 small packets of spores, 2 grams each.

### METHOD 1 – slow, less reliable

- 1. Stir 0.66 grams of spores (*roughly a third of one packet of the powder in one ziplock bag*) into a small amount (*at most approx. 25 ml or 1 fl. oz, depending on compress size*) of room temperature, unchlorinated drinking water.
- 2. Dip a bandage or tampon into the solution and wrap it around the nail.
- 3. Make sure as much skin as possible is wetted thoroughly everywhere. Cover the bandage with a plastic bag and a rubber band. Not too tight – ensure there will be sufficient blood supply to the toe or finger! Put a sock over the foot, when treating a toe.
- 4. Keep this on the toe for the night. Remove it in the morning. Do not wash that hand or foot that day.
- 5. Repeat this process on the evening of the second and third day with a new bandage and a new solution.

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- i REPEAT THIS PROCEDURE TWO MORE TIMES, TWO WEEKS TO ONE MONTH APART, DEPENDING ON THE SEVERITY OF THE SYMPTOMS.
- i ALL IN ALL, YOU BANDAGE THE NAIL NINE TIMES AND USE 6 GRAMS OF SPORES.
- i WHEN TREATING 1 OR 2 TOES, YOU DO NOT NEED TO BUY MORE SPORES - YOU RECEIVED 6 GRAMS.
- i IF YOU'RE TREATING ALL TOES, YOU'LL NEED TWO COURSES AND FIRST DO THE ATHLETE'S FOOT TREATMENT, IMMEDIATELY FOLLOWED BY THE TREATMENT DESCRIBED ABOVE.

### METHOD 2 – fast, more “messy”, very reliable

- 1. Stir 2 grams of spores (*one packet of the powder in one ziplock bag*) into a quarter cup of room temperature, unchlorinated drinking water.
- 2. Pour about a third of this into the toes of your shoes and then put on your socks and pour the rest on the toes of your sock. Then put waterproof closed-toe sandals on. Alternatively, put plastic bags over the wet socks and use ordinary footwear.
- 3. Re-wet the front of your socks and the tip of your shoes every morning and wear this for three days, but not during the night. Your skin will become soft and crumple and your nails will become permeable, allowing the **PYTHIUM** to penetrate the nails. A customer was able to cure nail fungus like this using less than 2 grams. The footwear may have to be discarded after treatment because three days being wet can damage it. Repeat this treatment three times, if required. You can also treat more than 3 days in a row.

*Alternatively, wear a plastic bag over the foot with a PYTHIUM-wetted sock during three nights.*

# P PYTHIUM OLIGANDRUM AGAINST RINGWORM

## AGAINST SKIN INFECTION WITH TINEA CORPORIS

**REQUIRED:**  
**3 small packets of spores, 2 grams each.**

- **1.** Stir 0.66 grams of spores (*roughly a third of one packet of the powder in one ziplock bag*) into a small amount (*approx. 25 ml or 1 fl. oz*) of room temperature, unchlorinated drinking water.
- **2.** Dip a tissue or tissues into the solution and apply it to the affected skin.
- **3.** Make sure as much skin as possible is wetted thoroughly everywhere. Cover the wet tissue with plastic foil. Secure the foil by wrapping it fully around the limb or body. It will attach to itself.
- **4.** Keep this on for the night. Remove it in the morning. Do not wash that area of skin that day.
- **5.** Repeat this process on the evening of the second and third day with new tissues and a new solution.



**i** REPEAT THIS PROCEDURE TWO MORE TIMES, TWO WEEKS TO ONE MONTH APART, DEPENDING ON THE SEVERITY OF THE SYMPTOMS.

**i** ALL IN ALL, YOU APPLY THE WET TISSUES TO THE SKIN NINE TIMES AND USE 6 GRAMS OF SPORES.

**i** YOU DO NOT NEED TO BUY MORE SPORES - YOU RECEIVED 6 GRAMS.

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**oligandrum**  
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